



Emotional Freedom

# Weight Loss

If you have tried everything else,  
you may be ready to...

release the emotional causes and  
contributors to overweight

Results are often stunning!

**FRIDAYS: MARCH 6-APRIL 10 FROM 6 TO 7:30 PM**

**COST: \$25 PER SESSION **SAVE \$30** REGISTER/PAY BY FEB. 27**

**LOCATION: NORTHUMBERLAND PUBLIC LIBRARY, HEATHSVILLE**

Portion of proceeds donated to the Library

- \* Come join in this inspiring, life-changing series*
- \* Let go of past conflicts, release emotional challenges stored in the body and reduce stress*
- \* Experience efficient and effective results*
- \* Clear blocks to positive self-image*

EFT (Emotional Freedom Technique) is acupuncture without the needles. It is a gentle tapping procedure which clears the body's energy meridians of stored traumas. It was originally designed by and for the psychotherapy profession to clear emotional disturbances. It soon became evident that profound physical healings were also taking place.



Shafiya Eve has been a bio-energy healing practitioner and teacher for 16 years. A Reiki Master/Teacher, she incorporates Reiki, EFT and Healing Touch in her practice and currently lives in Kinsale. Shafiya frequently writes articles on healing and is routinely published in the Chesapeake Style Magazine. Website: [www.riverstobay.com/healing.asp](http://www.riverstobay.com/healing.asp) or blog [www.healingeve.wordpress.com](http://www.healingeve.wordpress.com)

**TOPICS COVERED:** Body image, triggers, what others say, anger, consequences, anxiety, boredom, discomfort and more...

## **NO PILLS, EXERCISE OR DIETING REQUIRED!**

PRE-REGISTRATION IS REQUIRED

NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE(S): \_\_\_\_\_ EMAIL: \_\_\_\_\_

ENCLOSED: \$ \_\_\_\_\_ **SAVE \$30 IF REGISTER/PAY IN-FULL BY FEB 27**

MAIL CHECK/MONEY ORDER TO: SHAFIYA EVE~ 181 PLAINVIEW RD~ KINSALE~ VA~ 22488

CONTACT: SHAFIYA EVE (804) 580-0702 [SHAFIYA@RIVERSTOBAY.COM](mailto:SHAFIYA@RIVERSTOBAY.COM)

**MONEY BACK GUARANTEE!**

IF YOU ARE NOT SATISFIED AFTER THE FIRST SESSION, GET A FULL REFUND