

# New Approaches to help in cancer

**The Mind Project** is a small centre set in the Tarn, near Albi and organises workshops to help in cancer, anxiety, stress, panic attacks, depression, addictions, sleep disorders to name a few. Headed and coordinated by qualified experienced health practitioners. We only take the maximum of 8 people at one time- couples are welcome with partner as accommodation guest only. Why not extend your break and enjoy the area together?

WE ADOPT a holistic approach and new therapies are offered such as EFT and Transformational Life Coaching - the workshops are instructive as well as fun and you will learn helpful well being tools to continue using even when you leave the centre. Individual support sessions are included in weekend.

Join us on the 2 day April residential weekend which aims to-

1. Assist people who have been diagnosed, who are going through cancer and who are in remission
2. Highlight how to recognise stress, as well as offer easy practical "tools" and strategies to deal more positively with stress and anxiety

What therapies we offer:

- Emotional Freedom Technique (EFT)
- Transformational Life Coaching and the power of positivity
- Juicing, learning recipes and how fruit and seeds can make the world of difference to your health
- Diet Awareness in well being
- Alcohol Awareness in well being
- Stress and Anxiety Management Sessions
- Facilitated Drumming for Anxiety and stress - a tool of nonverbal expression
- Understanding and dealing effectively with depression

Your Practitioners

Melissa Martyn is a Health Practitioner-City and Guilds Certified, Registered Nurse/ITEC/Nutritional therapist/PTLSS/EFT Practitioner/Recreational Therapist  
"My practice combines aspects of personal

awareness in anxiety, diet and exercise, with the powerful energy-psychology technique of EFT. EFT involves lightly tapping on acupuncture points whilst using focussed affirmations to bring about dramatic personal change. Emotional Freedom Techniques can be applied to make any of life's challenges easier. Doing restorative activities such as Facilitated Group Drumming, Deep breathing, Personal Awareness and EFT at our workshops puts the brake on your fight or flight response, so you will feel less rushed and stressed. " www.healthyminds.eu

Sas Edwards is a Transformational Life Coach and Cancer survivor

"I assist people who have just been diagnosed, who are going through cancer and who are in remission. Thanks to my coaching strategy, I can help people take back the power of their body and remove any mental scars. Rise above cancer" www.destinytuning.net

Our workshops run from 10am to 5pm with breaks and lunch leaving plenty of time in the evening to explore the local area or just relax in the pool!

Early Bird price of 380 euros payable in installments- book before 28th February

**Please visit for more information-**  
<https://catvanackere.wixsite.com/gite-les-coquelicots/the-mind>



**Melissa Martyn is a Health Practitioner**