



# FREEDOM FROM ANXIETY & FEAR (SEMINAR)

with Michelle. A. Hardwick (of Release...Peace)

**Dates:** Saturday 10<sup>th</sup> June 2017

**Time:** 10am – 4pm

**Venue:** Douglas ICA Hall (Irish Countrywomen's Assoc.) Opposite Douglas Community Park, Church Road Douglas

**Price:** €65

- Discover powerful tools to help you (or your loved one) live life without anxiety, fear and/or panic attacks.
- Learn how to relax using positive, easy techniques; feel more calm and grounded.
- Increase your self-esteem, connectedness and let go of the feeling of fear of situations and other people.
- After this seminar you will experience an increased sense of self-belief, personal power and confidence.

**Choose Freedom and Confidence for Yourself today!**



## Michelle A. Hardwick

Based in Cork, Michelle creates a safe and nurturing environment. She is highly skilled and her areas of expertise include meditation, hypnotherapy, NLP (Neuro Linguistic Programming) and EFT (Emotional Freedom Technique – tapping). Practicing and teaching internationally since 2005, Michelle's business (Release...Peace) combines potent tools for evolution and growth. She facilitates regular life-changing weekend experiences in Ireland and overseas. In addition, one to one consultations for positive change are available in person or on-line.

**To register or request further information** please email: [info@michellehardwick.com](mailto:info@michellehardwick.com)

**Text:** 087 769 0013

**Message:** ReleasePeaceCommunity on Facebook

**Book online:** <http://releasepeace.co.uk/events/freedom-from-anxiety-fear>