

Down tools and enjoy an energising **FIVE** hour workshop!

# WORKSHOP & PAMPER session

presented by  
**Marney Perna & Chris Knight**



Learn useful techniques to help  
**Empty your stress bucket**  
**Become more resilient**  
**Raise your energy!**

- Discover **10** top **STRESS BUSTER** techniques
- Learn **5** Kinesiology self care techniques
- Gain valuable **Resilience Strategies** to cope in your working environment

5 hours for  
**\$189**  
Investment in YOU!  
includes light lunch

**Saturday 5th March 2016 9am - 4pm**  
Gerald Majellan Community Hall, 146 Maundrell Tce., Chermside West

Limited numbers per session  
**BOOKINGS ESSENTIAL**  
phone Marney 0407 029 943  
or email: [info@kinique.com](mailto:info@kinique.com)



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