

# MIND MASTERY

Everything starts with a thought ...

*“So what are YOU thinking right now?”*

## **Workshop covers:**

- Managing thoughts and why it is crucial for mental well-being
- Learning the secret of mental mastery and its use by top sports athletes
- Gaining clarity and wisdom over thoughts and actions
- Moving at will into a place of peace, finding stillness amongst the busyness
- Learning the importance of staying present and grounded
- Learning to stop the move into an adrenalin-based state
- Developing deeper inner knowledge to expand the intuitive self
- Understanding how to support and heal the body from the inside
- The power of the left brain and its response to fears
- The quantum paradigm
- Two mind-body connection meditations

**Mind Mastery is the *key* to realising a peaceful and rewarding life**



Julie Lambert has spent the past nine years as a personal & executive coach. She is a highly motivated workshop leader and public speaker, a published author and writer of numerous articles on the subjects of coaching, healing and meditation techniques. Julie is passionate about Mind Mastery and its profound impact to resolve inner conflict; thought processes that keep you stuck, masking your true potential. Working with a professional tennis player on the Chinese National Team inspired her to include a sports focus in the program. Mind Mastery is a way of living, but *beware*. After this powerful and insightful workshop you may never return to your old ways of thinking.

*“Julie showed me how to cut through the anxiety and manage my thought processes.*

*These techniques are now fundamental in my daily life.”*

**Sarah Davies**, Account Manager, Europa Marketing

## **Details**

**Date:** 10th April 2010

**Time:** 10am-11.15am

**Location:** The Yoga Loft, Suite 301, 5663 Cornwallis Street, Halifax, Tele: (902) 429-3330

**Cost:** \$20.00

Please contact The Yoga Loft to be added to the attendee list. (Maximum 12 participants)

**[www.julielambert.net](http://www.julielambert.net)**