



# Learn EFT/Tapping

(Emotional Freedom Techniques)

LEARN  
EFT/TAPPING  
FOR YOURSELF ,  
FAMILY AND  
FRIENDS

EFT IS A SIMPLE  
TECHNIQUE FOR  
EMOTIONAL  
FREEDOM FROM  
ANXIETY, FEARS,  
PHOBIAS, LOW  
SELF ESTEEM,  
CRAVINGS,  
SADNESS, GRIEF,  
GUILT, ANGER

Go Home with an  
easy to use, instantly  
effective tool

## EFT Workshops & Training

### Evening Workshops

Time; 7.30-9.30pm

Investment; €25.00

At; Novara Centre, Bray

### EFT GREAT 4 KIDS

Learn For Yourself & The Kids

Wed 8<sup>th</sup> February

### Introductory EFT

Mon 20<sup>th</sup> February

### EFT GREAT 4 KIDS

Wed 14<sup>th</sup> March

### Attract Abundance

What stops us attracting

Friday 27<sup>th</sup> April

### Trainings in EFT

Learn this effective tool for you, your family or as a profession, or add to your own practice.

Investment Per W'end; €160

Time; 10.00am-5.00pm

### Level I Training W'end 1

Sat/Sun 25<sup>th</sup> & 26<sup>th</sup> February

### Level 1 Training W'end 2

Sat/Sun 24<sup>th</sup> & 25<sup>th</sup> March

### Level 2 Training W'end 1

Sat & Sun 12<sup>th</sup> & 13<sup>th</sup> May

### Level 2 Training W'end 2

Sat & Sun 9<sup>th</sup> & 10<sup>th</sup> June

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VISIT [www.eftforachange.com](http://www.eftforachange.com)