

# ***HEART-CENTERED THERAPY*** ***presents***

## **“DE-STRESS FOR THE HOLIDAYS”**

*Enjoy the real meaning of the holidays  
without added stressors*

Saturday, November 20, 2010. 9:30 – 12:30 p.m.  
Experience this free 3-hr workshop in which you will:



*Learn relaxation exercises to help your body release the effects of stress*

*Discover powerful mental techniques to literally shift your experience of feeling stressed to feeling calm within moments*

*Enjoy more humor and fun to reduce stress*

*Learn to accomplish more in less time*

*Develop communication skills that improve relationships and reduce a major source of stress*

*Identify and change stressful self-talk*

### **Location:**

Valley Fitness Studio  
28000 Via Viso  
Call Rhoda to sign up:  
760-742-1392

[www.vcheartcenteredtherapy.com](http://www.vcheartcenteredtherapy.com)  
[heartcenteredtherapy@vcweb.org](mailto:heartcenteredtherapy@vcweb.org)

**About the workshop leader:** Rhoda Reilly is a licensed Clinical Social Worker, Advanced Certified Hypnotherapist, Reiki Master, and Certified Workshop Leader for Heart-Inspired Presentations. Rhoda works as a psychotherapist and hypnotherapist in her private practice in Valley Center. Rhoda’s mission is to act as a guide in teaching others transformational skills to dramatically improve their lives.