



INNER FITNESS STUDIO™

Think GYM for the mind!

Beginning October 7th

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

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

BE MORE RELAXED even with BIG DEADLINES ahead

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

CONTROL EMOTIONS (fear and anger) more easily

SLEEP more easily and more soundly

Take back control of your **HEALTH**

CONCENTRATE when necessary

INCREASE YOUR ENERGY LEVELS

“Peace comes from within, do not seek without”
Buddha

“A mind that is calm can overcome sensory displeasure but sensory displeasure becomes overpowering when the mind cannot stop running” **Dalai Lama**

“He who is of calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition, youth and age are equally burdened”.
Plato

“While you are proclaiming peace with your lips, be careful to have it even more fully in your heart”.
St. Francis of Assisi

Where: Route de Tannay 26, 1296 Coppet

When: Come once a week, once a month or as often as you like. Exercises will vary each week.

Mon. 14:00 - 15:15 / Wed. 20:30 - 21:45 / Thurs. 12:00 - 13:15 as you like!

Cost: Trial 20 chf / 30 chf per session / 250 chf for 10 sessions / 450 chf for 20 sessions



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