

# Your Opportunity to be Healthy and Pain Free

## What if I told you there is an ancient and scientific method of medicine that:

- \* Is as equally valid as Western medicine.
- \* Is proven effective for the treatment of depression and stress..
- \* Is a time proven method to overcoming all kinds of illness such as high blood pressure, diabetes, asthma, gastritis, chronic pains and emotional disorders.
- \* Is not only excellent for curing illness, but more importantly PREVENTS illness.
- \* Is completely safe and enjoyable for everyone to practice.
- \* Takes just 15 minutes a day!

## Are You Curious Enough to Find out More?

If you would like to discover what this method is, how it works and how investing only 15 minutes of your time each day will help you relieve any illness, AND for those who are already healthy, take your health and vitality to whole new levels, then you are invited to attend my free 60 minute presentation titled "Experience Your Energy".

## 1000's Are Enjoying This Method Right Now

This is not a "30 day miracle" like many methods claim to be. This method does work the very first time you use it. But noticeable changes usually take a few weeks to show, it is impossible to practice this method on an on-going regular basis without dramatic positive changes happening in your life.

While deeply rooted illness may take time to work through, you will still enjoy benefits right in the here and now. 1000's of people worldwide are already using this method successfully to relieve pain, overcome illness and to take their well being to whole new levels, now you too can join them.

## Why Should You Believe Me?

You probably don't know me and are wondering if you can trust me. My name is Marcus Santer (feel free to google me!) and I have been teaching this method to people just like you for years with great results. I am the Chief instructor in the UK of a world wide Institute and my work is guided and supervised by one of the Worlds leading authorities on this subject.

If you are going to let doubt stop you from attending this free presentation, you are probably letting doubt stop you from doing the very things that will allow you to achieve what you want in your life. The big question is: "Are you going to keep doing this, or are you ready to move forward?"

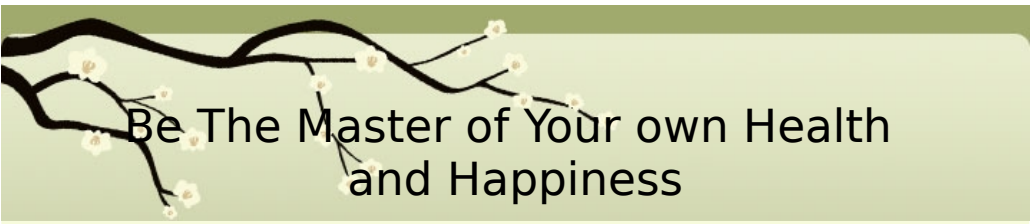
VENUE: The Lancaster Hall Hotel ([www.lancaster-hall-hotel.co.uk](http://www.lancaster-hall-hotel.co.uk))  
35 Craven Terrace  
London W2 3EL

DATE: 20th September 2007      TIME: 19:00

COST: 1 Hour of Your Time

Any Questions? Tel. 0776 281 6831





# Be The Master of Your own Health and Happiness

## At a glance

### What it is

Easier to learn than Tai Chi and less strenuous than Yoga. It uses gentle physical movements co-ordinated with your breathing, performed in a meditative state of mind. Zero athleticism is required. Best of all, practice only takes on average 15 minutes.

### What it offers

The most frequently reported benefits from practitioners are the following:

- \* Reduce Stress Levels
- \* Cure Depression
- \* Better Sleep
- \* Wake Fresher
- \* Think Clearer
- \* Reduce colds and bugs
- \* Remove back pain
- \* Increase well being
- \* Increase energy

### Is it right for you?

- \* You believe that your health is the most valuable asset you possess and want to take responsibility for maintaining it.
- \* You believe there is an alternative to drugs and putting up with health problems.
- \* You have the discipline to dedicate 15 minutes every day to your health.

## What others are saying

“I am much more confident in my abilities at work and as a result can deal with problems much more effectively. I always knew I had the talent and knowledge to achieve, both in my professional and personal life, but now I actually believe. The change in my personal life has also been immense.”

Eddie Lombardi – Finance Manager.

“Practicing this method has drastically changed my life for the better: It cured me of a debilitating case of clinical depression, ended my daily low back pain, helped me to quit smoking, and gave me a practical way to nurture my spirituality. At age 34, most of my friends are starting to complain about getting older, but I feel younger every day.”

Anthony Korahais

“This practice improved my memory , enhanced service quality to my clinic patients (I'm a radiologist) , increased self confidence, tremendously increased tolerance to negative emotions emanating from others and increased my love for my wife” – Dr Damian Kissey

*Come to the Lancaster Gate Hotel (W2 3EL) on 20th September at 19:00 hours to find out more.*

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