

# Raise Your Self-Esteem Using EFT

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, 30 March 14.00 for 14.30-17.00**



Are you your own worst critic? Do you continually compare yourself with others? Spend an afternoon freeing yourself from the blocks that hold you back and limit you. Allowing yourself to bring your gifts to the world enriches everyone! We will use EFT and meditation to raise that self-esteem and enrich your life.

**Cost:£20 includes refreshments Code: WYAP1**

**The Letchworth Centre for Healthy Living**  
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