

Why not try our board breaking?

Learn to overcome self sabotage and how to condition your mind and emotions with positive expectations!!

By using the powerful metaphor of board breaking, you will break through limiting beliefs and power forward to new, inspiring realities.

This opportunity provides the challenges and techniques to break the chains on your brain and achieve the seemingly impossible. You will learn to turn challenges into opportunities and condition your mind with positive expectations.

The board break is also a great way to practice focus, concentration, power, speed, precision and determination to do what needs to be done, without fear.

for just
£15

*“inspiring others to achieve
great things”*



I want to breakthrough my limiting beliefs and fears so please urgently reserve me a board...

First Name: Second Name:

Address:

..... Post Code:

Phone Number: Email Address:

**Please make cheques payable to Empower Your Life and return via post 14 days before the event date.
Send to: Empower Your Life, 3 Condor Mews, Littlehampton, West Sussex, BN17 7RE.**

In consideration of being permitted to participate in the Empower Your Life Event (the "Event") and being granted access to the premises where the Event will be conducted, and for other good and valuable consideration, I agree to release, waive and discharge Empower Your Life (the "Company"), its principals, directors, shareholders, employees, agents, promoters, independent contractors, sponsors, volunteer assistants, associated coaches, and others associated with the Company, or any of them (the "Releasees"), from all liability to the undersigned for any loss or damage, and any claim or demands therefore on account of injury to the undersigned's person (whether physical, emotional, psychological or otherwise) or property or resulting in death, whether caused by the negligence of the Releasees or otherwise, relating to the Event, whether sustained during the Event or not.

I am fully aware and understand that I will be given the opportunity by the Company to participate in physical, emotional and other activities during the Event, some of which may take place outdoors and/or include very loud music, and may include a Board Break, an activity in which participants have the opportunity to break a board with their hand or foot (the "Activities"). I am fully aware that I may suffer physical, emotional, financial or other injury during any of the Activities and there is and can be no assurance or guarantee regarding my health or safety in connection with my participation in the Activities. I understand that (1) there are inherent risks in the Activities; (2) people may have been seriously injured by participating in the Activities; and (3) if I voluntarily choose to participate in the Activities, there is a risk that I may receive injuries requiring medical attention. I fully understand and acknowledge that there is no requirement whatsoever that I participate in the Activities. If I do choose to participate in any of the Activities, I affirm that I have not been nor will I be coerced or persuaded in any way to do so and I assume full responsibility for and risk of any injury sustained in connection with the Activities, whether caused by the negligence of Releasees or otherwise.

Signed: Printed:

Date: Event Date: