



Trish and Amanda Dennison



TO REGISTER FOR A CLASS
OR FOR MORE INFORMATION ON
DATES LOCATIONS AND MORE:

CALL:

780-766-2911 (LOCAL)
1-866-766-2911 (TOLL FREE)

WRITE:

Trish or Amanda Dennison
RR 2 Site 25 Box 9
Grande Prairie AB
T8V-2Z9

Email:

Trish@mindworksconnections.com
Amanda@firewalks.ca

VISIT US ON-LINE AT:

www.butterflybreakthroughs.com
www.firewalks.ca

MINDWORKS PRODUCTIONS



Extreme Self Care

Making The Ultimate Commitment To Yourself



TRISH DENNISON

Reiki Master/Teacher, Clinical Hypnotherapist, Fire Master,
Breakthrough Coach, Dynamic Trainer, Family/Child
Counseling, Basic Body Analysis

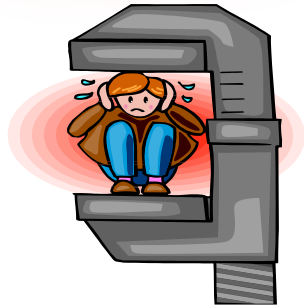
Do you feel guilty when you try to take care of yourself or take time off?

Why is that?

Chances are it is a learned behavior!

“Are you in denial about a health condition because it’s just too hard to deal with, or you are lacking support so you give up?

Does your life seem like constant stress and struggle?



MAJOR LIFE STRESSORS

DEATH DIVORCE DISEASE
ADDICTIONS MOVING
DEPRESSION OVERWEIGHT
And more

It may be time for you to step into the new frontier of Self Awareness and embark on a journey of potential.. The potential to choose happiness, health and peace over struggle, dis-ease and despair.

Extreme Self Care

Understand balance and harmony mentally emotionally physically
And spiritually.

Getting real with what is

Recognize what is supportive , what is unsupportive
Discover new supportive habits that serve your present needs
Learn how to be present and effective now
Experience the willingness to do what it takes
Give yourself permission to be number one !



WHEN: April 28 & 29 2007
May 26 & 27

10am to 4pm both days

WHERE: Grande Prairie

HOW MUCH: \$300.00