EFT

Emotional Freedom Technique or Tapping
A wonderful tool for ACA triggers
Sunday, November 22nd, 3:00-4:30 PM PST



EFT is a scientifically proven healing technique used to address emotional and physical pain by gently tapping on meridian points in your body.

This workshop will review the fundamentals of tapping that can assist in relieving anxiety, emotional blocks and reprogram childhood beliefs.

If you would like to attend (or have questions), please register at
mailto:onepowermoment@gmail.com
You will be sent zoom log-in information as well as diagrams to help you get the most out of this workshop.

Suggested Donation is $20
No one will be excluded if they cannot contribute.