



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**

Come weekly, bi-weekly or once a month.

Sign up by contacting annette@trulybalance.com - please put IFSTues or IFSMon is the subject line

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

“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