

November

WORKSHOP FOR TEENAGERS

INNER FITNESS FOR SUCCESS!
Approaching Life & Exams Calm & Confident



TUNE OUT of everyday life and **TUNE IN** to your inner strengths

BE MORE RELAXED even with BIG DEADLINES ahead

CONCENTRATE when necessary

CONTROL EMOTIONS (fear and anger) more easily

SLEEP more easily and more soundly

Use the BREATH to secure calming moments in times of anxiety or shock

POSITIVE self-talk to help **REACH GOALS** to the highest level

Who: Students aged 14 to 19 yrs

Where: Route de Tannay 26, 1296 Coppet

When: Saturday, November 2, 16, 23 and 30 (9:30 - 11:30)

Cost: 300 CHF

"I generally feel much less stress, even with big deadlines coming up. I am able to control my fear and anger much more effectively and concentrate when necessary" **IB1**

"The sophrology class got my mind off stressful things. It was a place and time to just forget about everyday issues" **IB2**

"I'm more relaxed during tests and I concentrate better while doing work" **IGCSE1, GRADE 11**

"The Sophrology course was not only great fun, but it really helped my nerves" **IGCSE2, GRADE 10**

Workshop exercises based in Sophrology. Course includes notes and audio files for easy at home practice.

FOR MORE INFORMATION OR TO REGISTER PLEASE EMAIL annette@trulybalance.com