



Nervous System Reset Morning – Attendee Information

Hosted by Zoe Francis

Founder of **Slow Daze Wellness & Clothing**.

Zoe is the organiser and facilitator of the event and will be your main point of contact throughout the morning.

Morning Schedule

10:05am – Arrival and Sign In
10:15am – Nervous System Reset Session with Claire Farley
11:30am – Refreshment Break
11:45am – Sound Healing & Soundbath with Lorraine Lockyer
12:45pm – Close

Guests are welcome to stay afterwards for a coffee and chat in the restaurant.

Nervous System Reset Session

Led by Claire Farley. Explore practical ways to support your wellbeing, understand your nervous system and begin building your own personalised toolkit.

Sound Healing & Soundbath

Led by Lorraine Lockyer of Sound Therapy Malvern. Includes optional sacred anointing oil, Biofield Tuning (tuning forks), a guided chakra meditation and a restorative journey of sound, energy and vibration.

What to Bring

- Yoga mat, air mat or reclining garden chair
- Blanket, layers and a pillow
- Optional eye pillow
- Bottle of water
- Notebook and pen (optional)

Important Information

- Please arrive 10 minutes before the session starts.
- Completed soundbath consent forms must be brought with you on the day.
- A sign-in sheet will be available on arrival.
- Zoe Francis will be available throughout the morning if you have any questions.