

FROM STRESS TO PEACE WITH EFT ONLINE CLASS

Instructor, Therese Naber
Monday, April 22, 2024
6:30pm - 7:30pm Via Zoom

Cost: \$35

Cash, check or PayPal



Proceeds donated
to: Horse Power
Healing Center

Emotional Freedom Techniques (aka EFT or “tapping”) is a quick, easy self-help tool that uses gentle tapping on acupressure points to bring more energetic and emotional balance into your life. Clinical studies have shown that EFT can significantly lower cortisol – aka the stress hormone – and that it can be helpful with anxiety and depression. In this practical Zoom workshop, you’ll learn how to use these techniques to deal with stress in your life. No previous experience of EFT or other energy practices is necessary. After tapping on the challenges of stress, we’ll explore approaches to bringing in more positive energies of peace and calm.

The class is 60 minutes, with a question and answer session afterwards.
Join us and learn this wonderful self-help tool.

Therese Naber is the founder of All Being Energy LLC (www.allbeingenergy.com). She is an Eden Energy Medicine Advanced practitioner, and a certified practitioner of Biofield Tuning and EFT/Tapping. She loves helping people – and animals! – bring more balance into their lives

Registration deadline 4-21-24

RSVP: info@horsepowerhealingcenter.com

www.horsepowerhealingcenter.com

