



With Ellen Miller

# *Tapping into Vitality*

## **An Introduction to EFT (Emotional Freedom Technique)**

**Sunday, September 14, 12-3pm Free!**

EFT is a simple process of tapping with your fingertips on actual acupuncture points on the body as you focus on your issue. EFT is a powerful tool for healing emotional disturbances such as trauma, abuse, phobias, headaches, body pains and breathing difficulties in both adults and children.

- Easy to learn
- Hands-on self-healing
- Powerful uplift for your energy and health

Join us for demonstrations and lots of "hands on" experience working with your self. Learn to "tap away" negative emotions and restore your own vitality!

**"The first time Ellen demonstrated EFT on me, I was a believer. I was feeling depressed, dead tired and developing a sore throat. Ellen did a quick demo and no trace of a sore throat! During the workshop I witnessed amazing things happen with people dealing with emotional issues. Everyone in the healing and helping fields should learn this technique."** Irene Blinston,PH.D

**About Ellen Miller:** Ellen is an artist, author and experiential teacher, practicing and teaching EFT for more than 14 years. Her work with groups and individuals focuses on developing self-awareness from within. She encourages you to access the inner wisdom that lies beneath your habitual concepts and beliefs, and to embrace the authenticity of your direct experience. [Ellenmillerart.com](http://Ellenmillerart.com)

Ellen is also the Executive Director of the Creative Awareness Project (CAP) a 501 (c) 3, dedicated to experiential learning, cultivating inner wisdom, and providing self-awareness skills that make a practical difference in everyday life. [www.creativeawareness.org](http://www.creativeawareness.org)

**Register to reserve your seat, 707 824-1285 or [29angels@gmail.com](mailto:29angels@gmail.com)**

Sponsored by **Community Healing Arts Institute**

**Location:** Sonoma County Healing Academy studio,  
6741 Sebastopol Rd, Gravenstein Station,  
kitty-corner from Coffee Catz café

