

FREE Emotional Freedom Techniques (EFT) Workshop

Hosted by: **To Health! Home of Head-Over-Heels Gymnastics**
Peggy Jern, Owner www.head-over-heelsgym.com

"To Health!" 
#

Learn the *Power* of EFT



Are you ...

- ready to eliminate the damaging effects of stress?
- settling for a life filled with emotional baggage?
- experiencing symptoms of PTSD?
- working through grief?
- wanting to heal relationship upsets and hurts?
- struggling with chronic pain?
- seeking to achieve a more joyful and satisfying life?



Mia Simmons, Cert-1, ADV, level 3
Certified Practitioner
www.miasimmons.com

Please join us

Sunday, March 25, 2012

Facilitated by Mia Simmons

To Health! Head-Over-Heels Gymnastics

365 Quintana Rd · Morro Bay

3:00 pm - 5:00 pm

For Reservations Contact Mia Simmons
805-528-7633 · mia@miasimmons.com

EFT is a tool to help you neutralize negative emotions and become more empowered. Discover how a holistic cutting-edge technique can help you achieve emotional well-being. EFT uses focused thought combined with gentle fingertip tapping on key acupuncture meridian end-points, bringing you the emotional health you deserve. EFT is a new class of treatments referred to as Energy Psychology and is practiced world-wide. Please visit the official EFT website for additional information: www.eftuniverse.com

Here is what Dr. Mehmet C. Oz, NY Times best-selling co-author of the book series YOU and TV host of the Dr. Oz show says: *It's these energy fields (through acupuncture, emotional freedom techniques, reflexology among other protocols) — your life force, your chi, your intangible aura — that we believe will be the next great frontier of medicine ... which might explain a more direct connection between mind and self-healing.*

