

EFT Training

Alison Munro



A FREE EVENT

A community service initiative in collaboration with OneHeart Malaysia

An Evening with EFT (Emotional Freedom Technique)

On Tuesday, 19 Oct 2010

From 7pm to 9pm

At Plaza Mont Kiara, Block B, 7th Floor, Unit No. 5 (above Starbucks), Kuala Lumpur.

Tel : 03 6203 2088 (12nn-3pm)

Email : wecare@oneheart.com.my

RSVP by 11 Oct 2010

A token donation for our soup kitchen will be appreciated.

AFFILIATIONS:



The British Psychological Society



British Society of Clinical Hypnosis

EFT – Emotional Freedom Technique

The 'tapping therapy' - safe, easy, effective and fun!

Come and join Alison Munro on this free taster evening with EFT and learn this simple but effective tapping technique, that restores balance and flow to your energy system.



When our energy system is flowing smoothly, we feel relaxed and comfortable. When it disrupts, we feel the opposite.

The idea behind EFT is that the cause of all negative emotions and uncomfortable feelings is a disruption in the body's energy system. When the energy system disrupts, we feel uncomfortable somehow.

Come along and learn how to use tapping to help free yourself from anything uncomfortable.



The evening will teach you the technique and do live demonstrations with volunteers.