

THE REASET TOUCH (PRIVATE WORKSHOP)

A novel, family-friendly, hands-on stress management approach for fast-changing and challenging times developed by Tom Meyers.

Workshop introduction

You come home, and you can see that your partner has had a stressful day. You can see it in their behaviour, the way they walk into the room, or the way they talk. It could also be that your partner sees that you yourself have had a stressful day and are having difficulty returning to being at ease – being your usual self. Or maybe you have similar concerns about your child.

Sometimes we don't see it immediately, but we start to notice an increase in arguments – or just the opposite: longer silences. I think we've all been there. Mostly we feel powerless or hold our tongue in a situation like that, in the hope that it will go away or to avoid causing any more aggravation.

But what if there was course of action, something practical you could do? What if 10 minutes of your time utilising a simple but effective technique could make all the difference? What if these 10 minutes could do more than just bring calm but could also strengthen your relationship, improve your physical and mental health and wellbeing, improve cognitive functioning and help you cope with the increasing number of challenges this fast-changing world is bringing along? Wouldn't you be interested to learn it?

In just a few valuable hours of your time, you can learn the "Reaset Touch" and the principles of the "Reaset Approach" that will empower you and your partner to turn stress into ease. This is a novel, practical "first aid" approach which, once learned, you will be able to put to good use for a lifetime – and its value in this fast-changing and challenging world will only increase the more you use it.

What you will learn:

- An introduction to understanding and managing stress in a fast-changing world;
- A unique guiding principle for the promotion of health and wellbeing;
- The "first aid" hand techniques to reaset the ANS in others and yourself.

Practical information

Prerequisite: At least one osteopathic treatment by Tom prior to the workshop.

Where: Ostéo & Co, Av. H. Pauwels 7, 1200 Woluwe S-L.

When: Scheduled to suit you, based on Tom's availability.

Time: 1 session of 2.5 hours + 1 session of 1.5 hours, 3 to 4 weeks later.

Fee: €195 per person.

Workshop includes: 4 hours of personalised training with Tom for you and your partner;
A workbook (in English);
Digital documentation and access to future videos.

Info and Registration: Call Tom on [0472 399 779](tel:0472399779)