



Purbeck Holistic Therapy

Lockdown Offer

**One-to-one online sessions
45 minutes, tailored to your needs £30.
Follow-up sessions £25.**

This could include:-

**mindfulness
body scan
self-care advice
massage techniques
stretching**

**If you are interested, please contact me on
07745597134 or email
karen@purbeckholistictherapy.com**