



StressLess In the City

-Personal Wellness Programs-

StressLess Programs offer various life coaching activities to address your personal and specific stress needs. Each one explores a particular issue and introduces activities and skills to best eliminate your negative behaviors and emotions. Sample programs include:

#1 – Food Cravings Be Gone

If diets, exercise, or calories were the answers- you wouldn't have this problem, right?

As you eliminate the emotional blocks that sabotage your efforts, you are now able to achieve the results you want. Try techniques, such as EFT, that I guarantee- or your money back.

#2 – Release Headaches, Anxieties, Phobias, and Insomnia

Various methods are taught to help you relieve or eliminate these common, but disruptive conditions. As the energy blocks are removed from your body, your phobia leaves as well. You can enjoy astonishing results and experience freedom from the former fears. By reducing these symptoms, you will be more confident, positive, and energetic.

#3 – Reduce the Inner Critic

This program helps individuals overcome the tendency to internally criticize and judge themselves and others, expending energy that could be used in more positive directions. With guidance, the "inner critic" thinking can be reduced and replaced with acceptance, confidence and well-being.

#4 – Increase Mental Clarity and Self-Acceptance

Through movements and simple activities, participants learn how to restore energy flow in the mind and body, changing focus to real-time issues and problem solving. The daily workday becomes easier as stored tensions are drained and released."

Results are based on proven systems, including:

Emotional Freedom Technique (EFT), a simple "tapping" process demonstrated to be a highly effective stress and pain reduction tool. As stored tension in the body/ mind is released, your emotional and mental health improves, you become more joyful and hopeful. View the video at: www.emofree.com

Programs designed by Capacitar International reduce the psychosocial effects of stress and trauma and restore personal and societal healing. Through various movement, breathing and guided meditation techniques, you are able to manage and release tension stored in the body and mind. www.capacitar.org

Fast track your success with individual sessions on your private issue.

1 hour private session \$90 OR 4 sessions of one hour each \$300

