

NADA Treatments with Jody 2nd & 4th Wednesdays 12.15-1.00

Akasha is delighted that Jody is offering NADA (National Acupuncture Detox Association) treatments. This entails up to 5 needles being inserted to each ear to assist with:

- Post traumatic stress disorder
- General stress
- Mental health
- Anxiety management and panic disorder
- Stopping smoking
- Helping the immune system
- Calming effect on the central nervous system
- Restful sleep
- Promotes relaxation
- Aiding recovery from some prescribed medication
- Rebalancing
- Releasing tension



Sessions are conducting in a group setting amid complete silence to be able to fully relax to receive the most benefit from the treatment. Once the needles have been inserted they stay in for between 20-40 mins. They are placed in specific points and most benefit is gained if done regularly.

Cost: £10

For more information or to book your space please email jody@yogaakasha.co.uk

