**Open Your Heart, Reclaim Your Self & Your Life**

**A six-week seminar aimed to help you find your bliss, find your Self, and transform your life with a bonus free introductory lecture.**

**Introduction: The POWER to Use Stress So That It Doesn’t Use You**

**What to expect of this introductory lecture:**

This is a free lecture that will help you understand what stress really is, how it can be beneficial and also harmful, and most importantly, how to tap into your own power to use stress so that it doesn’t use you.

You will also learn about:

* The benefits of mind-body techniques like meditation, nutrition and love.
* The practice of mindfulness, of learning to become more aware of how your body speaks to you.
* Understand what it means to get control of your health and your life, to become happy and healthy at last!
* Take home a mindfulness tool to help you in your every day life.
* Receive the associated PDF for this lecture when signing up for the 6-week seminar.