



When 24/7 just isn't enough.

**When your plate becomes a platter
and the going gets rough.**

**When you're sick and tired of being
"stuck in your stuff."**

What *can* you do?

**There's a simple solution that'll set
you FREE...**

The answer's as easy as 1,2,3.

STOP, BALANCE, GO.



Give your nervous system a brake!

Next workshop: Saturday, Oct. 11 - Half Moon Bay - 9am-5pm

Register today at: www.thealternatepath.com/retreats.html