

# 'A Balanced Life'

## SPECIAL 'ONE-to-ONE' SESSIONS

\*Holistic Counselling \*Life Skills Coaching  
\*Solution Oriented Hypnotherapy \*Meditation \*Yoga

With **Yolanda Pettinato**

Author of #1 best-selling book/video 'Simply Yoga',  
Book/CD 'Yolanda Meditation Made Simple',  
Affirmations/Meditation CDs 'A Balanced Life' & 'A Well Within'  
and DVDs 'YogaEasy' & 'Yoga 2 Easy'.

Caring \* Nurturing \* Supportive  
These sessions are private and confidential.

**Learn to Meditate**

**Relieve stress/anxiety/panic-attacks**

**Release or Change unwanted habits**

**Creating/Changing lifestyle**

**Building Confidence/Self Esteem**

**Better Relationships**

**Motivate and Empower yourself**

**Personalised Yoga Practice**

Exceptional value at \$45 for '30 minutes'  
(sessions are usually from 1hr-1.5hrs)

The aim is for inner peace, harmony and balance  
- resulting in better health, well-being and joy in your life.

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