



www.vitalswitch.com



VITAL SWITCH

Personal energy. What is it? How can I have access to more of it? How can I stop feeling so drained at the end of the day?

Personal energy is like money - we all could do with more of it and we spend it faster than we'd like. This dynamic presentation gives you an insight into your personal energy and offers practical solutions to cultivating and maintaining it. The Vital Switch approach provides clear and grounded answers to seemingly illusive questions.

Feb 4th, 7 - 8.30 pm:

"Awakening Energy, Sustaining Vitality"

Attend the Vital Switch New York launch and talk at East West Living, 78 5th Ave @ 14th St. NY 10011

April 22nd, 6 - 7.30pm:

Attend a launch for Vital Switch weekly classes at New York Open Center, 83 Spring St, NY 10012

Individual Sessions:

The individual sessions allow for a deeper immersion in the Vital Switch techniques. Vital Switch offers meditation-based techniques for awakening personal energy in daily life.

Call (347)414-8371 or www.vitalswitch.com