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# MIND/BODY BALANCE

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**Are you feeling overwhelmed, scattered, stuck?**

**Are you losing your sense of wellbeing?**

**Learn fun, quick and effective energy techniques to create balance in your mind/body/spirit and feel more energized.**

**Workshop Benefits:**

- Quiet your racing mind in 2 minutes or less
- Manage your emotions
- Reduce stress
- Stop others from draining your energy....and much more

**WEDNESDAY, OCT 14, 21, 28 & NOV 4 7:15-8:30 pm**

**Workshop limited to 6 people\* Cost \$160**

\*Minimum of 5 people required

**RSVP: PRE-PAYMENT REQUIRED by October 7<sup>th</sup>**

To register or for more information:

**Victoria Sciarra, MFT: 562. 420. 3002**

[vsciarramft@yahoo.com](mailto:vsciarramft@yahoo.com) and [www.victoriasciarra.com](http://www.victoriasciarra.com)

Victoria Sciarra, licensed Marriage & Family Therapist specializing in Energy Psychology

**4182 VIKING WAY, SUITE 204, LONG BEACH, CA 90808**

mail check to: Victoria Sciarra 4182 Viking Way, St 204 Long Beach, CA 90808



name

address

city

zip code

phone:

day

evening

email

(A portion of the proceeds from this workshop series are donated to charity.)