



LIVING YOUR POTENTIAL WITH FRED CARREO

Fred Carreo, a transformational coach specializing in helping people realize their potential, will discuss how to develop your potential and find your life purpose. He will also talk about how he uses scientific hand analysis and yoga therapy to guide people to their potential.

How often do you feel frustrated because you know you could be accomplishing more than you are? Yet it seems things are always getting in your way, steering you off your path, and holding you back from achieving what you know you are capable of – *your potential*.

During this evening talk Fred will discuss:

- The relationship between your life purpose and your potential
- How to discover your life purpose and achieve your potential
- What prevents you from realizing your potential
- How to develop your potential
- How scientific hand analysis can help you learn your life purpose
- How yoga helps you achieve your potential



Fred is a transformational coach helping people realize their potential. He uses scientific hand analysis to get to the core of a person's being, transformational coaching, for the encouragement and guidance to live their potential, and Yoga Therapy, for the physical and mental attitude to put it into action. In addition to counseling people he is a Kundalini Yoga Instructor, and writer. Fred currently resides in Barcelona and travels throughout Europe and North America where he provides counseling, gives workshops, and lectures.

www.psychochirology.com

THURSDAY, 13TH AUGUST 2009 8:15PM – 9:30PM
FEE: £12

**Fred will be available for private hand analysis consultations.
Please contact Alchemy for details.**

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