

Focus for Life and Coaching For Insight present:

# STOP Holiday Weight Gain the EASY Way!!

With: **Rachel L. Neumann,**

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Tis the season of Yule Tide cheer, celebration and parties!

Eggnog, punch, pastries, cookies and sugar plums that dance in your head!

And not to mention those irresistible hors d'oeuvres and family traditions!

You know the drill; office parties, family gatherings, and holiday cheer!

The more holiday cheer the less will power!

How are YOU going to RESIST putting on those ten extra pounds THIS year?

Join us at Focus For Life for some serious light-hearted fun!

Simple EFT Binge Busters will get you through the usual holiday gain!

- Learn a simple meridian tapping technique!
- Stop those deadly holiday triggers in their tracks!
- Simple to learn, easy to apply and it works instantly!

**Thursday, November 12th**

**7:00 - 8:30 pm**

Location: FOCUS FOR LIFE

10405 N. Scottsdale Rd. Suite 5

Scottsdale AZ, 85253

480.229.7252 or 602.570.3583

Rachel Neumann is a Life Coach emphasizing WHOLENESS and BALANCE within a JOYFUL path of living. Her coaching integrates spirit, mind and body with the INTENTION of GROWTH and TRANSFORMATION in all areas of life, using the diverse modalities of meditation, rhythm, chant, song and sacred ritual and EFT. She brings a sacred space and time for LIVING a LIFE of JOY!

For more information on the workshop go to <http://coachingforinsight.com>

Private Sessions are available with Rachel *by appointment only.*