



Trish and Amanda Dennison



International Award Winning Speaker & Dynamic Trainer Trish Dennison, Founder of Mindworks Ltd., has teamed up with Amanda Dennison, founder of Power of Intention - Breakthrough Coaching.

Combining 22 years of Experience with Accelerated Learning Techniques and Breakthrough Coaching, they bring you Revolutionary Creative Experiential Seminars and Programs that assist you every step of the way to personal and professional happiness and success.

Trish and Amanda's Seminars are Guaranteed to: Educate, Entertain and Empower you!!

You will learn to create new levels of health, wealth, relationships and more.

Every seminar provides simple precise tools and practices to apply and achieve any goal.

"When you understand the Inner Connection to your Outer Expressions you can create by Choice vs.. Chance." TD



** Our Reiki Classes are all Traditional FULL Weekend Classes that run : Fri. 7pm-10pm
Sat. 10am-6pm
Sun. 9am-4pm*

To Register for a class or Workshop or simply for more information on Dates, Location, Prices and more:

Call:

780-766-2911 (Locally) 1-866-766-2911 (Toll Free) 780-933-2391 (Cell)

Write:

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

Email:

amanda@firewalks.ca
trish@butterflybreakthroughs.com

Visit us on line At:

www.Firewalks.ca
www.Butterflybreakthroughs.com

MINDWORKS PRODUCTIONS



Power of Intention - Breakthrough Coaching Inc.



BRING YOU **INNER PEACE STRESS RELEASE** **REIKI 1ST 2ND TIBETAN & MATERS** **MEDITATION MADE EASY**



TRISH DENNISON

Reiki Master/Teacher, (22yrs+) Clinical Hypnotherapist, Fire Master,
Breakthrough Coach, Dynamic Trainer, Family/Child Counseling, Basic Body Analysis



AMANDA DENNISON

Reiki Master/Practitioner, Fire Master, Breakthrough Coach,

Inner Peace Stress Release

Stress comes in different forms and in this day and age it is around us 24/7! There is no escape!!

When you can learn first to accept stress as a part of life, from there you can give yourself an opportunity to manage it VS struggle with it. When you learn to manage your stress, ultimately you learn to manage yourself and your life.

WHAT YOU WILL LEARN

- 5 MIN. STRESS RELEASE TECHNIQUE
- TRIGGERS what they are and how they can help
- IDENTIFYING STRESS IN YOUR LIFE
- STRESS AS A TOOL
- HOW TO MANAGE STRESS AND MAKE IT WORK FOR YOU V.S. AGAINST YOU
- AND MORE



EFFECTS OF UN-MANAGED STRESS

- HIGH BLOOD PRESSURE
- STOMACH ACID
- DIGESTIVE PROBLEMS
- IRRITABLE BOWEL
- APPETITE DISRUPTION
- LACK OF ENERGY
- SLEEP PROBLEMS
- AND MORE

*"Regain control,
peace and happiness
in your life,
One breath at a time"*



WE ARE HERE TO GIVE YOU THE TOOLS AND A WAY TO APPLY THEM TO YOUR EVERYDAY LIFE, ANYWHERE, ANY-TIME AS NEEDED.

BENEFITS OF STRESS MANAGEMENT

- PEACE OF MIND
- POWER OF CHOICE
- HEART HEALTH
- GOOD HEALTH
- LEARN TO RESPOND VS REACT
- RELEASING STRUGGLE
- GREAT NIGHTS SLEEP
- AND SO MUCH MORE!!!

MOST WORKSHOPS 1-2 DAYS LONG
Price Depend on the length of Class and number of participants.
Contact Information on Back

REGISTRATION INFORMATION ON BACK PAGE



Reiki is known as an ancient 'healing art' who's teaching can be traced in China, Tibet, Egypt, India and ultimately Japan.

There are varied aspects of Reiki to consider.. There is the relationship, the varied teachings of Reiki and the individual relationship with the practice of Reiki.

More and more people look for ways to help themselves and their family's heal and improve their lives. Today, Reiki is being taught in a variety of different disciplines. For some it is more physical, simply a hands on technique, for some it is a conscious practice of awareness, and for others it is both. No Separation!.
Reiki is indeed an individual experience.

*In a Reiki workshop you embrace the relationship, and you learn the connections, the relationship, between our thoughts, our emotions and our physical state or response. The conscious daily practice of Reiki brings a level of conscious awareness to your life. An opportunity to be more present, more effective and more in balance. The self-practice of hands on can help to focus your thoughts, to calm your busy mind, and to help heal your body, releasing stress on all levels.

Meditation made easy!

Around the world, most cultures teach this life transforming art, in one form or another. Different practices are available to meet your specific needs or intentions and can be practiced anywhere, by anyone, at any age.

At our **one day INTRODUCTORY MEDITATION CLASS** you are guided through various forms of meditation practice. we explore the different styles and their unique purposes.



WHEN: T.B.A.
WHERE: Grande Prairie
HOW MUCH: \$60.00
Registration Information on Back.

*Meditation is simple
in practice,
Profound in results.*

Enhance your relationship with your self and see the positive benefits ripple through out your life.

REGISTRATION INFORMATION ON BACK