

Personal Coaching by Demetrio -\$1,000

I'll be accepting clients starting 11-1-18.

You'll receive 10 consecutive business days of 1 on 1 coaching at 1 hour per day.

5 days will be dedicated to dealing with the physical body and wellness.

Brain balance, diet, vitamins, exercise, cryotherapy, massage, and more...

I will show you many practices to choose from and you will find your best form.

The last 5 days will be dealing with mental awareness.

We'll go over several meditative practices, & do lots of soul searching.

We'll also have lots more fun this week.

Challenges that you'll overcome:

1. Anger
2. Low self esteem
3. Fear
4. Suicide
5. Abandonment

We'll also take a look at some other things that drive us and the world we live:

1. Guilt
2. Shame
3. Envy
4. Greed
5. Lust

More info and free help will be up on my Business Page, [Demetrios Quotes](#)

Coming soon,..

-Blessings