

Introduction to EFT Workshop

with Tanya Lovett *MA (Oxon), MSc, RN (Mental Health)*, who has worked in mental health services for 25 years and is an Advanced EFT Practitioner

Saturday, 19 January 14.00 for 14.30-17.00



Have you heard of EFT or tapping? Are you intrigued by it and want to know more?

This workshop will teach you about the history of Emotional Freedom Techniques, what it's been used for and show you how to use this self-help tool in your own life to reduce stress, tension and physical pain. Come and find out for yourself how EFT could bring you greater emotional freedom.

Cost: £20 includes refreshments **Code:** WEFT1

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