



We're delighted to invite you to a special complementary offering with Laina Eskin, a certified trainer with Inner Matrix Systems (IMS)! I have had the opportunity to participate in individual sessions with her and found it valuable so I wanted to share it with you.

IMS supports people to eliminate stress with simple tools and techniques to align their mind, emotions and nervous system with the results they want to create.

In this complementary session you will focus on a specific area of life that you would like to up-level (e.g health, relationships, career) — you discover what's holding you back from the results you want in that space, and exactly what you can do about it!

A promotional graphic for Inner Matrix Systems. It features a light blue background with a geometric pattern. At the top center is the Inner Matrix Systems logo, which includes a globe icon and the text "INNERMATRIX SYSTEMS". Below the logo is a dark blue banner with the text "PERSONAL MASTERY TRAINING" in white. The main headline reads "COMPLIMENTARY ONE-ON-ONE SESSION" in large, bold, blue letters. Below this is a quote: "At Inner Matrix Systems we support people to align themselves with the results they want to create. Create a life better than you dreamed possible...". A dark blue button with white text says "BOOK A COMPLIMENTARY 1-1". At the bottom left is a small photo of Laina Eskin, a woman with blonde hair. To the right of the photo is a text box with the heading "TRAINER: LAINA ESKIN" and a short bio: "Laina specializes in working with individuals to navigate their health, supporting others to create vitality, freedom and optimal well-being. IMS supported her to implement lifestyle changes that led to profound healing in her body, setting an autoimmune disease into remission. She has made it her life's work to ensure the tools of Inner Matrix Systems are made accessible worldwide." There are small blue arrow icons on the left and right sides of the bio box.

[Click Here to Schedule Your Session](#) or email Laina directly at [lainaeskin@gmail.com](mailto:lainaeskin@gmail.com)

**A little more about IMS: Inner Matrix Systems** trains people in the Art & Science of Personal Mastery using our proprietary method. The IM Method—a powerful synthesis of the art of mindfulness and the science of neurobiology—involves training, aligning and rewiring your emotions, thought strategies and nervous system, so that you can create a life of your own design. This system has served more than 80,000 people over the past 20 years. You can learn more at [innermatrixsystems.com](http://innermatrixsystems.com).