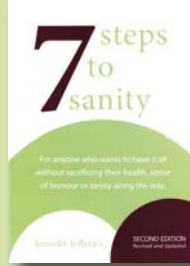


# How many balls are you trying to juggle in the air at once?

**4 workshops  
in 2 days**

This workshop is designed for people who are doing too much at once  
**TAKE THE TIME TO LOOK AFTER YOURSELF AND DO THIS WORKSHOP!**

How many balls are you trying to juggle in the air at once? If you are like the majority of people now days, you are trying to do too much at once. The end result is that you are in a place where you are having the energy sucked out of you. You have lost that raw passion and spark and balance in life. In this workshop you will learn the 7 Steps to Sanity and how to integrate them into all areas of your life to re-gain control and live a life of quality and not just quantity.



You will learn:

- How to Identify the signs of burnout
- The 7 steps to sanity
- The difference between life quality and quantity
- How to integrate practical systems to prevent burnout
- Detect and manage the "energy suckers" in life

**when:** Saturday 6th and Sunday 7th of December, 2008. 10am - 5pm

**where:** Sunrose Aromatics  
1120 Dean Avenue  
Bronx New York 10465

**cost:** \$125 for 2 workshops  
or \$200 for 4 workshops  
(drinks and snacks provided)

**who:** contact Rosanne Tartaro  
p: (718) 794-0391  
f: (718) 792 - 3276  
e: support@sunrosearomatics.com

## Are your kids happy and healthy?

This workshop is designed to show you how natural treatments can aid your children's health problems and imbalances to ensure good health and well-being

**TAKE THE TIME TO LOOK AFTER YOUR KIDS AND DO THIS WORKSHOP!**

Kids of all sizes get wound up at times and lend themselves to the bumps and adventures of life. Natural therapies are a subtle but powerful way of aiding children's health problems and imbalances. Learn how to implement Essential Oils in the home environment to create positive, supportive surroundings for the whole family.



You will learn:

- Balanced nutrition and exercise
- Help your children relax and sleep well, improve their appetite, allow them to concentrate with their studies, balance mood swings and hormonal changes and a whole host more.

### About your presenter

Jennifer is a qualified health practitioner, and life balancing expert, but better than that, she's also a real person who has travelled the road to corporate burnout where she chose to change her life and help others to learn what she did about the importance and benefits of living a life in balance.

For more information on Jennifer visit:  
[www.jenniferjefferies.com](http://www.jenniferjefferies.com)

**LIMITED SEATING  
SO BOOK EARLY**

✂ .....

**Please complete this form, detach and return it with payment to:** Sunrose Aromatics, 1120 Dean Avenue, Bronx, NY 10465

**YES please book me in for**  7 steps and Calm kids workshop on SATURDAY  If you want great skin and Women's Health on SUNDAY  All workshops

Name .....

Address ..... Zip.....

Phone (daytime).....Email Address .....

My check/money for \$.....is enclosed  Please debit my credit card for \$.....  Visa  Mastercard

Card Number \_ \_ \_ / \_ \_ \_ / \_ \_ \_ / \_ \_ \_ Name on Credit Card .....