

FOR IMMEDIATE RELEASE
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**The Silva Method Launches Free Classes for Students and Adults
to Improve Grades and Make Wise Decisions**

The Silva Method of Central Texas is launching a new series of free classes designed to teach adults and students how to use mind-focusing techniques to develop better skills for decision-making, speed learning, test-taking and energizing goals.

“The Empower Austin Project” will feature three classes that will be held in libraries in north, central and south Austin in the month of August. These classes are open to the public and are free of charge. The material presented will feature proven educational methods that have been researched and taught by The Silva Method, an internationally established organization, for over 40 years. The techniques demonstrated will help participants direct their minds more effectively, improve grades, make wiser decisions and energize their goals to succeed.

The “Students of All Ages Skills and Achieve Results” classes will be held on Saturday, August 9 and are designed to provide adults and students with speed learning, test-taking and goal energizing techniques. Participants will learn to comprehend and recall information easier when listening to a lecture and reading subject material as well as creating a mindset that will help improve grades and achieve goals. The south Austin class will be held at the Manchaca Road Library, 5500 Manchaca Rd. from 10:30 a.m. to 12:30 p.m. and a north Austin class will be held the same day at the Old Quarry Library, 7051 Village Center Dr. from 2:15 to 4:15 p.m.

A third class, “Making Wise Decisions and Goal Energizing”, is designed for businesses and adults and will be held August 11 from 6 – 8 p.m. at the Austin History Center, 810 Guadalupe. This class will feature the demonstration of techniques that use the mind more effectively to improve decision making and achieve goals.

Pre-registration is requested and walk-ins are welcome. To learn more about the free classes being offered in Austin visit www.SilvaMethodClass.com or call Lamar L. Irwin, CSMI at (512) 340-0530 to register for a class or for questions. Lamar Irwin is available to be interviewed.

The Silva Method mind skills comprise an educational system based on more than sixty years of research. Classes are currently taught in 111 countries, in thirty languages, with millions of graduates. The Silva Method draws upon its research proving that tuning one's brain frequency to an optimum range results in deeply powerful and memorable education as it also taps into many more possible ideas, solutions and information that is not available at the normal operating brain frequency. Students learn to tune their mind at will including the ability to de-stress quickly. More information about Silva International can be found at www.silvamethod.com.

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