

# How can I be calm, clear and focused when I most need to be?

Learn a proven technique to;

Release stress and tension

Discover the key to a good night's sleep

Release your fears and anxieties

Improve your memory, clarity and effectiveness

The Peace at Work 90-minute Workshop will provide you with the skills to release existing stress and prevent new stress from building up.



Peace at Work Compendium

Learning this skill is one thing, putting it into action is another. Each participant will receive a personal Peace at Work Compendium. This tool will assist you in your commitment to a regular routine of releasing stress from your body.

From as little as 10 minutes a day, we guarantee you will experience calm and focus in your life. You will be able to monitor this increase in clarity and effectiveness, while seamlessly integrating these qualities into your daily life.

The Peace at Work Compendium contains the entire program which includes the 96-page Peace at Work Technique Workbook, built-in mirror, two audio CD's and full-zip security.

Management invites you, to register your interest in attending a **Peace at Work 90-minute Workshop** by replying to this email, each participant will receive a personal Peace at Work Compendium.



Presented by Stuart Mackay, author of the Peace at Work Technique. Stuart has been presenting meditation as a practical tool for personal and business transformation, for over 25 years. He has supported thousands of people in Asia, Canada, United States, United Kingdom, New Zealand and Australia, to still their minds and live calmer, clearer and more focused lives.



Still your mind and live your life

peaceatwork