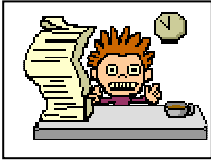


MEDITATION AND DEEP RELAXATION TRAINING PHONE CONFERENCE SEMINARS**ARE YOU, YOUR PATIENTS, FAMILY, FRIENDS:**

- ◆ Overly stressed?
- ◆ Having anger outbursts?
- ◆ Worried about money?
- ◆ Eating or drinking too much?
- ◆ Anxious? Depressed? Burnt out?
- ◆ Suffering from high blood pressure or pain?
- ◆ Having trouble concentrating?

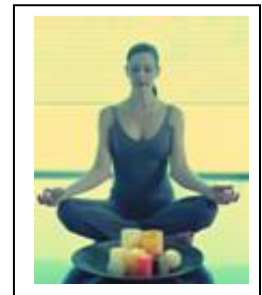
IF SO, LEARN TO MEDITATE AND DEEPLY RELAX AT YOUR CONVENIENCE

Join Susan Eisner 2/19, 2/26, 3/5/09, 7-8 am OR 8-9 pm

- ▶ LEARN SHORT, SIMPLE, PORTABLE RELAXATION EXERCISES INCLUDING:
SIMPLE MEDITATION, ABDOMINAL BREATHING AND VISUALIZATION
 - ▶ CALL IN FROM THE COMFORT OF YOUR HOME, OFFICE OR ELSEWHERE (but not your car!)
 - ▶ PRESCRIBE THESE CLASSES FOR YOUR PATIENTS AND CLIENTS
 - ▶ GIVE THESE AS A GIFT FOR YOURSELF, OR A FRIEND OR LOVED ONE
- ANYONE CAN ENROLL IN THESE SEMINARS -**

BENEFITS - MEDITATION AND RELAXATION TECHNIQUES:

- ◆ Alleviate stress
- ◆ Induce deep relaxation
- ◆ Lower anxiety
- ◆ Alleviate or reduce pain
- ◆ Improve communication in relationships
- ◆ Promote focus on tasks, more efficient work
- ◆ Promote feelings of well being, peace and serenity
- ◆ Allow connection to ones emotions and inner self
- ◆ Lower blood pressure
- ◆ Increase mental clarity
- ◆ Increase energy levels



You're thinking: "I've tried this before, it's not for me." "I can't sit still for this." "I can't relax!" Not to worry. A special exercise will help you get past these beliefs.

NOTE: Unlike sleep, reading, or exercise, though beneficial, THESE techniques are the ONLY way to bring the body into a deeper state of consciousness and relaxation.

COST: \$49.95 for the series of 3 sessions

2-STEP ENROLLMENT PROCESS: YOU MUST 1) PAY and 2) REGISTER for 1 time slot - PLEASE DO BOTH! TO PAY & REGISTER: go to www.susaneisner.typepad.com. Under Susan's photo, see "Meditation Seminars:" CLICK ON "PAYPAL BUTTON" AND "REGISTRATION FORM."

Within 48 hours after paying and registering Susan will send you a confirmation email. Prior to the sessions you'll get one with dial-in instructions and a confidential access code to enter the phone conferences.

EACH SESSION INCLUDES:

- Explanation and instruction of techniques
- Actual practice of techniques
- Question and answer discussion period
- Written instructions/handouts to be emailed to you weekly

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