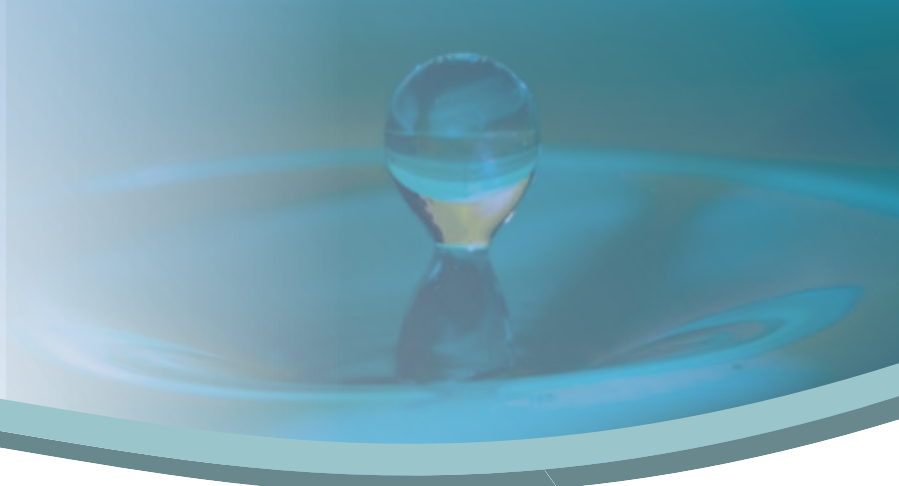




Self Mastery
Foundation



Is daily stress wearing you down?

Develop Your Own Personal 5-minute Stress Relief Routine

This **breakthrough learning program** provides everything you need to create your own simple and effective stress-management program.

The skills are easy to learn, extremely effective and will take only minutes of your working day.

Learn How to Master Your Stress Factors

- Integrate Stress Management into your daily life.
- Improve focus and concentration.
- Minimize long-term injury.
- Learn proven tools that are quick, easy and effective.
- Fit your own personal routine into your schedule.



"I learned to see myself in a new way. I am more centered, balanced and effective. I am better able to anticipate and respond, rather than react."

This program can help anyone transform the quality of their personal and professional lives. You will see tangible results quickly."

- Kathleen Nelson, RN, MPA, CPHRM
National Leader, Patient Safety and Risk Management
Kaiser Permanente



"The breathing exercise has really helped me. I'm having better days, I'm relaxed. Amazing how effective it is!"

- Mohammed Ayoubi,
City Bus Operator

Don't bring stress home with you!

Workshop Date & Time
April 25, 2009 - 10am to 11am

Price: \$19.95
**Save \$5 if you sign up
before April 14**

For more information:
www.Selfmastery.com/workshops
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Thrive @ Work Workshop Series