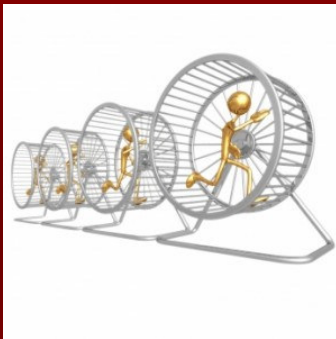


Judith Rasoletti, Ph.D. presents:

Stress in the City?

Techniques to *Let Go* and *Let In*

Saturday, August 1, 2009 6:30 to 8:00 pm



Does anxiety sit in your stomach?
Sleepless nights worrying about the future?
Preoccupied, going in circles?

Some stress is actually necessary—it allows you to be successful, creative and adaptive.

Too much of it, however, leads to a downhill battle where the mind lives in a circle of negative thoughts, emotions flatten into depression and daily routines are sources of friction, conflict and thus more stress.

This seminar gives you a way out! Simple yet highly effective techniques instill a new sense of peace and calm as you let go of old habits and open your heart to let in support, joy and renewed creativity.

at:

Guided Coaching
623 East 100 South
Salt Lake City, UT 84102

Contact Judith at
C: 801 915-3330
T: 435 615-7350
www.RoseofLight.com
judy@RoseofLight.com

This workshop teaches you:

- about the physical effects of stress & anxiety
- how to recognize the symptoms of stress
- simple techniques to relax
- how to create time and space for yourself
- meditations and visualization exercises

Judith Rasoletti PhD is a gifted healer, graduate of the renowned Barbara Brennan School of Healing, artist, writer and seminar leader. She has over eleven years of experience working with clients and groups.

\$25 **RSVP is appreciated!**