



Sydney Meditation Coach 2 Day Workshop

Welcome to the
SydneyMeditationCoach.com
Weekend Manifestation Workshop

*with Trish
Meditation Teacher & Hypnotherapist*

**Bring yourself & bring friends or purchase a
gift certificate for someone else...**



Welcome to our Weekend Workshop!

- In this workshop you will learn Ten different meditation techniques and find the one best suited to you
- You will learn the importance of Release and how that affects your meditation
- You will learn how different meditation styles are suited to different persons.
- You will learn why some techniques are detrimental to some people at different stages.
- Our courses & classes are non-sectarian.



Welcome to our Manifestation Workshop!

- You will learn self hypnosis with some NLP techniques included
- You will learn how meditation is the basis for remote viewing (seeing the past and the future)
- You will learn how meditation is the basis and a tool for complete physical, emotion and mental healing
- You will learn how meditation is tool for complete manifestation
- You will learn of the 100+ benefits of meditation



Benefits Of **MEDITATION**



Reduces pain and enhances the body's immune system.



Reduces feelings of depression, anxiety, anger and confusion.



Increases blood flow and slows the heart rate.



Provides a sense of calm, peace and balance.



Helps reverse heart disease.



Helps control thoughts.



Increases energy.



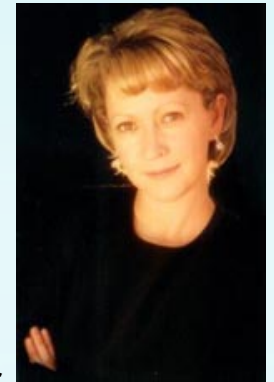
Reduces stress.



Who is Trish, Sydney Meditation Coach?

Trish, has been practicing meditation in Sydney for 18 years and over that time has taught many clients, family and friends.

Having studied various forms of Psychology (Jung/Adler/Freud), Meditation, Alpha Rhythm Dynamics, Yoga, Tai Chi, Self-Hypnosis (I am also a Clinical Hypnotherapist), NLP Practitioner & Master NLP Practitioner; more recently, Reiki Seichim Telepathic Healing, Remote Viewing and Remote Influencing (I am also a Reiki Master) and a keen interest in the mechanics of quantum physics – my teaching is a culmination of my many studies and experiences, all of which I continue in an effort to expand my experience and knowledge. My greatest challenge has been 3 near-death experiences in the last 5 years and I am able to offer help & guidance on this enormously.



My main goal when teaching meditation is to get you into the habit of meditating regularly to generate benefits for yourself. I will teach you how to motivate yourself and you won't be able to stop the bliss!



Where and when ...

Location: Bellevue Hill (just off Bellevue Rd, Double Bay)

When: To be advised

Cost: \$300 per person. **Limited Availability.**

Max 8 per workshop. [Book Now!](#)

- Refreshments provided
- Course materials provided
- Wear loose comfortable clothing.
- Do not consume too much spicy food or drink too much coffee prior or during the workshop.

PayPal

Buy Now





Please contact:

Trish on 02 8003 3067 for more information.

Or email: trish@sydneymeditationcoach.com

Cancellation & Refund Policy:

No refunds 10 days prior to workshop. May be transferred to a later workshop

Book NOW!

PayPal

Buy Now





Testimonials:

- ***“After 3 months I got a very good pay rise and the promotion...all of which were among my intentions when I started. Other stuff that I noticed: sometimes it stops raining, I don't have to wait at the zebra crossing (amazing how cars are just far enough to let me cross in time), nobody gets in my way when I'm in a crowded area. I just need to meditate more but these days are kind of crazy... the initial results are stunning” DM***
- ***“Trish is an extremely dedicated coach. She has taught me techniques which have helped me to transform my life. I now feel able to face any challenge through creating my world from my mind. Very powerful techniques!” Bridgit***
- ***“I am improving slowly, I am getting better day by day. My friends tell me they have noticed changes and that I look better. I have only just started, but I am feeling much better each day.” Jason***
- ***“I have never felt more intune with myself or my surroundings than when doing the meditation sessions with Trish. I felt healthier and happy and had more energy than I have ever had!” Amanda***
- ***“Trish is an amazing facilitator. Be guided by her. She offers a simple technique, but it is very very powerful.” Lizette***



Change Your Mind
Change Your Life

SydneyMeditationCoach.com
SydneyHypnotherapist.com
Book NOW! Limited Availability!

PayPal

Buy Now



Stella