

# *Comprehensive Emotional Freedom Techniques Workshop*



Saturday, March 20

Sat. 1-6 p.m. and Sun. 12:30-6 p.m. \$195 Special East West price!

Described as the greatest health innovation discovery in the last 100 years, Emotional Freedom Techniques (EFT) has been recommended by Deepak Chopra, Bruce Lipton, Dr. Joseph Mercola and Dr. William Tiller. **ALINA FRANK** has taught EFT to thousands of people and specializes in women's issues. This workshop will focus on chronic pain and illness, but healing trauma, depression, addictions, and surrogate uses will also be covered. Some knowledge of EFT is a pre-requisite for this class. Downloading and studying of the free manual ([www.emofree.com](http://www.emofree.com)) is one way to meet this requirement. This is the last EFT workshop on this topic for this year.

**Know ThySelf**  
EAST WEST  
BOOKSHOP

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