

EMOTIONAL AND PHYSICAL HEALTH

weekend course
26-27 May
9:30-17:30

With Paloma Simón

at Life Motivations Centre

Everything that is alive has energy. Our physical body is also a centre of energy, information and perception.

Emotional energy is not an abstract concept; it lies in our physical body, which also contains our history, our strengths and weaknesses, our hopes and fears.

During this week end workshop you will learn tools to understand your body-mind connections that will help you to attain a better physical and emotional health

Investment: CHF 450..

For registration and more information please contact Paloma:

paloma@lifemotivatins.ch Tel.078 90 98 671



Life Motivations

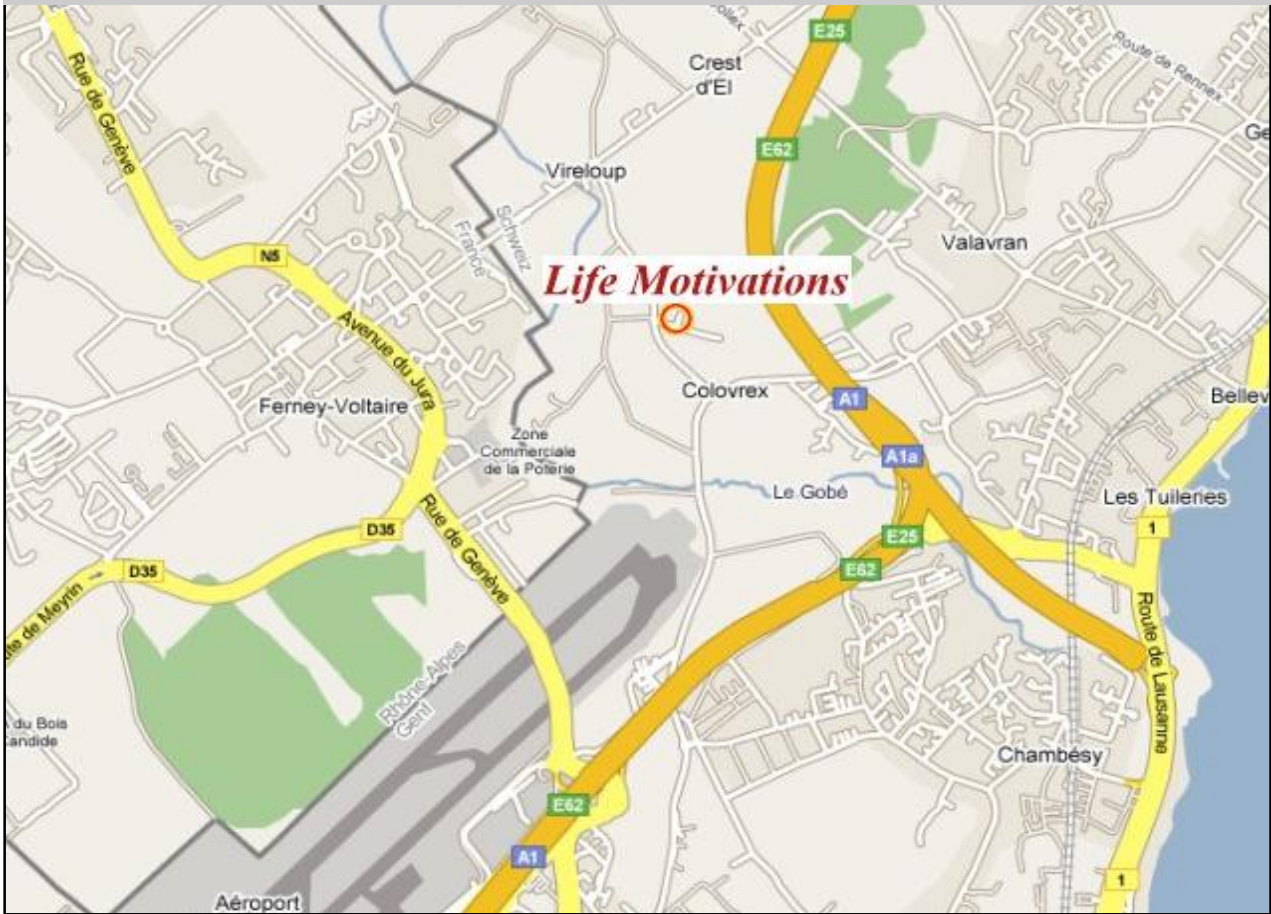
www.lifemotivations.ch—paloma@lifemotivations.ch

5 chemin de la Radio, route de Vireloup à Colovrex, Bellevue (Bus Z arrêt planet)

DIRECTIONS TO LIFE MOTIVATIONS

5 CHEMIN DE LA RADIO
1293 BELLEVUE

022 774 33 48—www.lifemotivations.ch



A) From Place des Nations:

1. Follow Route de Ferney, passing the Intercontinental hotel
2. In Gd-Saconnex, 1.7 km from ONU, turn right at traffic lights (direction Collex, Colovrex, Chambésy, Prégny)
3. At roundabout (at HERTZ car rental), continue direction Collex for another 1.8 km to Colovrex
4. Just after the Colovrex signpost, make a sharp right turn onto Chemin de la Radio (opposite bus Z stop Planetq)
5. Drive 50 m and turn left (white house) and park in the rear of building. Life Motivations is at back entrance

B) From Motorway :

Coming From Lausanne:

1. When approaching Geneva, follow signs for Airport/France and take the Ferney/Gd-Saconnex exit (N°7 exit)
2. Go straight through traffic lights and follow directions for Collex for 2km to Colovrex. Then same as A 4-5

Coming From Airport:

1. Take the Ferney/Gd-Saconnex exit (N°7 exit)
2. At roundabout, follow directions for Ferney
3. At first traffic lights, turn right and after 0,6km, at next traffic lights, continue direction Collex for another 1,4km to Colovrex. Then same as A 4-5

Or take the Z Bus, and get off at stop PLANET