

# Paul Emery

5 OCTOBER TO 5 NOVEMBER 2023

Paul Emery is a trusted practitioner in the holistic health and wellness field, following 30 years of experience, research and training with prominent doctors, neuroscientists and therapists.

Co-author of two Amazon bestselling books: 'The Soul of Success' alongside Jack Canfield and 'The Winning Way' with Brian Tracy. Over the years, he has worked with a diverse clientele, including royalty, medical professionals, athletes, and celebrities from the realms of music, television, and Bollywood. Paul's journey remains dedicated to empowering individuals on their path to inner harmony and well-being.

His personalised programmes incorporate techniques and practices in his neuroscience touch-based mind-body treatments.

## **THE PEACEFUL MIND SOLUTION**

Paul's Signature Treatment is a personalised approach to emotional wellness that can help you find inner peace and emotional balance, whether you are dealing with stress, anxiety, worry, or trauma. This cutting-edge therapy empowers you to handle life's challenges with ease, confidence, and emotional strength. Whether you seek calmness in challenging situations or even support to quit smoking, Paul is here to guide you on your unique journey to well-being. Don't let your emotions hold you back; start your path to a more peaceful mind today.

*80 minutes \$300++, 45 minute follow-up \$150++*

## **THE RESTFUL SLEEP PROGRAMME**

Are sleepless nights a challenge? Do racing thoughts or frequent wakings disrupt your slumber? Paul will work with you to assess the mental, environmental, and practical factors causing disrupted sleep and create a tailored plan for improved sleep and overall well-being. Through effective psychological and relaxation techniques, you'll enjoy easier falling asleep, longer periods of uninterrupted rest, and wake up feeling rejuvenated and alert.

*80 minutes \$300++, 45 minute follow-up \$150++*

## **THE HEALTHY WEIGHT JOURNEY**

Embrace a non-diet approach, the 4-step Healthy Eating System, and unlock your path to achieving and sustaining your ideal weight and dietary objectives. Farewell stress, anxiety, cravings, and emotional eating, and welcome a healthier, more positive, and confident you.

*80 minutes \$300++, 45 minute follow-up \$150++*

## **THE INNER HARMONY MEDITATION JOURNEY**

Immerse yourself in a guided visualization and soothing touch-based meditation experience. Unlock a profound sense of serenity, balance, and self-control. Embrace lasting tranquility and acquire lifelong tools to combat stress, anxiety, and worry, empowering you on your journey towards inner harmony.

*50 minutes \$250++*

## **THE VITALITY RESTORATION PROGRAMME**

Are physical ailments affecting your quality of life? In this programme we will explore the potential connections between your symptoms and emotional factors such as stress, anxiety, and anger. Together we will work towards strengthening your internal health systems, potentially leading to improved overall wellness. You might find relief from acute or chronic pain, injuries, or autoimmune challenges, and open the door to the possibility of a longer, healthier, and more vibrant life.

*50 minutes \$300++*

## **COMPUTER BIO-FEEDBACK: EXPERIENCE REAL TIME EMOTIONAL RESILIENCE**

Unlock the power of real-time computer biofeedback to enhance emotional resilience, reduce reactivity and anger, gain better control, improve sleep quality, and boost your anti-ageing DHEA hormone levels. Utilise heart-focused breathing exercises and positive thoughts to balance your heart and autonomic nervous system, all while witnessing your progress in real-time.

*50 minutes \$200++, 30 minute follow-up \$100++*