

CARPE
DIEM

WORK WITH KIT

TO WAKE UP & LOVE YOUR LIFE



MIND-BODDY MAGIC!

GOOD HEALTH

IS NOT JUST ABOUT YOUR 5-A-DAY

“Pack up your troubles in your old Kit bag & Smile - SMILE - SMILE!”

HERE ARE SOME OF THE WAYS TO WORK WITH KIT...

You Can Do

A Starter Tele-Class



Exploring Mind-Body Magic

A 3-week telephone class to give you the information you need to motivate you in holistic magic. £20
Dates: 15, 22, 29 June 12 - 1 p.m

A PoH Tele-Class

Behind the Picture of Health

Saturdays once a month from May 21st - October 22nd 10 - 11.30 am
FREE with the purchase of The Health Creation Programme

A 2 Day Workshop



Heal Your Life

This workshop based on the work of Louise Hay can literally transform your life
10 & 11 September £150

A Week of T.L.C.

Tender Loving Care

Sometimes we have become so debilitated that we don't know what to do for ourselves. For an in-house residential week Kit will pamper you with the love and attention you need to begin to rebuild your life and health. £1500.00

Places are limited -

To book contact Kit at:
Telephone: **020 8398 4034**
Email: kit@stapely.com
Website:
www.MiraclesDoHappen.org.uk

ARE YOU READY FOR THE NEXT STEP?

Right now in Britain, 70% of us feel 'tired all the time'; 1 in 2 develop heart disease and 1 in 3 will get cancer, but all these illnesses are 75% life-style created!

Our modern pressured, unhealthy lifestyles can lead us away from our true values and authentic, creative selves. We then lose both our health and happiness as we drift passively into physical toxicity, depression and spiritual malaise.

Because the state of mind, body and spirit are inextricably linked, inevitably as our health and vitality diminish, so too does our happiness, effectiveness and fulfillment in life.

Without judgement or pressure, from whatever your starting point, Kit will coach you step by step towards the joyful, healthy life you deserve.

This route is for everyone who wants to feel truly alive, positive and full of energy.

Are you:

- Longing to get the best from life whilst also protecting yourself from lifestyle-related illness?
- Ready to use a health or life crisis as a wake-up call to radically improve your health, symptoms, well-being and quality of life?
- A Carer for a sick or disabled loved one and in need of support and help to protect your own health and happiness?

If the answer to any of these questions is "Yes" why not contact Kit to arrange a free 30 minute phone consultation?

