

The BodyTalk System™



## BodyTalk Access Course

*Learn in a day – use for a lifetime*



### DETAILS:

**DATE:** Saturday 7<sup>th</sup> March 2020

**TIME:** 9.30am – 6.00pm

### VENUE:

Regents University  
Regents Park  
London

### COST:

Full cost: £150  
Pay £125 if paid before 7<sup>th</sup> February

### ACCESS TRAINER:

Eloise Ansell Adv.CBP, BAT, ParBP, MSI



### BODYTALK ACCESS IN LONDON

**Health empowerment in 10 minutes for everybody:  
Parents, Teachers, Nurses, Carers, Friends, Therapists**

Enhance and maintain the well-being of yourself and others. This popular course is open to anyone wishing to learn the basic self balancing and first aid techniques within the BodyTalk System.

BodyTalk Access' goal is to provide you with a simple set of energy-based techniques that might help you manage daily well-being challenges and maintain optimum health.

### COURSE OVERVIEW:

This class is taught as a mixture of lecturing and lots of hands on practical experience. You will learn how to apply the Access techniques to yourself and to others, and have some fun too 😊

You will learn 6 simple techniques that may manage and improve:

Brain Function & Performance, Memory, Concentration, Stress & anxiety, Relaxation, Well-being, Hydration, Circulation, Joint pain, Immune System, Fight Infections, Viruses, Allergies, Intolerances, Back Problems, Structural Integration, Coordination, Injuries, Emotional problems and more...



### STUDENT FEEDBACK:

“The Access class with Eloise was brilliant and a fantastic introduction to the BodyTalk system. Eloise explains everything really clearly and has so much knowledge and experience of the BodyTalk techniques. There is lots of practical work and Eloise makes the class really fun, whilst also packing a lot of information in, I can't recommend it highly enough.” **Bethan, Bristol, 2015**

**TO BOOK: REGISTER ONLINE OR CALL LYNSAY...**

**Please register for this course at: [www.bodytalksystem.com](http://www.bodytalksystem.com)**

How to: Click on 'Courses' on the page tabs. Choose 'UK' from the menu or 'Eloise Ansell' on the instructor list. Locate this Access course. Click 'details & registration' and follow prompts.

If you have no internet access, encounter problems or for any queries...

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