



EMOTIONAL FREEDOM TECHNIQUE
EFT (TAPPING) BASICS

A PATHWAY TO WELL-BEING

WEDNESDAY, OCTOBER 11, 2018

5:30 – 7 PM

BY DR. JULI WALTON

PRESENTED AT MINDFULNEPA

1ST FLOOR @ MARKETPLACE AT STEAMTOWN

This is an introduction to EFT (Emotional Freedom Technique) which is a process that uses “tapping” on meridian points while exploring physical / emotional symptoms and your self-talk. Tapping or EFT can become a daily practice to improve your well-being. This workshop will include finding the tapping points on your body, identifying the issue to tap on, setting a LOD le and tapping to relax the body and improve your natural healing abilities.

Workshop \$30 SEATING LIMITED

REGISTER on by October 10

<https://www.facebook.com/pg/empowerwellbeing1/events/>

Contact Dr. Juli Walton

@ EMPOWERWELLBEING101@GMAIL.COM OR 570-483-8366