



UNLOCKING THE WISDOM OF BODY MEMORY

Master effective techniques to overcome stress permanently.

Experiential one day workshop
with Anca Ramsden

"Makes me calm and mindful"

Jackie Young - Psychotherapist



"The clarity of thought you experience after A.R.T. will amaze you."

Anca Ramsden

Specific benefits you can expect:

- Learn easy self help tools to lower stress instantly
- Recharge your psyche
- Learn how and why **A.R.T.** works
- Avoid burnout

Book this workshop for your organisation.

Price includes: Life Transforming Techniques • The book How Your Mind Heals Itself by Anca Ramsden
• Morning & afternoon tea • Workbook and Tools to self evaluate your progress

Visit www.affectregulationtherapy.com/events to register.

Contact **Anca 61+2 9418 3692** or email bestmindset@bigpond.com