

EFT: EMOTIONAL FREEDOM TECHNIQUE

With Kathryn McGlynn

Workshop, Saturday, March 31, 2012

Emotional Freedom Techniques (EFT) is a new, dynamic, form of self-treatment that allows rapid freedom from trauma, fears, phobias, anxiety and other emotional issues.



It is 'acupuncture without needles'. You tap on stress relief points with your fingertips, providing a balancing effect that replaces emotional distress with peace. EFT is becoming known to many amazed users as a modern miracle. It can dramatically relieve emotional disturbances along with many physical symptoms. It often works in minutes and its results are usually long lasting. Kathryn is offering a FREE CD to those participating in this workshop.

Where: Franklin Yoga & Wellness, 1256 West Central St., Franklin, MA 02038

When: 11am-1pm

Fee: Pre-registration \$35.00 and \$40.00 at the door

Register: info@franklinyoga.com

FranklinYoga.com

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