



# FREEDOM TO HEAL 9-11 SPECIAL EVENT

[www.AlpineTherapeuticMassage.com](http://www.AlpineTherapeuticMassage.com)

September 11th is a day that is seared into the consciousness of Americans. It's a day that everything changed. Most people remember exactly what they were doing that fateful day. Now we are struggling with a Global Pandemic.

***Never has there been a greater need for effective, natural healing.***

I want to help you deal with stress, trauma, fear, and to stay healthy. Join me for a night of health with these profoundly effective tools for creating effective, healthy change.



**Special Event Price of \$40**  
Call to reserve your spot!

**253-838-3336**

Or register on my website:  
[www.AlpineTherapeuticMassage.com](http://www.AlpineTherapeuticMassage.com)

*Taught by Phoenix Alexander  
Certified EFT & Qigong Instructor*

## Freedom to Heal Tools:

- Qigong Breathing
- Acupressure for Emotional Healing
- Emotional Freedom Technique
- Heart Activation Breathing



**Join me on Sept 11th, 2021 at 7 pm PST over Zoom**

### Benefits of Qigong Breath Empowerment Exercises:

- Get you out of fight or flight NOW!
- Get you into a tranquil, yet very empowered state
- Increase micro-circulation, bringing oxygen, blood and nourishment to your entire body
- Transform, your emotional state powerfully
- Provide full oxygenation which boosts white blood cells, fights disease, depression, and anxiety
- Give your blood as much oxygen as if you just ran a 5K
- This is the best high you will ever get—all on oxygen!
- Guaranteed full-body vibration—which is the Qi flowing through you*
- Invite a Vet or Trauma Survivor (Very Powerful for Anyone Struggling With PTSD)**
- Acupressure** is a fantastic way to change your emotional & physical state immediately.
- Emotional Freedom Technique** creates immediate, lasting, positive emotional state change