

Friday Reset

Feel Lighter, Calmer and Rebalanced in Just One Evening

Join us on **Friday 1st May 2026** at **Denver Village Hall** for a special evening of movement, relaxation and wellbeing.

🕒 **6:30pm – 8:30pm**

Take time out from the busyness of everyday life and experience a gentle **journey of movement and sound** designed to help you relax, release tension and reconnect with your body.

What to Expect

The evening will begin with a **Lift Lean Stretch & Mobility session**, where we'll move through the major muscle groups and joints with slow, mindful stretches. This session is designed to:

- release tension and stiffness
- improve mobility and flexibility
- relieve the stress of the day
- help your body reset and unwind

Following this, you'll enjoy a **warm drink and refreshments**, giving you time to relax and settle before the second part of the evening.

You will then be guided on a **deeply calming sound journey**, where soothing tones and frequencies create a peaceful environment that encourages relaxation and a meditative state.

This combination of **intentional movement and sound healing** can help:

- release physical and emotional tension
- calm the nervous system
- promote deep relaxation
- prepare your body and mind for a restful night's sleep

Event Details

 **Denver Village Hall**

 **Friday 1st May 2026**

 **6:30pm – 8:30pm**

 **Men and women are welcome**

 **Suitable for all abilities**

Booking

Tickets are **just £20 per person**, including refreshments.

Spaces are limited to **22 places**, so early booking is recommended.

 **Reserve your place by messaging me via WhatsApp**

07802448836 or via my website www.francesraynermidlife.co.uk