

Dissolve Your Addiction

- ❖ Understand why you are addicted and how your addiction works.
- ❖ Discover your own individual RECIPE FOR RECOVERY.
- ❖ Learn how to take control of your thoughts, feelings and behaviors and transform your life.
- ❖ Realize your true Human Potential—and liberate yourself from addiction now!

Life Counseling and Yoga

**Change Your Mind,
Transform Your Life**

(801)633-3908

www.lifecounselingandyoga.com

HEAL YOUR ADDICTION NOW!

**Get Healthy
and
Back into Life**
with effective,
affordable treatment
(that won't drain
your bank account).

You Are Not Broken



Let healing your addiction become your gateway into a happy, productive life.

HEAL YOUR TOTAL SELF

Heal Your Addiction Now...

... is a **holistic treatment program**, featuring **research-based and cutting-edge** approaches to the treatment of addiction,

... allows you to **heal your addiction** while living at home, going to work or school, and **maintaining your lifestyle**,

... helps you **replace your addiction** with something you can count on—a calm, **neutral mind** that can deliver you to your **highest aspirations and goals**,

... changes the way you **look at yourself and your potential**,

... is **affordable, challenging**—and yes, even **fun!**

ABOUT THE FACILITATOR

Guruprasad Singh (Jon Scheffres), MA, LPC is a psychotherapist and a KRI Certified Kundalini Yoga Instructor, specializing in the field of addictions treatment. In his more than 20 years of practice he has worked with individuals, families and groups throughout the country.

Combining education, therapy, and mind-body techniques proven for their effectiveness, Jon will help you break the hold of addiction and heal your Total Self.

For more information and to reserve your place, call **(801)633-3908**.

Believe and Trust In Yourself Again.