

Sheehan Chiropractic

Creating health from the inside out.

Starts Tuesday, July 14 2010
12 sessions with 2 make-ups

Time: 7:00 pm—8:30 pm

Cost per person: \$240. Pre-Registration Required

Personal Growth Workshop Series



STRESS has its hidden roots in unconscious false beliefs that we hold. These beliefs affect the way we process information, view ourselves, our world, and each other. We end up feeling stuck, causing more stress and dissatisfaction. This introductory class in stress reduction will provide tools for questioning your stressful beliefs so that you can be more peaceful and know yourself better.

You will learn:

1. What thoughts trigger your stress response
2. Why it's good to judge others
3. The questions to ask that bring greater peace and self-knowledge
4. Why you should never try to let go of a stressful belief
5. How to be more gentle and forgiving with yourself

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Name _____
Address _____

Phone _____

Method of Payment

- Bill Me Visa
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Personal Growth Workshop Registration

Sign up for:

Price

12 sessions

240.00

Total: _____