

EFT

Emotional Freedom Technique or Tapping
as an

ACA TOOL FOR TRIGGERS

Sunday, December 4th, 1:00-2:30 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 shari@onepowermoment.com

You will be sent zoom log-in information as well as diagrams to help you get the most out of this workshop.