

Tired of being Tired?  
Stressed Out?  
Can't Sleep?  
Anxious?



## ***“Easy Steps to Healing Anxiety”***

1 day Workshop to help you identify and eliminate the triggers and underlying causes of your anxiety.

- Take control of your life
- Improve your confidence
- Maintain emotional stability
- Happier relationships
- Release fears
- Better body image

A hands on, dynamic and inspirational workshop . You will learn the fundamentals of *meditation* and *breathing, diet, nutrition and exercise* along with proven practical tools to instantly help you take control and release your anxiety.

**Investment:** \$230, includes gourmet teas & healthy snacks

**Where:** Levity Health, Level 1, 38-40 Bronte Rd (entrance on Ebley St), Bondi Junction

**When:** 9am-5pm. Sunday 8th March 2009

**Who:** Christina Christou: *Meditation, Energy Healer & Reiki Teacher*

Benjamin Weale: *Exercise & Lifestyle Coach*

Sarah Luck: *“Food-as-Medicine”, Naturopath & Herbalist*

**Bookings: Christina 0412 606 098**

**Levity Health 9389 0278**