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11:11 Talk Radio

LIVING BEING KNOWING

WITH
SIMRAN SINGH



11:11 Talk Radio
Tuesday at 8 AM Pacific
August 24th 2021: Healing Ourselves Whole:
Emily A. Francis

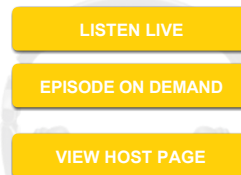
As a trained body worker, Emily Francis offers a refreshing perspective into healing trauma. She reveals unique knowledge of the body as a holder for memory. Emily will lead you on a path deep within yourself to rearrange the ways that pain and trauma have been holding you back from whole body, mind, spirit, and energy healing. You will rearrange the dialogue within your body memory systems as well as learn a practice to re-birth by healing your inner child and adolescent selves, coming into the present to create the best adult self possible. Learn to get in touch with various parts of the

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Featured Guest



Emily A. Francis

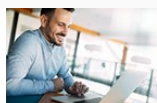
Emily A. Francis is a highly sought-after speaker, bestselling author, and wellness expert with an array of education and experience spanning over 20 years. Her knowledge of the body as well as the body/mind connection is extensive and her commitment to total body, mind, and spirit wellness is her driving force. She believes in a whole body, proactive approach to wellness where balance is the key, and kindness paves the way. Emily is the host of the internet radio show All About Healing on Healthy Life Radio www.HealingOurselvesWhole.com

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