

Holiday News

Edited By Mel Royce

LAW & KAWI!

LEARN IN LUXURY ON LANGKAWI, ISLE OF LEGENDS

By Eve Arnold **The Executive De-Stress Programme**

Learn how to unwind, relax and forget the cares and stresses of everyday life whilst on these idyllic islands.

Let the professionals guide you on the mind bending trip of a lifetime. Whilst staying in the lap of luxury and soaking up the exotic aura of the paradise Islands of the Far East, let your mind reach its UTOPIA and sweep away the cobwebs of pent-up stresses, tensions and anxieties. You will emerge with a new and powerful sense of confidence and clarity of thought and action. Langkawi is known as the Island of Legends where dreams come true.

This dynamic learning trip is designed to teach you how to be in control of your own life instead of letting circumstances and other people control you.

Learn how to replace outmoded, negative thoughts and ideas with new, positive and constructive ways for-

You will discover how to programme your mind and to maximise the strength of your personality to achieve its' full potential. You will experience a beautiful tranquility and renewed sense of awareness.

Through the most advanced and sophisticated techniques of mental control and self-hypnosis, allow yourself to be guided into deep relaxation and a state of concentrated well-being by regular mind programming. You can use the self-hypnosis to identify deep-rooted anxieties arising from work, domestic and personal pressures.



Relax In Paradise - on our two chosen Islands

The kind of problems our two highly trained experts can help you with during your stay, where there will be ample opportunity to make full use of, include stopping smoking, weight control, failure complex, phobias and insomnia.

Mind Rejuvenation

As a valued participant on our course, apart from the basic programme you have the option of choosing to increase your skills in accelerated learning, body language, increasing productivity, speed reading with increased memory retention - we guarantee to

double your reading speed in just two hours.

You will not only have a magnificent holiday but you will arrive back home with a new skill to your name, the deeply satisfying sensation of being in control of your own life!

Valerie Austin-Hall and Patricia Leslie are your appointed consultants in London, residential courses in a lovely Victorian mansion on the Isle of Wight and now on Paradise Islands around the world. They teach advanced hypnotherapy and corporate psychology to business executives and employees who wish to embark

on a new career or to further their present status.

INCLUDED IN YOUR EXECUTIVE PACKAGE

- Return scheduled flights with Malaysia airlines.
- Comfortable limousine transportation to and from airport
- 5 nights on the Island of Langkawi at Pelangi Beach Resort.
- 5 nights on Penang Island at Penang Mutiara Beach Resort
- 2 nights in Kuala Lumpur at the spectacular Crown Princess.
- 5 days training in the hotel conference facilities which on these days include buffet lunch, morning coffee and afternoon tea.

To make reservations please contact our official tour operator 'The Malaysia Experience' and quote 'Learn in Luxury Executive Trip' (081) 424 9548.

For Jan, Mar and Nov bookings
From £1,995 per head



What's not included:-
Travel insurance, visa charges, individual items at your hotel such as telephone calls, laundry, drinks and meals airport departure taxes medical or vaccination charges.