

Are you suffering from Depression, Post Traumatic Stress Syndrome, Sleeplessness, Other Stress or Emotional Problems? I CAN HELP!

I invite you to come and learn about noble prize winning meditation, mindfulness, and breathing techniques that demonstrate significant researched benefits that improve your quality of life.

The noble prize winner Elizabeth Blackburn (2009) with Elissa Epel (2004) discovered that stress doesn't just damage our health and well being, it literally ages us.

Their research, as well as others, demonstrate that meditation, mindfulness and breathing techniques, when practiced, slows down our aging process and relieves our stress that challenge our well being.

Hans Selye observed in his research in the 1930's that "Every stress we experience leaves us a little older".

I offer:

FREE one to one classes! FREE group classes! FREE talks!

~donations are welcome~

Mesa, AZ., U.S.A., Psychotherapist

Dr. Gary Trexler PhD

PhD: University of Texas at Austin, TX. 1976

Call at (480) 319-7645

