



*Step into summer and lift
your spirits by discovering*

The Art of Well-being



7 TOOLS FOR COPING WITH THE UPS AND DOWNS OF LIFE

with Jan Alcoe author of *Lifting Your Spirits:
seven tools for coping with illness**

**on Saturday, 30th May 2009
from 10 am to 5 pm at Hollingbury Court,
Ditchling Road, Brighton BN1 6XB**

Jan Alcoe, BSSc(PsychHons), DHypPsych(UK) is an experienced trainer and writer in holistic health care, and a survivor of cancer. She is a registered hypnotherapist.

The workshop will be held in a lovely house and gardens in the Surrenden area of Brighton (free parking and on main City bus routes. Numbers will be strictly limited to 12.

Price: £45, including vegetarian lunch and refreshments.

**Published by the Janki Foundation
for Global Health Care, 2008*

Whether you are feeling down, coping with illness, under pressure or just needing a lift, join me for a useful, practical and inspiring day on how to improve your well-being.

This relaxing and enjoyable workshop will introduce you to seven simple but powerful tools you can use to boost your resilience on all levels – physical, mental, emotional and spiritual – and ride the ups and downs of life.

Discover how to:

- relax deeply and draw on your inner stability
- use the power of the mind to cope with stress, pain and anxiety
- bring play and laughter into your life
- find fulfilment through appreciation
- express yourself creatively
- connect with others through listening
- reflect on how far you have come, not how far you have to go...

www.hypnotherapyforliving.co.uk

Booking The Art of Well-being • 30th May 2009

Payment must be made in advance: by cheque (to the address below) or by PayPal at www.hypnotherapyforliving.co.uk/courses/index/asp.

Phone 07774 758202/01273 504574 **E mail** j.alcoe@ntlworld.com **Post** Complete and return:

Name _____

Address _____

E mail _____

Tel no _____

Please enclose a cheque made out to **J. Alcoe** and send to **401 Ditchling Road, Brighton BN1 6XB**