



THE
SILVA METHODTM

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

This is the original Silva Life System Course, 29 languages and over 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
INTRODUCTORY**

Sat FEB 10 @ 9:30am RSVP

COURSE 1

Weekend **FEBRUARY 10-11**
9:30 am to 6:30 pm

[Sign Up](#)

MONTREAL, QC

* HOTEL NOVOTEL Downtown 1180 Rue de la Montagne.Montreal

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