

Holistic Stress Management Workshop



with
Giselle Denisse

**Are you in a constant state of worry?
Do you find yourself overeating?
Do you suffer from anxiety or depression?
These are some of the few signs of Stress.**

Learn how to:

- Recognize signs of stress in your life
- Reduce the affects of stress on the body
- Prevent anxiety from beginning

You will Relax with:

- Hatha Yoga
- Breathing Techniques
- Intentional Meditation

When: July 10, 2010
Where: *Healing Hands Seminars*
110 N. Federal Hwy Ste. 204
Hallandale, FL 33009
Time: 10am – 1pm
Cost: \$80

REGISTER at
www.TruWings.com/events

newbeginning00@live.com
561-324-6030

Giselle Denisse

Holistic Life Coach, Yoga Teacher, Reiki Master/Teacher



Having a lifelong interest in Metaphysics, Giselle became a Holistic Life Coach to help guide individuals who are seeking to enhance and/or redirect their paths to reflect a fulfilled life.

She has learned first hand how to live a balanced and healthy way of life through Yoga and Meditation while living in an ashram for several months. Combining the knowledge Giselle has learned as a yogi, coaching and healing, she now conducts workshops to pass on everything she knows onto you.

Through private sessions, mentoring programs and workshops, Giselle will guide you through your own personal transformation.

Whether it is losing weight, stress management or a life change, Giselle will be there with you every step of your journey encouraging you to accomplish your goal.