

A Holistic Approach to Wellbeing

The word holistic comes from the Greek word holos, meaning “entire” or “all.” Therefore, a holistic approach means to look after the entirety of your wellbeing, inclusive of physical and mental health.

Holistic Practices

Nutrition



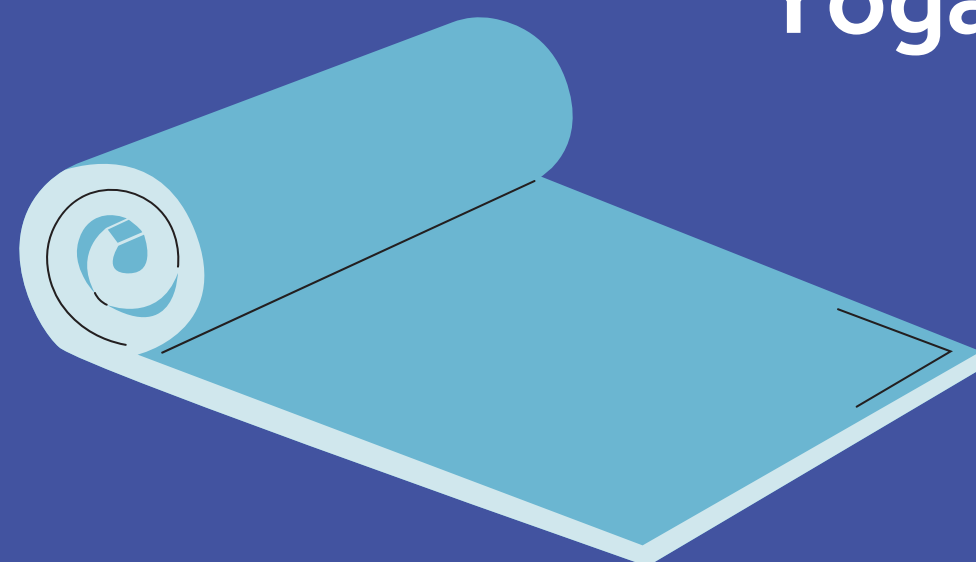
Breath work



Mindfulness



Yoga



Check out this link for more information
Live Well - NHS (www.nhs.uk)