

CLEAR MINDS AT THE STUDIO

# Food for Thought Seminar Series

- Are you looking for direction in your **personal growth and development**?
- Could you benefit from a **different perspective on life topics**?
- Are you already making life changes but need some **motivation and encouragement**?
- Do you need help with **setting goals**?
- Could you use a kickstart on your quest for **personal enrichment**?

In this seminar series, Master Amitis Pourarian will offer food for thought on a wide variety of topics, designed to support and encourage you.



## SEMINAR DATES AND TOPICS:

September 21: **SELF-WORTH, SELF-VALUE, AND POTENTIAL**

October 19: **BECOMING A POSITIVE THINKER**

November 16: **COMPASSION AND GIVING**

December 14: **EXPECTATIONS AND HOW THINGS AFFECT YOU**

Seminars begin at 8:00pm.

"Master P is a very impressive woman with incredible accomplishments. With this series, she makes the keys to her success accessible to us all. I was impressed with the content of each class. It is an opportunity to gain insights and practical practices for improving every aspect of your life." – *Haley D.*

"Attending Master P's class once a month for 4 months was enlightening! I would highly recommend these seminars to anyone who wants to kick off the new year with tools for achieving whatever it is they want to achieve. Trust me when I say it's worth a hour of your time once time a month!" – *Val S.*

Register now for all 4 seminars for just \$60 each—that's a discount of \$20 each seminar! Or drop in to individual seminars for \$80 each. Non-members are welcome to attend.

For more information or to register, call **(916) 258-5425**. You must be a mature teen or adult to attend.



**THE STUDIO Martial Arts & Fitness**  
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