

# FEEL BETTER FAST

*Learn the secrets to letting it go ...*

## **Manage Your Mind & Emotions So they Don't manage YOU!**

### **Release it!**

Negativity  
Overwhelm  
Resistance  
Anxiety  
Frustration  
Struggle

### **Allow it!**

Clarity  
Confidence  
Creativity  
Easy flow  
Action & Results  
Peace

**And Feel Better Fast!**

**This simple technique is:  
FUN to learn & EASY to practice**

Use this underlying principle behind all healing and success to effortlessly release stress, suffering & negativity. Then, naturally connect with Source energy and your infinite resources!

### **EVENING workshop:**

**Date:** Friday, September 25

**Time:** 7:00 pm to 9:30 pm

**Investment:** \$25 in advance, \$35 at door

**Location:** Bliss Body Yoga Studio  
616 Collings Ave. Collingswood 08107

**Go to:** [www.blissbodynj.com](http://www.blissbodynj.com)

**To register please call:**

Lisa O'Brien @ 856-261-0554



**Irene Bojczuk** is a change agent who has been teaching about personal freedom and empowerment—in private sessions and with groups since 1987. For more info about Irene **go to:** [www.ReturnToCenter.com](http://www.ReturnToCenter.com).