



## “Relaxation” & “Meditation” with Rita Doherty

*Using a combination of Qigong energy breathing, Chiball massage, acupressure points, Yoga Nidra Meditation, aromatherapy, visualisations and sound therapy, come along and enjoy these simple yet beautiful ways to learn how to relax and balance your clients.*

*Enjoy and experience ways to let go, take in pure peace and relaxation with beautiful guided Meditations & healing sound therapy.*

Rita has a vibrant energy and deep wisdom that transforms lives for the better. She has been in the health and fitness industries for over 20 years. Her in-depth experience and knowledge includes Mindfulness Meditations, The Chiball Method TM & Qigong. “I’ve created my personalised classes and retreats, to keep the mind, body and soul aligned with the seasons”.

Rita is the founder of Mind and Body Focus for over 10 years and is also a passionate Marriage Celebrant! Her Wellness classes, seasonal full and half day retreats are healing for your body, mind and soul. “My dream is to enable people to find their natural balance, happiness and harmony in their lives”.



**THE MUSIC & MOTION STUDIO**  
**WWW.MUSICANDMOTION.COM.AU**