

Monthly EFT Group with Tanya Lovett, our Advanced EFT Practitioner



Our 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>Worries and Fears</i>	Monday 15 April	19.00-20.30
<i>Blocks to Self-Belief</i>	Monday 20 May	19.00-20.30
<i>Physical Pain</i>	Monday 17 June	19.00-20.30
<i>Moving Forwards</i>	Monday 15 July	19.00-20.30

Cost: £15 per session (Special price of £45 if booking all 4)

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth, Herts SG6 3NA
Tel: 01462 678804 www.letchworthcentre.org

