



# AN INTRODUCTION TO “EMOTIONAL FREEDOM TECHNIQUE”



Presented by :

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**Venue : Dublin Food CO-OP**

**New Market , Dublin 8**

**Date** Saturday 5<sup>th</sup> December 2009  
**Time** 11:00am - 13:00pm  
**Cost:** €20.00 Members €25.00 non-members

## **What is EFT ?**

**A universal healing aid designed to remove the effects of negative emotions from the body, and promote improved physical health.**

**In essence EFT is an emotional version of acupuncture where we stimulate certain meridian points by tapping on them with our fingertips. Properly done, this frequently reduces the therapeutic process from months or years down to hours or minutes. And, since emotional stress can contribute to pain, disease and physical ailments, we often find that EFT provides astonishing physical relief.**

**To Book call Geraldine on 086-819-1212**