



Break Free NLP and Yoga

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Information Sheet on Creative Visualisation for Health and Happiness Workshop

Your mind is the most powerful tool you have. With it, you can create the kind of life you want. This workshop uses a series of visualisation exercises to increase health, happiness, self-esteem and goal setting for the future. Basic meditation and the effective use of affirmations will be taught. Students will also learn techniques for use at home. Come along, have some fun and learn how to make the most of the power of your mind.

The Break Free NLP and Yoga *Creative Visualisation for Health and Happiness Workshop* is three hours in length. It is designed to empower you to take your health and happiness into your own hands!

Some of the specific topics that are dealt with include:

- quick relaxation exercises for immediate effect
- effective use of affirmations
- assertive communication
- boundaries between yourself and others
- internal conflicts
- modelling healthy, happy people
- limiting beliefs about yourself
- negative emotions that hold you back
- reframing problems
- how your values affect your behaviour
- using your creativity for best effect
- setting goals for the future.

You will learn many 'take home' techniques for use on an ongoing basis.

Break Free NLP and Yoga *Creative Visualisation for Health and Happiness Workshops* are held regularly in various locations around Sydney. Please call Toni Payne on 0407 495 206 for further details.