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SOUTH AFRICA'S WEEKLY AD ONLY DIGITAL PAMPHLET



VOLUME 1 ISSUE 3

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FERTILITY COACHING WITH FATIMA GOGA

Fertility coaching sits beside and enhances any clinical, medical and natural interventions that may be undertaken while undergoing any fertility treatments.

Should you wish to book a session or you have a loved one who would like to book a fertility coaching session, please email me during business hours (9am to 4pm)

lifecoachingwithfatima@gmail.com

Based in Durban for one on one sessions but conduct telephonic/ Skype (Nationwide and International)

WE OFFER

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Tania Van Heerden

MASSAGE THERAPIST

Sandton

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What Massage Therapy can do:

- ✓ Alleviate pain
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- ✓ Uplifts your mood
- ✓ Improves posture
- ✓ Speeds up recovery
- ✓ Releases toxins
- ✓ Releases endorphins
- ✓ Aids sleep
- ✓ Aids with jet-lag

30/60/90/120 min Treatments

Vision. Insight. Purpose Living a life of Value

Each one of us desires to live a life of value. Yet, many a time, we don't know where to begin.

This workshop is intended to allow you the space to begin your journey of creating a VISION of where you want to be; to gain INSIGHT on how to get there & to embrace your life's PURPOSE.

Facilitated By : Sumayya Abubaker Essop
Specialised Kinesiologist & NLP SuperCoach

WHEN : 20th Feb '19. 10am-12:30 Pm
23rd Feb '19. 10am-12:30 Pm (repeat)

WHERE: Nizamiye Complex, Midrand.

Hosted by Nizamiye Women & Family Platform.
Ticket : R200 (incl refreshments & materials)
Ladies only.

RSVP : 084 660 3829

THE SOCCER STUDIO®

The Soccer Studio® (TSS) is a football development school with innovative and fun coaching methods for young footballers.

We are your football development coaching specialists.



WHAT ARE WE ABOUT?

The Soccer Studio® (TSS) is a brand new football school that has turned 1 year old in April 2018. TSS has been created with the idea of providing high quality training sessions to players aged 4 - 14 years and ensuring development is done correctly. One of our mottos are develop first and winning will come naturally and this is something that The Soccer Studio® really strives towards. We pride ourselves on the quality of training and our number one goal is to ensure players improve with each passing session. We also take videos of players and upload them on social media networks such as YouTube, Instagram and Facebook for greater exposure.

The Soccer Studio® (TSS) is the grassroots development structure for Hola Skoko Football Academy.

CORE SERVICES



- Fundamentals of football are focused on such as correct techniques of passing, receiving, dribbling, shooting, heading and goalkeeper training which is extremely important for ages 5-14.
- Video submissions on world wide platforms.
- Ball Mastery (being comfortable on the ball and mastering certain techniques).
- Basic forms of attack and defense.
- Training sessions designed around the fundamental factors of performance at grassroots level.
- SAFA accredited coaches (SAFA D and C License Coaches).
- Focus on the Long Term Player Development Model (LTPDM)
- Football reports done for each player

TRAINING SCHEDULE

The Soccer Studio® (TSS) training begins on the 4th February 2019 (Monday at 7:00pm) at Lenasia Model Primary School.

The coaching program allows for a maximum of 15 players in each division.

The sessions are planned by each coach and run accordingly.

All sessions MUST incorporate speed, ball mastery, 1v1 and small sided games.

Training sessions are 60 minutes long.



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