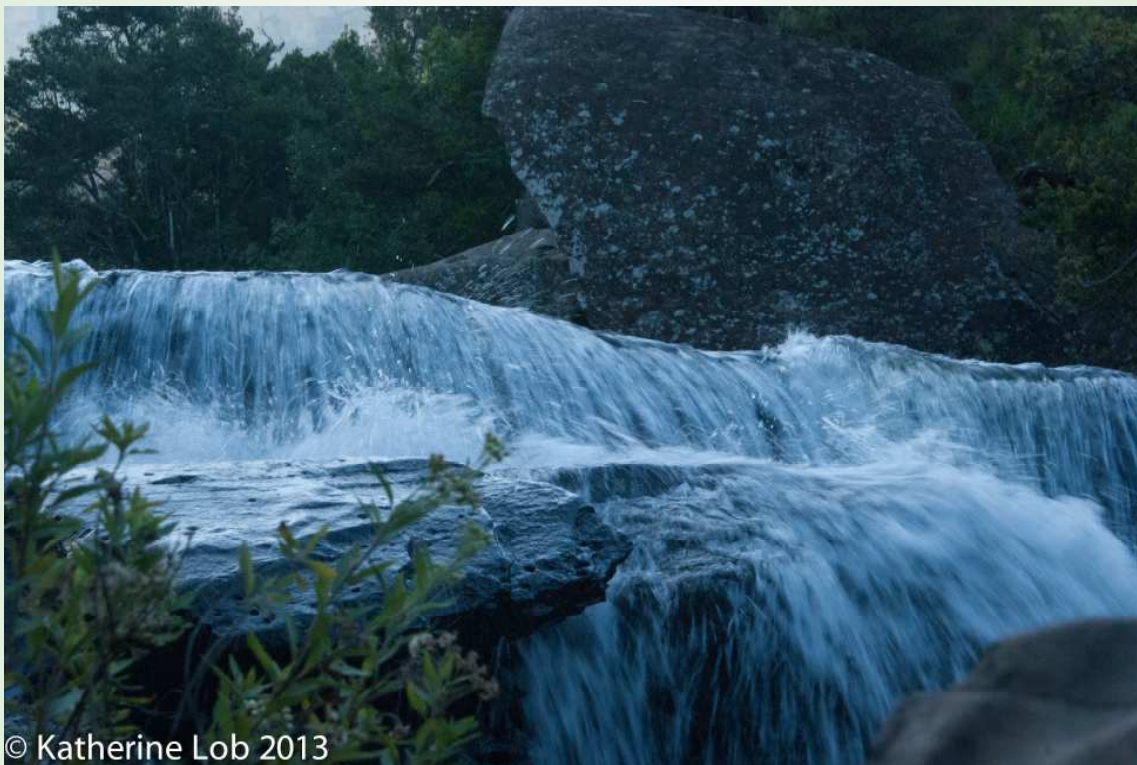


FROM THE POND OF STRESS AND MEDIOCRACY TO THE RIVER OF LIFE

A PRESENTATION BY PAM LOB
[TUESDAY 27TH AUGUST 2013]
11:00 TO 12:15



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HOW TO RECONNECT WITH YOUR HEART AND FIND JOY IN YOUR LIFE

Why it's important for your health, wellbeing and relationships to connect with your mind, body, emotions and intuition, rather than being ruled by that little voice in your head who keeps you stuck in the past or worrying about the future.