

BRAND NEW MATERIAL "Lighten Up" with Loretta LaRoche

Live in Ottawa • February 16, 2010 • 7:00PM to 9:30PM

Loretta LaRoche

This Author, Humorist, Acclaimed Stress Expert and Emmy nominated television star has been enlightening and entertaining the world with her unique vision of the absurdities of our evolved lifestyle.

In this workshop she helps you find ways to **Lighten Up** and overcome stress in your life. She shows that for most of us life has become such a pressure cooker of unrealistic expectations, information overload, relentless marketing and workaholicism. So we spend our days stressed out over being stressed out.

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ADDED EARLY BIRD BONUS: Register before December 18th and receive a **\$25 Gift Certificate** to Saab Salon and Spa in Ottawa!

You'll learn:

- The secrets for reducing stress as Loretta leads you down the path of learning to lighten up, move with joy, and live a more balanced life.
- Loretta's brilliant techniques consisting of common sense and the most contemporary research in brain chemistry, psychology and mind-body studies

We'll experience:

- Improv to Improve - experiential role-playing.
- Brain Training - developing our most important muscle by creating a mind gym.

Come prepared to have fun, be adventuresome and to discover the possibilities of a more powerful you. You'll leave revitalized, inspired and with renewed passion for living!

With her contemporary wit and a hearty dose of old-world wisdom Loretta brings a breath of fresh air for everyone who's suffocating in our techno crazed, germ-phobic, "go-go-go" world.

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book for
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