

THE PURSUIT OF MINDFULNESS

WITH **LOUISE MARTIN**

MAY 4TH, 2023 – 13:00 BST | RIGRUN RECOVERY ZONE

Sit back, relax and let Mindfulness Coach Louise Martin take you on a journey through the mindful brain. Over the course of this webinar, she'll share techniques for practising mindfulness and how it can help you:



- Switch off at the end of a long shift and enjoy your rest days
- Get better sleep
- Manage your stress levels whilst offshore

Visit rigrun.co.uk/recovery-zone for more details.

**INCLUDES PRIZE DRAW ENTRY
TO WIN A MEDITATION HEADSET!**



Scan the QR code to
join the webinar!

