

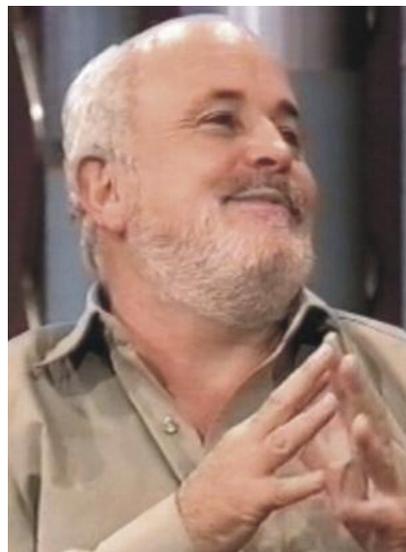


**JOIN US... for a WINTER WEEKEND RETREAT with the acclaimed founder of the MindFrame Technique, author, hypnotist and holistic 'Save the Bees' campaign beekeeper TERRY WINCHESTER...**

"It is only when the mind is free from the old that it meets everything anew, and in that there is joy." -  
Krishnamurti

**More and more psychotherapists, counselors, and professionals from all disciplines are acknowledging the power of hypnotherapy to access and unlock emotional and psychological imprints and patterns that foster struggle, conflict and unhappiness.**

**Terry Winchester's work has yielded significant results with people from diverse walks of life over a period of more than 40 years. He says there is no area of life that cannot be addressed by his groundbreaking MindFrame Technique: Dissatisfaction at work; financial issues; relationships; addictions; stress and anxiety; depression; insomnia; health issues and phobias of all kinds - have been turned around with **FIVE SIMPLE STEPS.****



**Terry is a member of many international associations including the British National Council of Psychotherapists which he founded with others, the International Society for Professional Hypnotherapists in the USA, and the Canadian Institute of Hypnotism. He has lectured around the world and is a well-known and respected spiritual teacher and hypnotherapist in South Africa.**



**The retreat will be held in the peaceful, country atmosphere of the **CLEAR VIEW LODGE** in Broederstroom - less than an hour away from Jhb and Pretoria.**

Registration opens at 16-00 on Friday 10 May and the retreat ends after the last session at 16-00 on Sunday afternoon 12 May.

## **PRACTICAL TRAINING**

This life-changing weekend retreat includes the Five-Step MindFrame Technique and advanced Delta Seminars, incorporating the enlightening principles of **The Course in Miracles**. [www.mindframe.co.za](http://www.mindframe.co.za) for more info.

## **MEALS, ACCOMMODATION and FREE MASSAGE**

Wonderful vegetarian meals prepared by a foodie of note will be served throughout the weekend and each participant will receive a free head, neck and shoulder massage by a professional masseuse. There will be a few slots for full body massages after sessions at a special workshop rate of R 400.

## **COSTS**

R3250 per person - including training, massage, meals & accommodation. Comprehensive course materials in CD & DVD format and a copy of Terry's first best-selling book, **The Secret of Happiness – It's all in the Mind**.

## **PAYMENTS**

Space is limited. A 50% deposit (R 1 625) received no later than Monday 29 April will secure your place. Payments should be made to: Melody Emmett, Standard Bank - Rosebank, Current A/C 001614770 Branch Code: 004305. Please include your name & Winchester for the reference and email proof of payment to Melody Emmett at [memmett@iafrica.com](mailto:memmett@iafrica.com)

**ENQUIRIES:** Melody Emmett at 082-868-6581 or [memmett@iafrica.com](mailto:memmett@iafrica.com)