

BALANCED APPROACH

Enjoyable • Accessible • Sustainable • Innovative

Trainings and workshops 2010

We will be running a series of courses in South Birmingham with limited spaces. These include

<u>No.</u>	<u>Start date</u>	<u>course</u>	<u>price (no VAT)</u>
1	29 March	Tai Chi for Cardiac Rehab	£760
2	04 May	Tai Chi for health Care Professionals	£280
3	07 May	NLP Practitioner	£1055
4	18 May	Introduction to CBT	£100
5	19 May	Coaching with NLP	£100
6	22 May	Peaceful Warrior workshop	£65
7	12 June	Understanding and applying Hypnosis	£100
8	14 June	Tai Chi for falls prevention	£760
9	20 July	Introduction to CBT	£100
10	09 August	NLP Diploma	£495
11	28 September	1 day intro to tai chi for falls prevention	£100
12	04 October	Tai Chi for Cardiac Rehab	£760
13	15 October	NLP for Teachers	£150
14	05 November	NLP Practitioner	£1055

The sessions are designed to be interactive rather than just lectures so you will gain real 'hands-on' experience that you can apply effectively straight away.

NLP - Neuro-Linguistic Programming (NLP) studies the structure of how humans think and experience the world. From this we can create the opportunity for change.

The Peaceful Warrior day includes both mental and physical activity through a combination of Tai Chi, philosophy and transformational NLP to break free from old limiting beliefs

For details of the other course, please e-mail us or visit <http://www.balancedapproach.co.uk>

The trainer, Mark Peters, has extensive experience in both the private and public sector and is registered with the Society of NLP, Association of NLP, General Hypnotherapy Standards Council and the British Society for Clinical and Academic Hypnosis

For these and other courses see www.balancedapproach.co.uk or call Mark to discuss

Cancellations: MUST be in writing a minimum of 14 working days before the course date. A refund will then be given less and admin fee of £50 per place. If courses have to be cancelled and rescheduled and the new dates are not convenient, a credit or refund will be offered

Booking form: workshops & Training Courses 2010

I wish to attend number(s) _____ and enclose £50ea deposit (enclose cheque made payable to Balanced Approach)

I enclose full payment for number(s) _____. **Full payment no later than 1 month before course date. Late payment may incur admin charges.**

I would like more details of _____ (by e-mail?)

Name: _____ Signature: _____

Address: _____

Fax: _____ Tel: _____

e-mail: _____ No. of places: _____

Please complete & return to: Balanced Approach, Blue Skies, Ash Lane, Hopwood. B48 7TS.
Tel / Fax: 021 445 0093 • e-mail: admin@balancedapproach.co.uk