

Does any of this sound familiar?

- You catch yourself thinking the same negative thoughts over and over again?
- You endlessly replay a stressful conversation or situation in your head even after it's done and over with?
- Do you find it difficult to stay calm and centered when your environment is chaotic and stressful?

If you relate to any of this, YOU are NOT alone!

Join me for a **FREE** workshop at West End Yoga's Studio BE
Tuesday August 15, 4:30-6pm OR
Thursday August 31, 6 - 7:30pm

To register contact **Sheetal Contractor, RYT, LMT, Wellness Coach** at **609-634-4938** or sheetal@SolunaSolutions.com or Sign up at West End Yoga

***GET HAPPY... 3 Secrets to Eliminate Negativity
and Elevate Your Mood Every Day!***

In this FREE workshop, you will learn about....

- How the human mind works and why we're wired to gravitate toward negativity
- Universal Laws that explain the subtle nature of our thoughts and emotions
- Simple techniques to catch and shift our negative patterns
- An amazing opportunity to build the skills shared in this workshop so they become 'second nature'
- And much more!



Come share in this workshop and you will...

- Gain a greater understanding of the power of YOUR mind
- Feel better equipped to eliminate negative thinking
- Have the chance to **win a GIFT CERTIFICATE for a 45-minute massage!****

** GC for 45-min therapeutic massage will be raffled at the workshop; Session to be held at West End Yoga.