

Barb Free, supported by **INBOUND CAFE** presents:

Yvette Boikowski - Emotional Therapy Centre

Tues 10th Apr 2018 10.30 am Start

Yvette started Emotional Therapy work 13 years ago in an effort to get her own life on track. Her marriage was on the rocks, there was a lot of anger in the house and the kids were a mess. Physically and financially we were a mess too. Since then she has turned her life around in every aspect. The children are emotionally stable and loving, the anger has gone from the house, her marriage improved, and she now lives in her dream home and creates the travel experiences that she's always wanted.

Emotional Therapy helps one to connect on a deeper level –“the you”, you've always known yourself to be, but seem to lose sight of whenever in a challenging situation. We uncover the patterns, programs and perceptions buried deep within the amygdala that prevents us from being our true selves. Through that self-awareness we learn how to consciously act in situations instead of subconsciously reacting. We learn to hear what others are really saying instead of our interpretation, we learn how to communicate clearer, kinder, and more effectively. Through that level of self-awareness we begin to heal our bodies, our souls, our lives and our relationships.

Yvette Boikowski Emotional Therapy Centre [0405190054](tel:0405190054)

Diary Dates – 2018

10th April 8th May 12th June 10th July 14th August 11th September
9th October 13th November 11th December Xmas Lunch

We are always on the lookout for speakers – we provide a safe and supportive atmosphere especially for first time speakers. Please get in touch with me directly or through a member and book your session now.

FREE

Donations gratefully received

**** ALWAYS ON THE 2ND TUESDAY OF EACH MONTH**

So, come join in, have a tea or coffee and catch something new and interesting on Tuesdays.

BOOKINGS are needed for catering - call Barb 0414 999 714 Or email me at barb@liveinsynergy.com.au

Sponsored by Inbound Cafe & Barb Free of Live in Synergy. www.liveinsynergy.com.au

Remember "Come When You Can and Leave When You Need To"