

An Awakening Center

Awaken Your True Power
with Helaine Z. Harris, MA, MFT



818.782.6869
800.308.4372
healing@hzharris.com
Psychotherapy
Hypnosis
Meditation
Breath Work
Shamanic Healing
Classes • Private Consultation

P.O. Box 18722, Encino, CA 91316-8722 f: 818.994.9678 www.hzharris.com

Ending the Body Battle Class

In this exciting innovative class learn to reach and maintain weight loss goals. The problem with overeating in comparison to a drug or alcohol addiction is that those addictions can be stopped completely. We need to eat consequently we are always tempted by our addictive substance. Another difficulty with weight loss is that over time diets don't work. We have all tried them, and over time have failed with them. In fact, most people put their weight back on and may even gain more weight. What is necessary is a lifestyle change and that is what we will assist you to begin now. The processes we do teach you to identify and eliminate the triggers that cause you to eat emotionally rather than eating healthy and the right amount for our bodies. Using Energy Psychology, Energy Medicine Exercises, Emotional Freedom Techniques (EFT), hypnosis, NLP, and breathing techniques you will learn how to:

- * Stop food cravings and compulsive overeating
- * Release negative beliefs and sabotaging behaviors
- * Control your eating
- * Learn to enjoy eating what is good for your body
- * End the body image battle
- * Use techniques for other addictions

Class 1 - Introductions - Overview of Addictions, Self-Assessment

Class 2 - Self Image, Body Image, Imagery

Class 3 - Emotional Cravings

Class 3 - Treating Emotional Themes with EFT

Class 4 - Limiting Beliefs Success - EFT

Class 5 - Letting Go of Past Issues

Class 6 - Closing and Future Pacing

Cost: \$230 prior to 1st class, \$45 per class

CEUs: 2 CEUs per class

Time: 6:45 - 9 pm

Option A Interactive Teleseminar 90 min. 7 weeks (maybe eight)

You get a recording of each class

Forum for group once a week

Plan B

A + 4 individual 45 minute coaching sessions, normally \$150 each,
\$400 over the class cost

Register by calling 818-782-6869

Contact us via email!
healing@hzharris.com

Helaine Z. Harris
MA, MFT
License #MF 15327
#PCE 1397



Learn the keys to freedom and success!
Private consultations are available.

