



# Progressive Muscle Relaxation For Care Partners

Learn to Let Go of Tension — Anytime, Anywhere.



## WHEN

Every Tuesday  
from  
5<sup>th</sup> of August  
to  
16<sup>th</sup> of September  
At: 10:30 AM  
Duration: 60-90 min.

Check out my website for  
more options



## WHERE

The Beacon  
Pendragon House  
Beacon Lane  
Exeter EX4 8LZ



## PRICE

£130  
Includes:  
7 Sessions  
Handouts  
Opportunity to meet  
other care partners

For more information or to join, please contact me by phone or email.



Florence Tyloo  
07508 754375

[info@dementia-partnered-care.co.uk](mailto:info@dementia-partnered-care.co.uk)  
[www.dementia-partnered-care.co.uk](http://www.dementia-partnered-care.co.uk)



# Frequently Asked Questions

## What is Progressive Muscle Relaxation?

Progressive Muscle Relaxation (PMR) is an evidence-based technique that uses the tensing and relaxing of specific muscles to calm the body and mind. Each week, we'll add a new muscle group to the routine.

---

## Who can participate?

This group gives priority to family members of people living with dementia, but if that's not you, feel free to reach out—I'm always happy to explore options that fit your needs.

---

## Is Progressive Muscle Relaxation suitable for everyone?

Not always. If you have a history of serious mental health conditions (e.g. psychosis, trauma, epilepsy) or physical injuries, please speak with your specialist before booking.

---

## Do I have to be present to all 7 sessions?

This program was designed as a 7-week workshop.

If you miss a session, I'll make sure you get the materials to practice at home. That said, you may miss out on the chance to share, connect, and learn from others in the group.

If you would like to meet on other dates, check out my website for more options or contact me directly.

---

## What will happen during a typical session?

Each session is structured in the following way:

1. Experience Sharing
2. Mental health tools & knowledge
3. Introduction of new muscle group
4. Group Practice



Website