



Begins
March 7 & 8

INNER FITNESS FOR SUCCESS!™

Approaching Life & Exams Calm & Confident

Give your **TEEN** a head start in life through learning how to:

- ✓ **RELAX** their mind and body
- ✓ **TURN OFF NEGATIVE** chatter in their brain
- ✓ **CONCENTRATE** when necessary
- ✓ **CONTROL EMOTIONS** (fear and anger) more easily
- ✓ **SLEEP** more easily and more soundly
- ✓ **LET GO** of peer pressure and limiting fears and beliefs
- ✓ **POSITIVE self-talk** to **REACH GOALS** to the highest level

SOPHROLOGY / MINDFULNESS/ POSITIVE PSYCHOLOGIE

GENEVA: March 7, 14, 28 9:00 to 11:00

NYON: March 8, 15, 29 9:00 to 11:00

COST: 300 chf

REGISTRATION: annette@trulybalance.com

“Sophrology puts you closer to your body and allows you to control and relax your emotions” **17yrs**

“By taking this workshop, I’ve done something good for myself” **13yrs**

“I’m more relaxed during tests and I concentrate better while doing homework” **16 yrs**

“I would prefer more time as to be in this calm atmosphere” **15 yrs**

“I have really noticed better changes in how I take things, like tests and sports” **14 yrs**