



Stress Mastery for Managers

Join the mind spirit body gymnasium for leaders and managers

Treat yourself to new ways of looking at your reality and discover a calmer more powerful you within!

Can you imagine that you like to get up in the morning, totally relaxed, feeling fresh and positive and that you look forward to go to work-every day?

Can you imagine, that there are no big problems in your business anymore, only manageable challenges?

...No fights with colleagues or clients, but grown up talks with everyone?

...No indefinable bad feelings about yourself or others?

Enjoy this Stress-Break, leave your Tensions behind you and go back in your Business-Life, with Knowledge and powerful Techniques for more Confidence ... Success ... Creativity ... Motivation and maybe even Fun!

The table of content in this seminar

- Stress Release, Preventing Burn-out
- Creating Peace with yourself and others -Trouble-shooting
- Self Esteem. Confidence
- The Secret of Money and the Laws of the Universe
- Powerful Techniques for your Carrier instantly to use
- Meditation and Breathing

Stress Mastery for Managers can be booked as:

- Mini-Workshop Euro 35,00 (min 6 people)
- 1 Day Seminar Euro 180,00
- 1 day Event with complimentary Body Treatments
- Weekend Workshops and Body-treatments
- Your personal Therapy Program in 3, 5 or 7 Body and Mind Sessions.

FREE SPIRIT SPA Rates

Group Rates for all Mini-Workshops, min 6 people	Euro 35,00 per person
Single Rates for Mini-Workshops	Euro 45,00 per person
One Day Seminar	Euro 180,00 per person
Single Sessions	Euro 70,00 per person and hour.
Therapy Rates	Euro 65,00 per session / 3 Sessions
	Euro 60,00 per session / 5 Sessions
	Euro 55,00 per session / 7 Sessions

Health means at being fully at ease, the opposite of this is Dis-ease.

Which Problem or Dis-eases you need to have to come to us?

Whatever! ... If you are ready to get healed!

Let's find out together at the free counseling if and how we can help you.

www.freepiritspa.com spa@freepiritspa.com

Dubai +971 501012056

Cyprus +357 96560956

May the long time sun shine upon you
All love surround you
And the pure light within you
Guide your way on