

Transforming Womens Lives

**EMOTIONAL FREEDOM
RELEASE YOURSELF**
Workshop

**HEKA HARMONY
HEALTH**

Tricia: +61 452 483 443

Rae: +61 405 417 670

hekaharmony@gmail.com

www.hekaharmony.com.au

MIND | BODY | SPIRIT | PLACE



EMOTIONAL FREEDOM - RELEASE YOURSELF

9:30am to 4:30pm

Please arrive 15 minutes early to sign in

Lunch and snacks provided

\$195.00

- Emotions and the connection to the physical body
- Emotional freedom technique
- Action plan to balance your life

FIND YOUR HARMONY

Whether you are aware of them or not, emotions can have a huge effect on your physical body and the way you relate to your environment and others.

Emotions manifest as disturbances in the body's energy flow that keeps them trapped and producing the physical stimulus that leads to emotional distress. In breaking this loop Emotional Freedom Technique restores the balance of thinking and feeling so you can move forward confidently.

Let us guide you to produce an action plan to balance your life stresses so you can love the life you live.

Our friends come and spend time with us for various reasons:

- Personal challenges
- Relationships
- Recovering from trauma
- Self discovery and creativity
- Peace and relaxation
- Health and well-being awareness

EMOTIONAL FREEDOM - RELEASE YOURSELF is part of a series of workshops created by Heka Harmony for women:

- HEALING HEART ART
- FINDING YOUR INNER CALM
- NUTRITION FOR LIFE

are also available, please check our website for more details.