

Maintaining Balance in an Unstable World

Melissa Stone, local author, "The Key to Life is Balance"

A **free** seminar
2 p.m. Saturday, August 29
Satellite Telework Centers
6265 Highway 9 in Felton

Have fun balancing out your energy through some fun movements, experience balancing guided meditations, learn the five steps to keeping in balance in these times and hear about the seven steps to success and abundance. Heal your pain and enjoy your life.

Learn how to reduce stress, sleep better, change negative patterns, be more positive and successful. This seminar will help you to create and attain goals, giving you the many tools to help in the creation of Harmonic Wealth.

About Melissa Stone

Melissa is a CMT and Certified Fitness Professional. She is proprietor of Balance Studio Spa, a successful full service holistic fitness and wellness spa in the Santa Cruz Mountains. She has produced two DVDs and two DVDs on fitness and meditation and has co-hosted a radio talk show on health and well being. Her focus and intention is that of helping others find balance in their lives using tools including fitness, body/energy work, meditation and nutrition.

Copies of Ms. Stone's latest book, "The Key to Life is Balance" will be available for purchase after the seminar.

