



# INNER FITNESS STUDIO™

Relaxation for the mind and emotions

**Starts Jan20/21, 2014**

**MONDAYs 19:30 to 20:30**

**TUESDAYs 14:00 to 15:00**

(Location: Simply Theatre Studios, Centre Choiseul, Ave de Choiseul, Versoix)

- ✓ 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**
- ✓ Increase your **ENERGY LEVELS**
- ✓ Increase your **Emotional Intelligence**

“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**

Come weekly, bi-weekly or once a month.

Sign up by contacting [annette@trulybalance.com](mailto:annette@trulybalance.com) - please put IFSTues or IFSMon is the subject line

Cost: 20 CHF per session or 5 sessions for 80 CHF