



STRESS FREE LIVING IN TODAY'S WORLD

A JOYOUS 6-WEEK EVENING COURSE OF
SELF DISCOVERY & LEARNING SIMPLE
RELAXATION TECHNIQUES

Course commences: Thursday 31 January 2013
Time: 7.30pm till 9.00pm
Venue: 1 Dillon Street, Clonmel
Cost: €90

To book call Adrienne on 087 979 4258
or e-mail: adrienne@sequoiacoaching.com

Adrienne Barlow-Small invites you to join her for this 6-week course where you will explore; -

- the topic of self-esteem & how to use affirmations to create positive change in your life
- how to create and maintain healthy boundaries
- how you relate to your emotions
- the power and joy of gratitude and
- learn simple techniques to help deal with the stresses of modern day living