

DYNAMIC MEDITATION

with
YOLANDA PETTINATO

Qualified teacher and practitioner of Meditation, Yoga,
Holistic Counselling, Life Skills Coaching & Solution-oriented Hypnotherapy.
Author of the International best selling book/video '**Simply Yoga**'
and Book/CD '**Yolanda Meditation Made Simple**'
also the healing/meditation/affirmations CD '**A Balanced Life**'
plus deep relaxation/meditation CD '**A Well Within**'
and DVDs '**YogaEasy**' and '**Yoga 2 Easy**'

Learn how to **go within** and create a **better life ...**
simply the most **natural way** to **improve your health** and **well-being**.

control anxiety/stress
become more effective
gain greater concentration
access your intuition & creativity
find solutions to problems
reduce high blood pressure
feel more energised
feel happier
improved sleep
peace & harmony

Private Session fee *\$135 per session...60-90 minutes.

A special fee of *\$485 (10% discount) being 4 x sessions paid in advance.

*Additional fee of \$50 (per person, per session) for extra persons at the session.

A BALANCED LIFE
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