



**THE  
SILVA METHOD™**

A world-renowned **FOCUSED-THINKING™** program.  
International Stress Management and Mind Development Program

This is the original Silva Life System Course, taught worldwide in 100+ countries. Learn hands-on to use your mind to be more productive, confident, positive and successful...and have a great time too!

**The reason for our remarkable growth and success can be stated in just two words : it works.**

**FREE**      **RSVP**  
**INTRODUCTORY**  
Saturday OCT 20th :10 am-11:30 am

**2 DAY COURSE**  
**SIGN-UP HERE**  
Weekend OCTOBER 20-21  
10 am to 6:30 pm

## **B.C.Institute of Technology (BCIT)**

*\* Downtown Vancouver, 555 Seymour Street \**

A tool-kit of mental techniques with an astonishing range of applications in every field of human activity. During this program, you will learn and practice to :

- \* **relieve** stress with deep relaxation & everyday practical tools
- \* **improve** memory, concentration, mental focus
- \* **relief** from fears and self-sabotage
- \* **weight control** with a difference
- \* **enjoy** better health
- \* **unleash** your intuition and creativity
- \* **create** a better self-image
- \* **eliminate** negative habits
- \* **positive** living & hands-on law of attraction practice
- \* **creative visualization** step by step
- \* **set AND achieve** goals
- \* **achieve more success, confidence and productivity**

**Guaranteed to help you increase** your ability to maintain **focus** and **expand** the way you **think**. All **successful people** use these **two essential elements** to **achieve** their **goals**. Are you moving forward with your **GOALS**? Do your employees use **innovative THINKING**? Are your family members **FOCUSED**? · Can you afford NOT to discover why 6 millions Silva Graduates credit the Silva Method for improvements in health, education, relationships, business, sports abilities, plus an overall winning attitude toward life?

**What ONE thing affects EVERYTHING else in your life? ...Your mind.**

**REPEAT PRIVILEGES:** Once you have participated in a live Basic Course, you can re-sit Free (minimal seating fee) whenever you please, unlimited, worldwide with your Silva Graduate Card. Comprehensive Course Manual included. 100% Satisfaction Guaranteed **Be prepared to relax and enjoy yourself !**

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