

Emotional Freedom Technique

Learn to 'tap' away trauma at EFT training weekend

EFT – a powerful tool that can tackle traumas, phobias, addictions and blocks to success

**AAMET certificated training – Levels 1&2 to practitioner level
Friday 24th-Sunday 26th July 2009, Kanturk, Co Cork**

Move over Michael Flatley! There's more to tapping than hard shoe dancing, as Advanced EFT practitioner Ted Wilmont will show in his Level 1&2 workshop weekend at **Bee Alive Health Food Shop & Holistic Therapy Centre, Percival St, Kanturk, Co Cork** in July.

Never heard of EFT? A new, non-invasive therapy that involves gently tapping on the body's acupressure points, the same as those used in acupuncture, **EFT is a powerful tool that can tackle and deal with traumas, phobias, addictions and blocks to success.**

Ted, an experienced EFT practitioner with a world wide practice, has also trained many others to practitioner level in the UK, Ireland and the Czech Republic.

Breakout sessions provide opportunities for delegates to practice using EFT with real issues – both their own and those of other delegates.

**The cost for the three-day weekend workshop is €395
(or €345 for bookings before June 20)**

To book your place visit eft4life.co.uk or call Advanced EFT practitioner & AAMET trainer Ted Wilmont on +44 (0) 20 7731 6647

