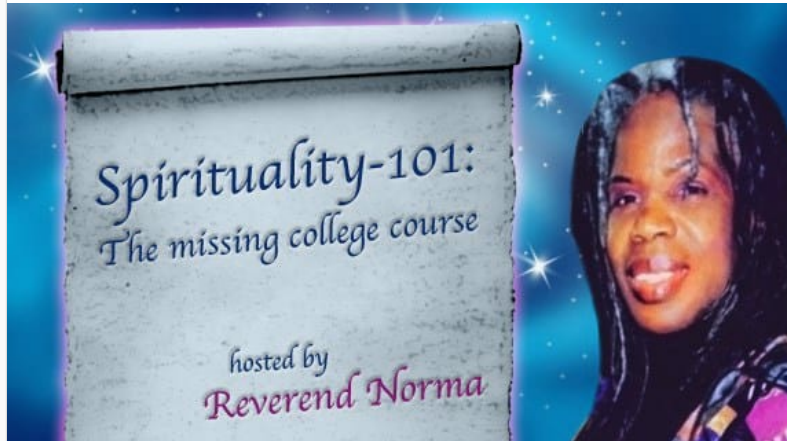


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Do you sometimes feel as though the pace of your life, your rhythm and your surroundings have intensified? Feeling a little overwhelmed and/or off balance some of the time? Do you need help regaining your calm and composure in the midst of chaos? The solution to your problem may well require a frequency upgrade. This week's lesson highlights the need for a "frequency shift" and examines simple, practical, ways to refresh and energize the body, adjust the focus, spring you into universal harmony and upgrade your personal frequency. Join me for a class filled with motivation, information and

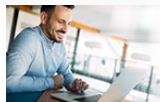
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