



**WORKSHOP**



*Abundance, Health and Harmony are yours for the taking.*

## **EFT – Emotional Freedom Techniques**

*Astonishing emotional relief leads to profound healings*

*Applies to all issues including*

**Weight Loss** Addictions/smoking **Anxiety** Depression **Grief** Insomnia  
job/businessrelated Issues **Abundance Issues** Headaches **Sports Performance**  
**Women’s Issues** School/Children’s Issues **Public Speaking** ...AND MORE

*\*WHAT IS EFT?* Member of a new class of energy therapies and techniques

a form of psychological acupressure using meridians of the body -

will collapse an identified problem and add a positive affirmation as well.

This combination of ingredients effects the energy system to restore balance.

**Charlene Mary Pendola**

Hypnotherapist

EFT –ADV

**- March 15, 2009 Sunday 1 pm to 3 pm \$30 per person**

Jewish Community Center

360 Amity Road

Woodbridge, CT 06525

**Call 860-889-0436 for more information**

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**Reservation for March 15, 2009 workshop:**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email (optional)** \_\_\_\_\_

Send Check or Money Order to:

Charlene Mary Pendola

52 Gager Road

Bozrah, CT. 06334

or **reserve on line** with **paypal or credit card** at:

**[www.ahhfreelife.com](http://www.ahhfreelife.com)**