



# INNER FITNESS FOR SUCCESS!™

## Approaching Life & Exams Calm & Confident



Hundreds of students  
have already benefited!

- ✓ 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 ability

### Institute Polycours

Fridays: Nov. 14, 21, 28 & Dec. 5

Time: 16:30 to 18:30

Price: 300 CHF

Ages: 16 to 18 yrs. (max. 10 participants)

Notes & CDs provided for easy at home practice and use

**Sign Up: [annette@trulybalance.com](mailto:annette@trulybalance.com)**

4 - 2 hour DYNAMIC workshops with exercises based in Sophrology, Mindfulness and Positive Psychology. Course includes notes and audio files for easy at home practice.

"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" **17yrs**

"The sophrology class got my mind off stressful things. It was a place and time to just forget about everyday issues" **18yrs**

"I'm more relaxed during tests and I concentrate better while doing work" **16 yrs**

"The Sophrology workshop was not only great fun, but it really helped my nerves" **15 yrs**