

# POWERFUL LIVING FOR WOMEN

GROUP SESSIONS TO  
RECHARGE - REFOCUS - RECONNECT



[www.peopletopower.com.au](http://www.peopletopower.com.au)

**Powerful Living for Women** group sessions offer you a time-out from the demands and pressures of your busy life. Combining meditation, hypnosis, success coaching and other techniques, these sessions will help you:

- **Unwind, relax and de-stress**
- **Start to transform unhealthy thoughts, feelings and behaviours into healthy ones**
- **Sharpen your focus on what you want to change and achieve in your life**

You will experience relaxation techniques, learn simple take-home exercises, and discover how you can tap into your own personal power and resources to create a **happy, healthy** and **successful life**.

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| Time:     | Sundays <b>2.15 pm – 4.30 pm</b>   |
| Price:    | <b>\$45</b> per session.<br>Bookings are essential. You can attend any of the individual sessions, or to gain maximum benefit attend all five. Book and pay for all five sessions together and receive a <b>BONUS 1:1</b> Success Coaching session with <b>Jane Chessell</b> . |
| Dates:    | Session 1: <b>25 August 2013</b><br>Session 2: <b>15 September 2013</b><br>Session 3: <b>13 October 2013</b><br>Session 4: <b>10 November 2013</b><br>Session 5: <b>8 December 2013</b>  |
| Location: | Bondi Junction   |

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