

HIGH SPEED MINDFULNESS WITH THOUGHTSWORTHY

Singapore 27 Jan 2018 (Saturday), 10am – 11am

Synopsis

Life is the game that must be played. How do we play? Life possibly deals us anything – the good things, the tough things. Tough things have amazing ways of testing and wearing us down, if we are unaware – mentally and emotionally

Like batteries, there comes a time the reserve runs low and the charge is weak. How do we charge ourselves up for the tough things? How do we maintain our reserves so that we have enough for our journey in life? When do we start doing that?

Suppose there is a way to build up your reserves and charge your batteries in the long run. Suppose this way can be tailored to suit your lifestyle. Suppose you can use this way and unlock your true potential, and have that potential.

Learning outcomes

The High Speed Mindfulness course is a series of short classes designed for anyone on a pace of life that requires endurance, and is seeking a sense of balance (emotionally and mentally). Through practical techniques, learn how to:

- instantly regain control of emotions in any situation
- respond positively under multiple stressful and demanding situations
- reaccess to your personal space of peace and calm

Pre-requisites: None.

Come join us for the next class! Bring home with you these pure and powerful techniques that will equip you for life.

About your Trainer

Mark Lim

Consulting Hypnotherapist, 7th Path Self-Hypnosis ® Teacher
Thoughtsworthy

Mark is currently Consulting Hypnotherapist at Thoughtsworthy, licensed by the National Guild of Hypnotherapists (United States), as well as a member of the 5-PATH® International Association of Hypnosis Professionals. He has worked with clients from all walks of life, on symptoms such as stress, insomnia, marital difficulties, boredom, weight and more.

Besides seeing individual clients, he is also a 7th Path Self-Hypnosis ® Teacher, Certified Weight Loss Consultant and Sports Nutritionist who conducts classes to the public as well as organizations on mindfulness, self-hypnosis, emotional health, weight management among others.

Investment

S\$45 per pax

Duration

10am – 11am

Venue

Bugis / Bras Basah area (to be announced)

More Information

Course website: <http://www.thoughtsworthy.com/self-hypnosis-7path/>

Contact: +65 86680096 or contact@thoughtsworthy.com