



## **EFT Training - Levels 1 & 2 to practitioner level**

**£295 per person**

**Friday 18-Sunday 20 September 2009**

**The Wholistic Centre, Downpatrick**

### **Level 1 training**

Level 1 is a one-day course aimed at everyone, whether you know nothing about EFT or want to expand your knowledge.

You will learn all the tapping points and see demonstrations to teach you some wonderful techniques developed by Gary Craig including:

- How EFT evolved
- Why we tap and where
- Understanding and clearing blocks in our energy system that prevent us healing
- Discover the wide range of physical and emotional issues for which EFT is effective
- Techniques to greatly improve the effectiveness of EFT - including the importance of being specific, dealing with shifting aspects of memories and emotions, special points and being persistent

Breakout sessions will provide an opportunity for you to practice using EFT with your own and other peoples' real issues.

### **Level 2 training**

Level 2 is a continuation course for people who have completed Level 1 and want to further develop their skills with EFT.

What you will learn:

- We will look deeper at the reasons we have emotional disease, where our beliefs come from and how they affect us
- How to use gentle techniques for issues that require care and sensitivity
- Ways to get to and collapse the core issues that underpin our emotional upsets
- The connections between physical and emotional issues
- The importance of testing and how to do it
- Building rapport and keeping your client safe
- EFT on the phone
- EFT in groups and borrowing benefits
- Advice and tips for further development

During these workshops you will be amazed at the changes you feel about issues and feelings you have held for a long time. Many people find this a truly life-changing weekend.

**To book your place visit [eft4life.co.uk](http://eft4life.co.uk) or call Advanced EFT practitioner & AAMET trainer Ted Wilmont on 020 7731 6647 or Marie Mahon on 028 4461 2989**