

# Self Discovery Pages

On-line Newsletter from Sylvia Plester-Silk  
February 2010 Issue

## A New Decade Begins and a Special Offer for You!

I have spoken to many individuals that are embarking upon major life change this year. Some say that perhaps it's inevitable with a new decade coming in. Perhaps it is a decision to let go of toxic people in their lives or a deeper sense that what they have been doing for their career is to change. Whatever the change, it can create mixed feelings of happiness coupled with fear and or sometimes even guilt.

As I entered January 2010, I quickly became aware that there are changes in store for me. I have been honoured to work on an individual basis with thousands of people in my career over the last 21 years. My sense is that it is time to affect more individuals perhaps through public speaking and/or doing workshops.

As a result, I have decided to move to a new practice format. That format is to work together for 4 focused change sessions on one issue or concern. **I am offering an introductory offer to all of you today!** So, if you are finding that you also are to make changes in one area and are feeling blocked, give me a call or email me and we'll work together to get you on your way!

The **introductory offer** is for 4 Focused change sessions can focus on such topics as:

- Coping with workplace stress
- Major life change or life transition
- Coping with daily stress to find peace and contentment
- Letting go of anger and finding peace of mind
- Other issues, concerns or areas of your life you want to shift or change.

**New Clients:** Prepay and for only **\$420 (savings of \$70)** you will receive 4 – 1 hour sessions. Normal cost would be \$490!

You can also pay in **two installments of \$235** (savings of \$20)!

**Current and Past Clients** can also benefit – For **\$380 prepaid (a savings of \$40)** or 2 installments of \$199 (savings of \$22)

This offer is only available until March 15, so call 519-822-3776 or email [sylvia@plester-silk.com](mailto:sylvia@plester-silk.com) today to get in on the savings!



Check out **my new blog** at [www.plester-silk.com/blog](http://www.plester-silk.com/blog)  
It is my ramblings about the changes in my life and my thoughts about life in general!

## Love Yourself Out of the February Blahs!

Try three mini treatments from myself and my office mates at 44 Cardigan Street!

**For only \$120** you will receive **three treatments** with us ... **choose from** Ion Cleanse or Mini Akhashic Reading by Sylvia; Mini-Reflexology or mini-massage by Lisa Loder, RMT; and Mini-reading or Reiki with Bonnie Adam. For more information call Sylvia at 519-822-3776 or email to [Sylvia@plester-silk.com](mailto:Sylvia@plester-silk.com)

## Changes to Newsletter!

Please be aware that I am planning to subscribe to a newsletter delivery service which may require you to confirm your desire to stay with my newsletter in the next two months.

Enjoy the sunny days of winter!

Sylvia