



Physical Balance



Emotional Balance

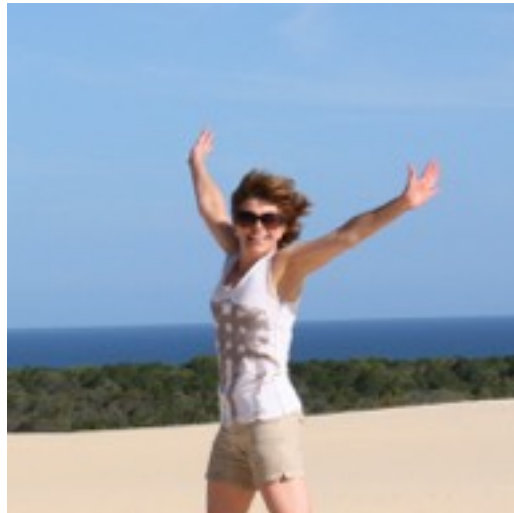


Mental Balance



Spiritual Balance

Begins
Oct.5



BE HAPPY and MORE PRESENT

Positively shift your way of being
with an **ACTIVE** mind & **RELAXED** body

Discover the power of **SOPHROLOGY** to set you up for positive changes in your daily life.
The course is guaranteed to keep you smiling through thick and thin!

Focus is on learning how to:

- Stay in the **present**
- **Let Go** of the chatter in the mind and the worry about tomorrow so that you can enjoy today!
- **Relax** more easily
- **Act versus REACT** to daily situations
- Feel **happiness**, even with life`s challenges

Course will also cover topics such as the use of high energy words, power of self-talk in creating your future and balancing your bodies energy levels.

Who: ADULTS

Where: TrulyBalance, Route de Tannay 26, 1296 Coppet

When: Begins Wednesday Oct.5, 4 week course / 13:30 to 15:30

Cost: 300 chf payable in full at first session