



ENRICH SELF-HEALING WITH CENTERINGTOOLS.COM

ONLINE ENRICHMENT FOR INTEGRATED, HOLISTIC HEALTH PRACTICES

Since 1987, Centering® has helped thousands of people *develop holistic, integrated self-help & wellness practices designed to support Self-Healing and Development*. Our website, Centeringtools.com has been online since 2000. The free articles, free downloadable hypnosis & journaling exercises, and highly recommend products were designed to support a variety of needs. Just some of the features of the website include:

- free guided meditation and journaling exercises so you can help yourself whenever you really need to
- downloadable products, free downloadable audios, and convenient online shopping for all of Marjorie's CD's, books, and courses
- Important information about new class offerings, online specials, and exciting public events and seminars around the greater Rochester area.
- Information on the women's spirituality & memoir writing groups (ask Marjorie and/or refer to the pink handout)

CENTERING TOOLS NEWSLETTER

Sign up for our free newsletter or have us do it. Either way, you'll receive a free complimentary PDF article with insightful, useful information on how to eliminate suffering & satisfy your dreams. Newsletter subscribers get exclusive hypnosis and meditation articles, upcoming news and events information, and exclusive product/service offers! Sign up at www.centeringtools.com (right at the top of the page) or tell us where to send the newsletters to.

FREE, CUSTOM HYPNOSIS RECORDING

Marjorie can record the brief hypnosis exercises during your session for you to pick up.

FREE HANDOUTS & RECOMMENDED RESOURCES

One of the foundations of this practice is the enrichment of self-discovery, and customers have and should expect to receive relevant, inspiring handouts and resources to provide guidelines for self-healing and achievement. Remember also to *ask about the email newsletter* and/or <http://www.centeringtools.com> for relevant, updated articles and free downloads.

REMINDERS: PAYMENT & CANCELLATION POLICIES

We accept MasterCard, VISA, ATM debit, and personal check. Quarterly statements will be mailed to you, which can be used toward year-end medical expenses on income taxes. Please let Marjorie know if you prefer to monthly statements. Flexible spending plans are 100% reimbursed, but payment is due at time of service. These can be used toward year-end medical expenses on income taxes.

We charge for no-shows. **A phone call is required to change or cancel an appointment.** Marjorie is always available to talk (585-244-6210) or email her at Marjorie@centeringtools.com