

## **Gudrun Penselin, M.Ed., M. Phys. Ed.**

\* Clinical Herbal Therapist \*

\* Certified Reflexologist \* Certified Iridologist \* Sclerologist \* Bach Flower Practitioner \*

\* Light-/Color Therapist \* Bio-Pulsar Reflexograph Analyst \*

### **INTRODUCTION TO Emotional Freedom Technique (EFT)**

#### **TAKING STRESS REDUCTION INTO YOUR OWN HANDS**

In this workshop you will learn the basic recipe for applying EFT in everyday situations to help you deal with any challenging or stressful situation in a very effective way.

EFT has been used to relieve pain, muscular tension, relationship conflicts, panic, anxiety, trauma, depression, insomnia, love pain, grief, addictions, nightmares, anger, allergies and much more. It is also an amazing performance enhancement tool for speakers, students, athletes, musicians and artists and it can enhance your spiritual practice. EFT is a powerful addition to your personal and professional healing tool kit.

**WHAT IS EFT?** EFT is based on a new discovery that has provided thousands with relief from pain, diseases and emotional issues. Simply stated, it is an emotional version of acupuncture except needles aren't necessary. Instead, you stimulate well established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere.

And because our physical pains and diseases are so obviously connected with our emotions the following statement has proven to be true...

*"Our unresolved negative emotions are major contributors to most physical pains and diseases."*

This common sense approach draws its power from (1) time-honored Eastern discoveries that have been around for over 5,000 years and (2) Albert Einstein, who told us back in the 1920 that everything (including our bodies), is composed of energy. This is why EFT often works where nothing else will.

REGISTER TODAY!

#### **Introduction to Emotional Freedom Technique (EFT)**

**DATE:** Wednesday, November 27, 6:30 – 9:30 pm

**COST:** \$84.00 incl. GST

**LOCATION:** Grande Prairie; exact location to be announced

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