Join WiseHeart Wellness for

MIND MASTERY

One of the 4 Realms – Ending Addictive Eating Series

November 26 -28, 2010

- ✓ Freedom from food obsession!
- ✓ Clean out cognitive clutter
- ✓ Re-engineer addictive impulses
- ✓ Release negativity & judgement
- ✓ Recreate clarity and creativity
- ✓ Mindfully manifest your life

Sloan Square, 5920 1A Street SW, Just East of Chinook Center ½ block north of Chinook LRT
Please enter through door 400 at the rear of the building and proceed to the atrium
Call 403-540-2374 for late entry

Mind Mastery:

Reclaim and tame your brain
Turn compulsion to compassion
Shift from obsession to understanding

Friday 6:00pm Registration
6:30 pm – 9:00 pm Bring a Friend for Free Evening
Psycho-Cybernetics and Brain Chemistry

Saturday 8:30 am – 9:00 am Early Extra Yoga
9:00 pm – 5:00 pm Main Session
Please note you will be asked to bring a lunch and stay through the lunch hour.
Exploring the Abyss:
Mental Mechanics
The Gift of Our Compulsion

Sunday 8:30 am – 9:00 am Early Extra Yoga
9:00 pm – 5:00 pm Main Session
Please note you will be able to eat lunch in the atrium or go out to nearby places
Alignment:
Re-engineering all 3 minds
The Care and Maintenance of a "beautiful" brain and mind

Follow up: You've all been to workshops that you lost the momentum of repetition of the ideas discussed and application suggestion help! There are 6 weeks of follow up emails with additional exercises and reminders offered free of charge, just sign up Sunday!

We look forward to having you join us on this amazing journey to wellness and weight mastery!

Full weekend over 18 hours of therapeutic intervention on your eating issues $495.00
Discounts for purchasing multiple workshops either for yourself or your group of friends~!
Upcoming Ending Addictive Eating Intensive Clinics: *All four for $1294.00*
January – Soul Esteem March – Body Wisdom September – Emotional Alchemy