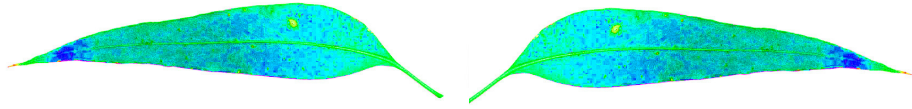


EFT (TAPPING) WORKSHOP



Spring clean your stresses

Do you crave inner peace, or even a tiny bit more calm in your life, but find it easier said than done?

In this 2 hour interactive workshop you will learn how to apply the Emotional Freedom Technique (EFT), also known as 'tapping', to any situation you are in that is causing you stress, so that you can start finding that calm.

Certified EFT practitioner Kirsty Hughes will guide you through the simple steps, and share tips so you can effectively use this tool yourself in the moments that you need it.

WHEN: SATURDAY. 23 SEPTEMBER 2017, 2-4PM

WHERE: CWA ROOMS, CHURCH ST. GLOUCESTER

COST: \$30 PER PERSON

BOOKINGS ESSENTIAL

Bookings & queries:

Kirsty - m: 0439 992 648 e: hello@kirstyhughes.com

More info at www.kirstyhughes.com