

Fed Up Of Feeling Tired And Stressed?



Stressed out?
Want to worry less?
Want to feel calmer, happier
and healthier?

Discover how meditation and deep relaxation techniques could help you de-stress, stop worrying, improve your health, manage your emotions and even find more time!

Introduction To Meditation – 8 Week Course

Clare is here to help you bust through the meditation myths, bringing you practical, effective meditation techniques that work for real people with busy lives.

Course Tutor



Clare Josa
Formally-trained
Meditation
Teacher,
Certified NLP
Trainer, Reiki
Master Teacher

When and Where?

Starting Tuesday 2nd March, 2010 from 9:30 – 11:00

8 weeks (excluding Easter week)

Rockbourne, near Fordingbridge

Only £10 per session. Book now on **01725 518 434**

Find out more: www.Beyond-Alchemy.com/meditation