



Creating balance

A week- end of discovery, learning and sharing

Date: Saturday, November 27, 2010, (9 A.M. to 4 P.M.)
Sunday November 28, 2010, (10 A.M. to 3 P.M.)

Place: Unity Church of Windsor, 940 Prince Rd, Windsor, On.

Family, work, finances!
Every day living can become stressful. Come and learn new skills to release stress and pressures, regain control, live calmly and in balance.

A look at the week-end

- Introduction and discussion on the different aspects of our life that must be in balance;
- Self evaluation of our assets and limitations and identification of the obstacles that prevent us from living in balance;
- Skills and techniques to help release stress, gain control and achieve balance;
- Evaluation of the different aspects of our inner self;
- Introduction and discussion on the 7 main Energy Centres (Chakras);
- Introspection of our beliefs and attitudes and identification of the useless, self imposed pressures;
- Practical solutions and techniques to help gain and maintain balance within.

Sharing, group discussions and visualizations will be part of the workshops.

Facilitator: Louise Klimczak Cht, TTP

Louise Klimczak is a Certified Hypnotherapist, member of the International Medical and Dental Hypnotherapy Association « IMDHA ». Louise specializes in the following areas : Behaviour modification, Addictionology, Childbirth with Hypnosis and Fibromyalgia. She is the Founder of the « Holistic Wellness Centre » in Windsor where she presently holds a practice.

Louise offers services in Hypnotherapy, Therapeutic Touch, Reiki and Ear Coning Therapy. She has been facilitating workshops on different topics for more then 20 years. Previously, as a team leader and VIP with Mary Kay Cosmetics, she contributed in the training and career development of several consultants.

Cost : \$175. 00

To register or for more information:

519-965-4837

or

By e mail: lkkinetics@bell.net

(Visa and Master Card accepted)

