

Emotional Freedom Technique

Tapping for Stress Relief

Saturday, January 19th
1:00PM to 4:00PM

\$55.00 in Advance - \$65.00 that day



Garden of Yoga

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EFT uses the technique of tapping on one's own energy meridians while safely tuning in to emotional and physical issues. This process leads to the release of negative blocks and facilitates stress release, calm and clarity.

This simple approach provides a sense of awareness, balance and learning and the benefits can be perceived during the process of tapping. EFT can be used in support of any other modality to release blocks in the process.

In this special workshop you will learn:

- The origins of EFT
- The basic tapping points and how to tap on them
- The verbal components used for "tuning in"
- How to use EFT to safely access emotional or physical issues
- How to apply EFT to support any existing modalities that you use
- How tapping facilitates wellness in the process of dealing with issues, enhancing performance, or just achieving a state of calmness and balance
- The 3 approaches to using EFT – Self-help, With a Practitioner, Tapping in a Group

Attendees will be able to:

- Locate and use the basic tapping points used in EFT
- Understand the basic "set up statements" used in EFT
- Practice the basic method of describing and tapping on a physical/emotional issue
- Understand the basic terms used in EFT that refer to emotions
- Learn to measure any shift from pre-tapping to post-tapping

Even if you've attended before, come again and expand your experience!

Steve Shields is a Certified Advanced EFT Practitioner (AAMET). He is also co-founder of Keystone Healing Center in Chicago.

Steve is a Certified Hypnotherapist with The National Guild of Hypnotists and has additional specialties in Past Life Regression Therapy with Dr. Brian Weiss, M.D. He has been a Yoga practitioner since 1996, and teaches Healing Yoga classes at Keystone Healing Center, MSI-Healing in Evanston, IL and Gilda's Club.

At Gilda's Club he is also a Network Group Facilitator and gives presentations on Natural Healing and Stress Management.

Steve is also a Reiki Master and provides Reiki Healing Sessions and Reiki Healing Training at Keystone Healing Center.

