

# **Workshop for Therapists**

## **Progressive Relaxation and Breathing Exercises**

Experience these techniques for yourself and  
learn how to use them effectively with clients

If my approach is new to you, I encourage you to be adventurous. Breaking new ground can often be productive. Also equipping clients with self-regulatory techniques can be a great boon to them.

**Facilitator**  
Jane Reed

Jane has 40 years experience of teaching yoga and meditation  
and is training as a CBT therapist



**Sunday 14<sup>th</sup> September 2025**

**10am to 1pm**

social time 1 to 2pm over a picnic lunch

### **Recommendation from Dianne Levene, Relational Space**

"Jane held a workshop on breathing and meditation for our Relational Spaces Community. I appreciated, and I am sure the others did too, her warmth and professional holding of the group, which gave everyone permission to feel free when sharing their responses to the exercises."

**Early bird rate, before 18<sup>th</sup> August, £70 per head**

Later rate £90 per head

**Cherry Garden Hall, Bermondsey**  
**210 Jamaica Road, Bermondsey SE16 4RT**

5 minutes from Bermondsey Tube station, on several bus routes

**To book your place email Jane [cbtwithjane@gmail.com](mailto:cbtwithjane@gmail.com) with**

**Your Name and your type of therapy**

Jane will then invoice you and instruct you how to pay your fee