

Emotional Freedom Technique

A workshop that teaches helpful tools for releasing negative energy!

Presented by: Jan Yordy, M.Ed., MSW, Certified Brain Gym Instructor

Jan is an international presenter on energy techniques to promote healing.

EFT has been found helpful in the treatment of:

- Fears
- All types of traumas
- Grief & loss
- Obsessions
- Anxiety
- Anger
- Depression
- Cravings

Emotional Freedom Technique is an amazing tool from the field of Energy Psychology for releasing negative thoughts and emotions. Incorporating the Chinese knowledge of the body's meridian system, EFT uses key acupressure points for releasing the toxic energy that accumulates in our physical bodies.

Saturday, Nov. 1, 2014

Time: 9:00 a.m. to 4:00 p.m.

Location: Jan Yordy Centre, 185 Frobisher Drive, Unit 2, Waterloo

Cost: \$110 plus HST = \$124.30

Snacks provided - Lunch is available nearby or bring your own

This technique is easily learned and can be safely used to dramatically improve many emotional problems.

Emotional Freedom Technique Registration – Nov. 1, 2014

Register and pay online at

www.energyconnectiontherapies.com/products-page/

For more information call: (519) 747-7747

Email: yordy@energyconnectiontherapies.com

Interested in other workshops? www.energyconnectiontherapies.com/workshops/