



TUCSON DOWSERS

Chapter of The American Society of Dowsers

RAISING FREQUENCIES FOR BETTER HEALTH

with **Anna Schoff, RN**
Co-director of OperaPima

Saturday, September 11, 2010 at 1:00 pm

Open to the Public Suggested Donation \$5

**Unity of Tucson, 3617 N Camino Blanco
off River between Swan & Craycroft**



Join Anna Schoff as she shows us how to improve our health by raising our vibrational frequencies, through toning, music and the creative arts. She will demonstrate how we can increase our physical energy and lung capacity, lower our blood pressure, attain a healthy heart rate, release tension in our jaw (TMJ), neck, shoulders and back, and be in control of our feelings—not controlled by them.

Anna Schoff has performed in the United States and Europe in concert and opera. She was presented Exceptional Meritorious Award by the US Military in West Germany for her outstanding contributions in Wellness Programs. Ms. Schoff's high energy and charismatic presentations have been received as inspirational and life-changing by such major corporations as General Electric and PepsiCo. She is co-founder of Phoenix Rising, an Alternative Healing Center, and was instrumental in incorporating the innovative Reiki-PSI Healing into the medical profession. Since 1968, Anna has been a certified trainer and facilitator for the *Barksdale Self Esteem and Stress* program and the innovative and successful *Teens Take Active Charge of Your Life*. She currently serves on the Voice Faculty at Pima Community College and Co-directs OperaPima, the opera workshop at Pima Community College. For an appointment with Anna, or further information, contact The Schoff Music Studio, 520-529-7117.

Views expressed by speakers, workshop leaders and participants do not necessarily reflect those of the Tucson Dowsers.

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