



MIND OVER MATTERS

Reap the rewards of 30 years of experience and Wellness Wisdom in one life changing workshop

Learn to reduce stress and how to achieve the mental, as well as physical balance needed for a successful life

In these trying economic times, it's harder than ever to control the emotional stress that can cause us to overreact to everyday situations, impair our judgment, trigger negative behavior and even cause sickness.....until now.

Stephanie's Mind Over Matters offers practical and useful techniques that are easy to learn and put into your daily routine.



A Wellness Specialist, Stephanie is a certified Master Tai Chi and Integral Yoga instructor and author of Stephanie's Tai Chi for Enlighteners book and DVD set program.

Stephanie's specially developed techniques help release stress as well as identify and stop non-productive lifestyle habits. This is the key to living a more conscious and fulfilling life. Simply put, it's putting your MIND OVER MATTERS.

What you'll be able to take home with you...

- Learn to recognize and diffuse stress before it begins
- Practice how to fine-tune a powerful, positive attitude
- Learn how to RELAX, wherever you are and whenever you need a break
- Understand how to focus your mind and clear away negative thoughts
- Ease muscle tension away with easy to follow, gentle body stretches
- Tips to create peaceful home and workspace environments
- Create a strong, positive attitude with energy you've always had, but didn't know how to harness
- Learn to be in the moment by avoiding a state of non-reality-reality

Structure Mind Over Matters to fit your Budget and Schedule...

Stephanie's Mind Over Matters workshops are offered in two hour presentation lectures, a 10 week course of 1-1/2 hour classes, half day and full day workshops and a full weekend retreat workshop.

For more information call 415-302-7237 or log onto enlighteners.com

"One concept that I embrace is the "non-reality- reality. Which teaches my clients how to focus on what is happening in the present moment, helping them reduce anxiety by living in "the here and now" not in the past or future. Stephanie has a wonderful ability to teach in a non-threatening, non-judgmental and accepting manner. "

~ Judith Kirshbaum MFT.