



Mental Health & Self Protection Course

HAN LON MENTAL HEALTH & SELF-PROTECTION COURSE

The Han Lon Mental Health & Self-Protection Course is a unique and holistic program designed for people from all walks of life. It enhances physical and mental well-being by equipping individuals with essential skills to manage stress and protect themselves effectively.

Our approach blends traditional Eastern and Western practices, incorporating breathing techniques, visualisation, self-defence strategies, and Chinese health exercises. These techniques help individuals build resilience, maintain inner balance, and stay safe in challenging situations.



OUR COURSE INCLUDES:

MIND & BODY WELLNESS

Chinese Health Exercises are a key element of our course. These ancient Chinese health exercises promote calmness, energy flow (Chi) and inner balance.

Exercises include:

- Gentle exercises to support physical and mental health
- Breathing techniques for relaxation and stress relief
- Body-strengthening movements to enhance stability and confidence
- Relaxation techniques for emotional regulation

Regular practice will:

- Boost the immune system
- Reduce stress and anxiety
- Strengthen mental and physical resilience
- Restore harmony between mind and body

A balanced mind and body lead to greater well-being, and our exercises are a powerful tool for maintaining long-term health.



SELF-PROTECTION & AWARENESS

Our self-defence techniques are designed for anyone - regardless of age, size, or fitness level.

The focus is on:

- Street awareness – recognising and avoiding danger
- Understanding the physical and physiological reactions to stress
- Simple, effective self-defence techniques, including:
 - Conflict management strategies
 - Identifying vulnerable target areas
 - Practical striking methods

All techniques are based on structured, traditional teachings, ensuring they are effective, easy to learn, and adaptable for all fitness levels.

**COURSES CAN
BE TAILORED
ACCORDING
TO CLIENT
REQUIREMENTS.**



COURSE BENEFITS

The Han Lon Mental Health & Self-Protection Course can bring sustained positive changes to your team or organisation, including:

- ✓ Improved physical & mental health
- ✓ Greater confidence in stressful situations
- ✓ Practical self-defence skills regardless of fitness level
- ✓ Improved team productivity
- ✓ Enhanced street-awareness
- ✓ Techniques to remain calm & in control
- ✓ Increased energy, motivation & empowerment
- ✓ Reduced employee absence

Han Lon

Contact Derek O'Hanlon to find out more about how the Han Lon Mental Health & Self-Protection Course can benefit you or your organisation

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FOR WEBSITE