
Workshop Calendar

Facilitated by Krista Hoffs www.kristajane.com

2010 / 2011



December 2010

EFT EMOTIONAL FREEDOM TECHNIQUE
FOR DEPRESSION

HAPPY HOLIDAYS!

HAPPY HOLIDAYS!

HAPPY HOLIDAYS!

- Learn tools to help yourself
- Feel happier and lighter
- Gain clarity
- Break through that dark cloud

Location
Manly, N.S.W Australia

Date
Dec 1st at 7:30 p.m

Costs
\$39

- Krista Jane is coming to Canda in January 2011
- Whistler workshops!
- Vancouver workshops!

- Keep scrolling!
- Check out the workshops & retreats scheduled for 2011

January 2011

KELLY OSWALD & KRISTA HOFFS

EFT EMOTIONAL FREEDOM TECHNIQUE MODULE ONE

WHISTLER

- Master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear
- EFT for reducing pain
- Understand the mind and body connection
- master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear

Location
Whistler, B.C. Canada

Date
Jan 8th at 10 a.m

Costs
\$159

THE UNSEEN WORLD

WHISTLER

- Discover the power and support of the unseen world
- Meet & work with your guides, angles and higher-self
- Signs, omens, automatic

Location
Whistler, B.C. Canada

Date
Jan 9th at 8 p.m

Costs
\$111

SOUL SESSIONS

WHISTLER

- 1 hr personal sessions
- EFT & Reiki
- Intuitive guidance

Location
Whistler, B.C. Canada

By appointment on
Jan 10th & 11th

Costs
\$100

CREATE THE LIFE YOU LOVE

WHISTLER

- Learn the secret missing in 'The Secret'
- Understand the law of attraction
- Identify your desires & create an action plan
- Experience a manifesting meditation & tools for creating
- Identify belief blocks & blast through them

Location
Whistler, B.C. Canada

Date
Jan 11th at 7 p.m

Costs
\$30

January 2011 continued...

REIKI ONE

SQUAMISH

- Understand the mind body connection
- Learn to give yourself and others reiki
- Grounding, clearing and protection

Location
Vancouver, B.C. Canada

By appointment on
Jan 12th & 13th

Costs
\$210

SOUL SESSIONS

VANCOUVER

- 1 hr personal sessions
- EFT & Reiki
- Intuitive guidance

Location
Vancouver, B.C. Canada

By appointment on
Jan 14th & 15th

Costs
\$100

EFT EMOTIONAL FREEDOM TECHNIQUE MODULE ONE

VANCOUVER

- Master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear
- EFT for reducing pain
- Understand the mind and body connection
- master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear

Location
Vancouver, B.C. Canada

Date
Jan 16th at 10 a.m

Costs
\$159

CREATE THE LIFE YOU LOVE

SYDNEY

- Learn the secret missing in 'The Secret'
- Understand the law of attraction
- Identify your desires & create an action plan
- Experience a manifesting meditation & tools for creating
- Identify belief blocks & blast through them

Location
Sydney, N.S.W. Australia

Date
Jan 19th at 7:30 p.m

Costs
\$39

January-February 2011

KEENAN CRISP & KRISTA HOFFS

GUIDED MEDITATION & MUCH MORE

VISION BOARDING

REIKI ONE

EFT EMOTIONAL FREEDOM TECHNIQUE MODULE ONE

MANLY

MANLY

MANLY

MANLY

- Start your year off with a bang!
- Guided meditation

- Creative play to ignite the dreamer in you
- Connect with like minds
- Create a vision board to manifest the life you love!
- BYO cardboard & 1 or more magazines that inspire you

- Understand the mind body connection
- Learn to give yourself and others reiki
- Grounding, clearing and protection

- Master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear
- EFT for reducing pain
- Understand the mind and body connection
- master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear

Location
Manly, N.S.W. Australia

Date
Jan 23rd at TBA/evening

Costs
\$39

Location
Manly, N.S.W Australia

Date
Feb 2nd at 7:30 p.m

Costs
\$39

Location
Manly, N.S.W Australia

Date
Feb 19th & 26th 10 a.m

Costs
\$210

Location
Manly, N.S.W Australia

Date
Feb 20th at 10 a.m

Costs
\$159

Coming this year! 2011

EFT EMOTIONAL FREEDOM TECHNIQUE MODULE ONE

- Master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear
- EFT for reducing pain
- Understand the mind and body connection
- master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear

Location
TBA

Date
TBA

Costs
\$159

EFT EMOTIONAL FREEDOM TECHNIQUE MODULE TWO

- Master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear
- EFT for reducing pain
- Understand the mind and body connection
- master the EFT process
- Focus on clearing cravings
- Learn to eliminate fear

Location
TBA

Date
TBA

Costs
TBA

EFT EMOTIONAL FREEDOM TECHNIQUE FOR DEPRESSION

- Learn tools to help yourself
- Feel happier and lighter
- Gain clarity
- Break through that dark cloud

Location
TBA

Date
TBA

Costs
\$39

INTERNATIONAL RETREATS

"India, B.C, Bali & Sydney!"

- Spiritual India
September 10th-20th, 2011
- Open Your Heart B.C.
July 2011
- Bali
Date TBA
- Sydney
Date TBA

For more information on &
to express interest in these
retreats go to
www.kristajane.com
Retreats section