



## “Why We Get Sick How To Heal”

**When:**

November 8, 2008  
1 p.m. – 4:30 p.m.

**Where:**

Glendale - In the  
Garden of Carol Ross.  
Directions will be  
provided to registrants.

**Cost:**

\$125  
\$99 early registration  
before 11/01/08.

To Register call  
Maile Vanderford  
(818) 468-7324  
You can also use  
Paypal on the store  
page at  
[www.thecentre.com](http://www.thecentre.com)

What you think, feel, and do have immediate, measurable effects on your body. When you ignore, or are unaware of your thoughts, feelings, and actions, your body is like a moving car without a driver. Sooner or later it crashes. In this workshop, you will discover:

- The one core belief that causes all physical, and emotional problems.
- How your body communicates, and what those messages mean.
- How one’s thought processes create chemical reactions in your body, resulting in weight gain, fatigue, and chronic pain.
- Simple techniques to counter the harmful effects of fear, anger, and stress on the body.
- How to ask your body questions and how to understand its responses.
- Simple techniques to clear your own energy field.
- A simple three step method to handle anger quickly and effectively,

And Much Much More...

**About Maile**

For more than a decade, Maile has practiced energy healing. Modalities include Quantum Energetics Structured Therapy, NeuroModulation Technique, Reiki, Theta and Pranic Healing. She is certified as a CLASS Speaker, a Loving Relationships Trainer, and a Communication Styles Trainer. Through The Centre, Maile invites people to discover how great their life can be, mentally, physically, emotionally and spiritually.



Maile Vanderford  
*The Centre*