

*Overcome the strain of  
life's stresses and  
increase your resilience  
and joy!*

# Become a MORE Resilient Person

**SPRING into April Special!**

**Your half-day Resilience Session will include:**

- your own SOS stress-bustin' kit - ready for stressful emergencies
- daily resilience and bounce for whatever life throws at you
- feeling the reins of control in your hands - even in the midst of chaos
- knowing how to improve your memory and concentration
- building your self-confidence, energy and joy!

Guaranteed — a delightful and thoroughly worthwhile event — a simple 8 minute a day routine which will replace any stress with resilience and joy!

**What others say:**

*"Mind Chi has improved my perception of how good my life really is"*

*"The Mind Chi Sessions helped me more in a week than any other technique I tried in the last 10 years."*



# Sign up now!

Your friends  
and family are  
also welcome!

**SPECIAL OFFER:**

Book this 1/2 day Mind Chi Resilience Session for £40.00 to be held on Saturday 27<sup>th</sup> April from 9:00am – 12:00pm, register by 20<sup>th</sup> April and receive a FREE, signed copy of 'Mind Chi'!

This session is led by Vanda North – The ONLY Resilient Woman Warrior, author and creator of Mind Chi.

For more information please see [www.MindChi.com](http://www.MindChi.com)

Please register to confirm your seat: email me at [Vanda@MindChi.com](mailto:Vanda@MindChi.com) or leave a message on 01202 798 638. Thank you, see you there! ☺

