

HEART-CENTERED THERAPY ***presents***

“DE-STRESS FOR THE HOLIDAYS”

*Enjoy the real meaning of the holidays
without added stressors*

Saturday, November 20, 2010. 9:30 – 12:30 p.m.
Experience this free 3-hr workshop in which you will:



Learn relaxation exercises to help your body release the effects of stress

Discover powerful mental techniques to literally shift your experience of feeling stressed to feeling calm within moments

Enjoy more humor and fun to reduce stress

Learn to accomplish more in less time

Develop communication skills that improve relationships and reduce a major source of stress

Identify and change stressful self-talk

Location:

Valley Fitness Studio
28000 Via Viso
Call Rhoda to sign up:
760-742-1392

www.vcheartcenteredtherapy.com
heartcenteredtherapy@vcweb.org

About the workshop leader: Rhoda Reilly is a licensed Clinical Social Worker, Advanced Certified Hypnotherapist, Reiki Master, and Certified Workshop Leader for Heart-Inspired Presentations. Rhoda works as a psychotherapist and hypnotherapist in her private practice in Valley Center. Rhoda’s mission is to act as a guide in teaching others transformational skills to dramatically improve their lives.