



NEUTRAL SPACE RELAXATION®

# 3 DAY

## PRACTITIONER COURSE

### Relaxation Bodywork



Local Venues in UK

### Neutral Space Relaxation®

# 'Relaxation Stability in Life'

This Course is for students who are seeking an understanding of 'Deep Relaxation'. Having inner Core stability is paramount in the modern workplace, social life, activities, home and family life. Assisting to re-balance from stress and anxiety, at a Core level, this must come first.

## RELAX

Recover  
Reconnect

## NSR

Practitioner  
Course



NEUTRAL SPACE RELAXATION



NEUTRAL SPACE RELAXATION®

## Group Relaxation Bodywork



The course contains:

- ✓ Relaxation Bodywork - Giving and receiving
- ✓ Neutral Well-being understanding for your own health
- ✓ Neutral Seated Session for the 'office environment' and /or with family. Enabling you to share relaxation easily
- ✓ 'Neutral Self Care' session, for your own core balance
- ✓ Core balance exercises (Element Balance exercises – Gentle)
- ✓ Neutral 'Heart Space' Communication
- ✓ Heart Meditation /visualisation. How to access being relaxed quickly
- ✓ Full Course Manual, Certificate, Insurable, Accredited
- ✓ Pictorial Guide sheets for all the sequences for easy learning
- ✓ Comprehensive training – guidance and support

Within this course we explain how we can understand choice, with strategies to make a difference for life balance.

**Intro Day + 3 Day Practitioner Course**



NEUTRAL SPACE RELAXATION®

# Back on track.

It seems many of us spend most of our lives with an 'off balance' energy, making it a challenge to live life to the 'FULL'. To achieve balance is just the beginning, balance is not where we want to be, it's the beginning - there is a great deal more for us to enjoy once we have achieved it.

This Course is for you, if you are wishing to experience Relaxation, stability and balance for you and your clients.

Within this course we deliver the explanation on how we can understand choice, with strategies to make a difference for 'life balance.' Learn how to recognise stress reactions and progress the reactions to responses, allowing the movement away from stress towards relaxation.

Also, for those students who have already attended, or are about to attend an Intro Day with Neutral Space Relaxation® plus:

|                     |                                    |                       |
|---------------------|------------------------------------|-----------------------|
| Carers,             | Physical education & Yoga Teachers | Reflexologists        |
| Health & Wellbeing, | Fitness & Physio Trainers,         | Massage Practitioners |
| (ex) Nurses,        | Energy Practitioners,              | Healthcare Personnel  |

With the prerequisite 'NSR Intro Day' for students to attend this certificated Practitioners Course.

## **Testimonials:**

*"My Neutral Space Relaxation session with Lyn was unforgettable. I was almost immediately able to access the deepest state of meditation where I felt I was really relaxed and in harmony with my core essence. I can't wait to learn this modality for myself". C D*

*"The time spent having a Neutral Space Relaxation is always very rewarding, and leaves me feeling at peace". CH Surrey*

*This is So much More than anyone can put into words! C.B Devon*

*"The energy of Neutral is vital to understanding how the session can work, and this deepened my understanding a whole lot more...". P G Sussex*

## The Course content



### Typical Course Venue & Trimmings



## What is included?

Accredited course activities

Lunchtime, Light Lunch Inc. refreshments x 3 days.

Practitioner Certificate of Attendance, case studies required for Practitioner Status with Neutral Space Relaxation® enabling you to have Clients and work with Relaxation for Health sessions.

**Timings:** Starting 9.30am – 5.00pm daily.

## What is not included?

Your travel to and from the venue

Accommodation: Local B & B (AirBnB) surrounding area.

Your own insurance to practice, following the course, will be required.



NEUTRAL SPACE RELAXATION®

# Course Facilitators

Lyn and Graham Whiteman –

Dip. PT, RPT. Dip Hyp. CQHHT Adv. Practitioners.

Co-Founders of Neutral Space Relaxation® each with over 24 years' experience with Relaxation bodywork and Practice Principles.



OUR VISION FOR NEUTRAL SPACE RELAXATION®

“...to relax, ...to inspire, ...to enjoy”



NEUTRAL SPACE RELAXATION®

# The Course within

is our 'Neutral Space Relaxation® Practitioner Course'

'Core stability' is paramount in the modern workplace, and life experience, to enable rebalance from stress and anxiety. Course contains balance exercises, bodywork, self-care and the 'NSR seated' session; this can be introduced in the Corporate and /or the office environment.

Ideal if you are new to Holistic bodywork.

Pre-requisite for this practitioner course is the NSR Intro Day.

The course is transformational for body, mind and spirit.



All our courses are accredited by:



IPHM -International Practitioners of Holistic Medicine.

&



'The Relaxation Academy'

# The Course includes:

Our Relaxation curriculum, bodywork, exercises, great understandings as to the depth of 'neutral space',

**Value** – The content is life changing, only you can price the results

✓ Comprehensive training – guidance and support

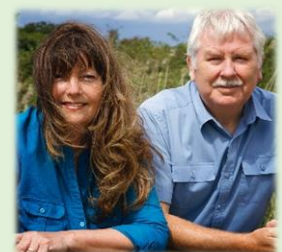
- 1 Day - NSR Introduction Day  
*Training and guidance through our basic session  
(Friends and Family use only)*
- 3 Day - Practitioner Course+ Case Studies  
*NSR Professional qualification Relaxation Specialist*

## *Additional Courses with Neutral Space:*

- 3 Day - Advanced Practitioner Course + Case Studies  
*To increase the depth of knowledge (energy dynamics)  
for relaxation bodywork.*
- 4 Day - Neutral Principles Diploma - P T EPP Level  
+ Case Studies (equiv. 20 Days overall from Intro.)  
*The Study of Energy Medicine with Neutral Bodywork*

Contact us today  
to secure you place for  
this experience:

+44 (0)7780 705684



[info@neutral-space.co.uk](mailto:info@neutral-space.co.uk)



NEUTRAL SPACE RELAXATION®