#### **New Start**

# Make your life a work of art

Re-invent yourself in 3 easy steps



# Hand analysis + EFT (Emotional Freedom Technique) + vision portrait

Now available weekly in Zürich. (Also in other venues and online.)

Learn simple techniques to shift yourself in the direction you wish to go whenever you wish

one and a half hours hand analysis to identify your broad brush strokes (Jena's new system)
 30 min EFT (Emotional Freedom Technique) lesson to balance your immediate hot spots
 An afternoon or evening creating a Vision portrait/collage of your future self, to remind yourself of your life purpose plus inner friends and fiends and other symbols to keep yourself on track.

# consultation requirements:

Zest for life
Desire to be happy
Desire to feel more connected
Passionate desire to live your dreams
Desire to keep your current life but also upgrade it

(no experience or talent necessary!)

# New Start in Zürich

Come try out Jena's New Start technique In Zürich Tuesday or Thursday. Predigergasse 19, CH - 8001 Zürich

#### **Bookings**

Tel 00 41 52 394 1333 or 079 410 0395

Or email: bookings@handanalysisonline.com

# How much?

350 chf

(Includes a CD of the hand analysis session, hand prints, all art material. Do your collage vision boarding privately or have fun with it in a group.)

#### Who? Where? How?









Jena in action

Jena's first 'self' portrait - an ear. Hmmm?

Margie will help you create your portrait.

#### Who is Jena?

Jena Griffiths is an IIHA certified hand analyst and life purpose support coach. She also has BA, Bsc and Bsc (hons) degrees and post graduate diplomas in psychology and education and a background in copywriting. Jena has sailed around the world and now lives and consults in Switzerland and online. For Jena's newsletter and fun report on **7 ways to hug yourself in 2009** 

visit <a href="http://handreadingtoday.com">http://handreadingtoday.com</a>

#### Who is Margie?

Margie Hennig is a working artist, who teaches portraiture, and the art of looking. Being deeply interested in symbols since childhood, she guides us to find our very own symbols, from our hands and other sources. Over the last 10 years Margie exhibits and sells her art work in Zürich, Basel, Germany and Holland.

www.saatchi-gallery.co.uk/yourgallery/artist/details.php?id=1332

# The solution is in your hands

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