

Purr More, Stress Less

(An online and ongoing course to improve every aspect of your life)

As the global sound level of anxiety & chaos has incrementally increased, it is more important than ever to find and implement daily tools that keep us in peace and joy. After more than 40 years of working with corporations, educators, groups and individuals, we want to offer an **Evolved Stress Management Program** that lowers the volume of stress on the body, mind and heart so that as a human community we can contribute to peaceful, cooperative, diverse environments.

You will receive:

- A private consultation
- An MP3 you can download on your phone with 2 guided meditations, a healing relaxation and a powerful breathing technique
- Handouts that explain the science of stress on your body and life
- A zoom online course
- Daily techniques to transform negative impacts of stress into practical, life-affirming practices and results.

In addition, there will be a Live Introductory Workshop on Saturday, April 25th, 11:00-11:45am MST. It will be available on Zoom and in-person. The cost is \$25. For anyone who signs up for the full package after the introductory workshop, their \$25 will be applied towards the total cost of the program of \$150.00 (sliding scale cost also available)

This program identifies and clarifies personal needs and explains the science behind anxiety & stress and it will be tailored to your personal needs in a way free programs don't.

Cost: \$125.00 for whole package including private consultation - **Available on a sliding scale for those in need**

When: Available on demand--NOW

Where: In the privacy of your own home or office

Enroll: Call 303-960-6000, email fenetter@yahoo.com, or online at bodyminddynamics.org/contact/

