

ABSOLUTE FITNESS IS PLEASED TO PRESENT TO ITS MEMBERS:

FIVE PILLARS TO WELLNESS

A ONE-STOP WORKSHOP FOR THOSE OF US WHO WANT TO GET THE MOST OUT OF LIFE

The **FIVE PILLARS TO WELLNESS** is an innovative and interactive workshop that shows how we can each find our own brand of happiness and wellbeing in our lives by incorporating some key fundamental life tools.

Formulated by psychotherapist, **MARIE ROWLAND (Talking-Matters)** and Massage therapist and NLP practitioner, **SHARON WHITE (Your Mind Works)** and in conjunction with **ABSOLUTE FITNESS** featuring **LUIZ**, this programme looks at five components that create a harmonious balance between mind and body. The **Five Pillars to Wellness** Workshop comprises the following:

1. **FINDING MEANING AND PURPOSE IN OUR LIVES TO LIVE A MORE CONSCIOUS LIFE – A LIFE LIVED IN THE PRESENT WHERE WE CAN FIND INNER CALM AND HAPPINESS.**
2. **HOW TO SET AND REACH GOALS FOR PERSONAL AND PROFESSIONAL SUCCESS.**
3. **PHYSICAL SELF-HEALING THROUGH MASSAGE AND OTHER NATURAL THERAPIES**
4. **EAT TO LIVE WELL – YOU ARE WHAT YOU EAT. HOW TO EAT FOR LONGEVITY AND WELLNESS THROUGH NUTRITIONAL, HORMONAL, METABOLIC, DIETARY BALANCE.**
5. **A VITAL BODY LEADS TO A VITAL MIND – FITNESS IS A MAJOR KEY TO PHYSICAL WELLBEING AND INTEGRAL TO WELL-BEING AND HAPPINESS**

WHERE: ABSOLUTE FITNESS 3/410 PITTWATER ROAD, NORTH MANLY

WHEN: TUESDAY 7 FEBRUARY 2012

6.30 – 9.00pm with a 7pm start

Light supper and refreshments provided (prior to event)

COST: \$295

This price includes the workshop, supper and the following complimentary wellness sessions:

- One 90 min counselling session valued at \$110
- One 30 remedial massage valued at \$50
- One 60 minute NLP session valued at \$125
- One dietary and health evaluation valued at \$150

TOTAL GIFT VALUE: \$435.00

ENQUIRIES & BOOKINGS: call Absolute Fitness on 9976 6880

EMAIL ENQUIRIES: louise@absolutefitnessmanly.com.au

IF THERE IS ONE THING YOU DO FOR YOURSELF THIS YEAR, MAKE IT ABOUT FINDING YOUR BEST SELF AND LIVING YOUR BEST LIFE. IT'S YOURS FOR THE TAKING.

PROUDLY PRESENTED BY:

Talking-Matters



MARIE ROWLAND



SHARON WHITE



LUIZ LEAL