

# You are invited to: Breakfast and a Workshop Living Mindfully - Pay Attention to YOUR Life!

We are living a fast-paced lifestyle, always wanting more, better and faster. Take some time to get off the treadmill and discover how your life will change when you learn mindfulness tools, and bring your life into balance today! Here's an opportunity to take control of your life and learn NEW life skills.



**Do you keep struggling with  
the same old patterns and habits around:**

- Weight
- Time
- A hectic lifestyle
- Enjoying each day
- Fulfilment
- Feeling in charge of your life
- Making time for yourself



If you answered yes to any of these questions then this interactive and hands-on workshop is exactly what you are looking for....and more!  
Join us and discover how enriched your life can be.  
Imagine how much more meaningful life will be when you have these tools.

**Call now to reserve your place. Booking Essential. Breakfast included**



**10% of proceeds will be  
donated to Yad Aharon**



**DATE: 13th September 2011**  
**TIME: 8:30am-12:00pm**  
**VENUE: Arrow Creek, Waverley**  
**COST: R490pp excl vat**  
**BOOKINGS: info@peacsolutions.co.za**  
**082-3311311 or 082-4518833**



**Daphna Horowitz** is an Executive Leadership Coach and Speaker. She is known as the 'catalyst coach' who partners with leaders to create shifts in their thinking for maximum impact and quality of life. Daphna is passionate about working with motivated, self-driven people to enhance their performance and sense of purpose. This leads to her clients achieving results far beyond their expectations. She combines her business experience with her passion for purposeful living to deliver practical, motivational, and transformative presentations. Daphna appears regularly on TV, radio and contributes to articles as a coaching specialist, both locally and abroad.

[www.peacsolutions.co.za](http://www.peacsolutions.co.za) 082-3311311

**Devorah Kur** (Registered Therapeutic Reflexologist) is passionate about the body's ability to heal itself. She expresses this through Inspirational talks, Therapeutic Reflexology, NLP, Reiki, Indian Head Massage and Wellness Workshops. At a recent Corporate event she was called "The new White Oprah". Devorah is fascinated by the role our thoughts and attitudes have on our lives and bodies. She enthusiastically promotes healing, encouraging people to take responsibility for their symptoms and illnesses, offerings tools to understand deeper meaning behind them. Devorah has presented throughout the country and in Israel.

[www.dkreflexology.co.za](http://www.dkreflexology.co.za) 082-4518833