

# Find Peace Within with EFT and Ho'oponopono

Tired of feeling stressed, anxious and overwhelmed?

Too busy to meditate, do yoga or go for holidays to find the peace and rejuvenation that you need?

Want to experience better health and relationships and to be able to glide through life more effortlessly?

If you answered yes to any of these questions, then this workshop is for you. In this 6-hour experiential workshop, you will learn to harmonize your life by using a potent combination of modern and ancient healing technologies that can be used anywhere, anytime, and are guaranteed to bring peace, clarity and freedom back into your life, so that you can enjoy better health, relationships and more!

Experience it for yourself!

Dates: 17 and 24 January 2010

Time: 2 - 5 pm (on both days)

Venue: Shan You Counselling Centre  
(please visit [www.shanyou.org.sg](http://www.shanyou.org.sg)  
for venue and directions)

Fees: \$160/pax or \$150/pax for  
registrations of 2 persons and more

What others are saying:

*"Simple to understand and practically usefull! Good for busy people."* Dave Teo, executive

*"Can't believe how such a simple technique can help me to clear emotional blockages. Truly amazing – thank you!"* – Rona Lim, trader

*"It is so amazing to see fear, pain and problems being tapped away just like that during the workshop."*  
Cheryl, homemaker

*"An insightful experience."* - Anette Kettenbech, psychologist

*"Eye opening."* – So Mei, homemaker

*"Very good, works for myself, my family and students."* – Moi Lee, school counsellor

*Be one of the 1st 20 to sign up and receive a free gift!*



Lena Chen is a Holistic Therapist and Author of "Emotional Freedom At Your Fingertips". She has given EFT workshops to hundreds of individuals, empowering them to take charge of their own emotions and health. For more information about Lena and her services, visit her website at [www.lenashealinghaven.com](http://www.lenashealinghaven.com).

To register, email  
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