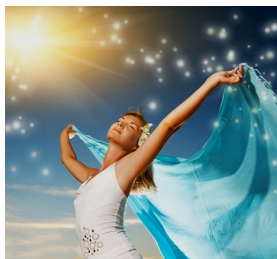


## **FREE EVENT Break Free From Your Problems**



You and your friends are invited to a FREE workshop which includes the showing of an amazing movie about Emotional Freedom Technique. (EFT) . It shows how 10 people all with different challenges and from diverse backgrounds and age groups, took part in an experiment over 4 days using EFT. The results are remarkable and show you the incredible potential of this revolutionary therapeutic technique that you can incorporate into your own life as a self- help tool to deal with stress, worry, problems and challenges.

In the movie you will see a group of people using EFT for various emotional and physical problems and the remarkable results they get. You will see how they heal:

***Anxiety, Fears, Phobias - Old Emotional hurts - Lack of Confidence***

***Low Self Esteem - Insomnia - Addictions - Food Cravings***

***Chronic Back Pain after Years of Suffering - Post Traumatic Stress***

***Fear of Public Speaking - Guilt, Anger and Frustration***

***Painful joints - Fibromyalgia and knee pain - Relationship Issues***

***Negative Beliefs - Money issues - deep grief and bereavement***

Emotional Freedom Technique (EFT) is a form of energy therapy that has been described as acupuncture without needles and involves tapping with the fingertips on various points on the face and body that connect with corresponding meridians or energy channels. Negative beliefs and experiences tend to clog up these channels resulting in emotional and physical problems. “Tapping” releases this old stuck energy We can then begin to release negative beliefs, deal with anxiety and worry, let go of the past achieve our goals become happier, healthier and more fulfilled. It has physical and emotional benefits and anyone can learn it

As well as the movie, this FREE event includes a BRAND NEW WORKSHOP

**“The Seven Secrets of Successful Tapping” (How to get it to work for your problems)**

with Christine King who has been running workshops for over 30 years

You’ll get your refreshments for FREE too **and** you’ll even be able to get a free e-book.

**Saturday afternoon 4th Feb 2pm to 5pm OR**

**Thursday evening 9th Feb 7.30 pm to approx. 10.15pm**

**Friends Meeting House, Lawn Terrace, Blackheath, SE3 9LL**

**PRE-BOOKING IS NECESSARY FOR THE SEATING PLAN**

**To book places please contact Sarah Hanks on 07717358866 [www.practiceyoga.co.uk](http://www.practiceyoga.co.uk) OR**

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