

Monthly EFT Groups

From January 2019, Tanya, our Advanced EFT Practitioner, will be running a monthly EFT group on a Monday evening



An EFT group provides a safe and gentle space to free us from the emotional burdens that we all carry with us. It doesn't matter if you know how to tap or not, you can just tap along with Tanya. Bring any issues you know are weighing you down or holding you back, or tap along with the group's theme. Each group will end with a self-affirming guided relaxation.

<i>Self-Acceptance</i>	Monday 21 January	19.00-20.30	Cost: £15*
<i>Relationships</i>	Monday, 18 February	19.00-20.30	Cost: £15*
<i>Fears</i>	Monday, 18 March	19.00-20.30	Cost: £15*



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