

# Transform Your Life

## in Just 20 Minutes

Imagine feeling...

- ✓ **Calmer** - anxiety melts away
- ✓ **Sharper** - better focus, increased attention span
- ✓ **Rested** - 20 mins is equal to 2 hours deep sleep
- ✓ **Protected** - your brain staying healthy for years

**Meditation** is a wonderful tool for total life enhancement. Simple and highly effective. It reduces anxiety, improves memory, promotes good sleep patterns, and increases overall mental function. Recent neurological research suggests meditation protects against cognitive decline and dementia.

**Four Decades of Meditation Experience** I've spent 42 years discovering what actually works. Now I'm sharing these life-changing techniques with others. Real practices, real results.

**Mental Recharge** discover the remarkable benefits to switching off from work and family tensions. Naturally, without alcohol. Enjoy the bliss of inner peace.

**Safe and Friendly Professional** fully insured and DBS cleared.

**BOOK YOUR PLACE TODAY**

# My Brain Health

"My GP suggested I try meditation to help with my restless sleep. I wasn't sure at first but decided to try Matt's class. I found him to be patient and a good teacher. I was surprised how easy everything was and can't remember sleeping so well."

Roxanna S

"I've struggled with a lack of confidence on and off over the years. I tried meditation before but couldn't maintain the practice. Matt was recommended by a colleague. I decided to go for his premium package-and I'm not disappointed. My self-belief now feels grounded and real. Thank you Matt!"

Alan P

## Good Mind. Good Life.

### Book Today

### Classes and Sittings All Week

## 01782 901245

The Confidence Clinic

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