



JUDY N. GREEN
Certified RAW Food Nutrition Coach
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Join us ...

Emotional Freedom Technique (EFT) /Tapping Certification Level 1

*Learn the Art and Science of EFT (Emotional Freedom Techniques or "Tapping")
Join millions worldwide who are learning this life-changing technique.*

STRESS, PAIN, TRAUMA, PHOBIAS?

Join us for TWO Days of fun, hands-on training!

DATES: Saturday 18 & Sunday 19 May 2019
9:00-4:30

RAW 'N Green Wellness Centre
Basin Place
68 Water Street, Digby NS

\$350 plus HST

\$25 non-refundable deposit requested to reserve your space

Helping you turn over a new leaf

One-on-One Coaching • Group Coaching
Workshops & Classes





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EFT, commonly referred to as **Tapping**, has gained rapid popularity because it has been demonstrated to quickly and effectively resolve dysfunctional feelings, thoughts, behaviors and beliefs which can lead to challenges in relationships, health, work and more.

If there are negative emotions and stress involved, EFT may be able to resolve blocks that can lead to significant relief and ease in one's life. Learn to implement this powerful mind-body approach which is supported by peer-reviewed research, drawing from the fields of interpersonal neurobiology, neuroplasticity models and the exciting field of epigenetics.

If you are ready to transform your health, your relationships and your vision of who you truly are, then come join us to learn EFT Tapping techniques.

Whether you are curious about EFT for self-help or you are in the healing/helping professions, this training will give you confidence in the art of its delivery. From the professional working with clients to the laymen looking for self-application, everyone walks away having the skills to succeed with this extraordinary healing modality.

EFT LEVEL 1

EFT Level 1 is a beginner's level one day event and is designed so that individuals looking to learn EFT for their own personal work will come away with a strong foundation and hands-on experience with EFT, while simultaneously providing the basis for those professionals that wish to go on and take Level 2 or go on further to obtain certification to use with clients in their practices.

The target audience for this training is anyone interested in learning the foundational concepts of EFT with a focus on learning to utilize the technique for self-application or for teaching another person how to apply EFT as a self-help technique.

Cell/Text: 902 249-1772

Facebook: <http://fb.me/rawngreen>

Website: www.rawngreen.com

YouTube: www.youtube.com/rawngreen

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