Do you want to feel more energized and connected to others in 2011?

TIME FOR A CHANGE
An experiential workshop

Saturday, January 8, 2011, 9am-3pm
Santa Barbara
$60 (sliding scale $40/$20)

www.sbwellnessdirectory.com/AnaPerezNLP.htm
805-284-4330

Aliveness Resilience Joy Vitality

Come experience a little “magic” with friends and jump start the New Year! Flex your mind with fun skills to open new horizons in your life. Guided imagery and powerful techniques will be used in a safe environment to help you soothe and transform on a deeper level.

Learn how to access your wellspring of knowledge within to make it happen...

~Become more independent in relationships 
~Respond positively to criticism
~Assert yourself respectfully, and more...

Ana Perez, MA
Certified NLP Practitioner
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Isn't it time for a change?