



EFT ® Workshops 2009/2010

- Are you often angry/sad/miserable/fed-up/frustrated... and don't know how to deal with it?
- Did you suffer trauma and have not found any helpful technique to deal with it?
- Would you like to improve your performance in a specific area of your life?
- Are you already a therapist and would like to add a wonderful therapy to help your clients?
- Have you heard of EFT, didn't know where to learn and find Gary's manual daunting?

If you've answered yes to any of these questions, read on!

What is EFT ®?

Emotional Freedom Techniques (EFT) is an emotional, needle free version of acupuncture that is based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health. EFT has been reported successful in thousands of cases covering a huge range of emotional, health and performance issues. **It often works where nothing else will.**

Best of all, anyone can learn and use EFT and you don't need specialized schooling for it. The basic method is even given away on the official EFT website!

Even though you can download the manual for free, we often find that people are uncertain about whether they are 'doing it right'. A safe, friendly workshop environment is the perfect place to come and learn the technique, get plenty of practice and start your own healing journey! It is especially important if you're going to deal with clients, to receive proper credible EFT training.

There are thousands upon thousands of clinical studies and testimonials available for reading on the EFT website – go to www.emofree.com and do a search on any condition you'd like more information on.

Who will be teaching you?

Lana Ackermann, Laurie Adams and Liesel Teversham have been using EFT for years. Both Lana and Laurie travelled to the UK to study with Ann Ross (an EFT Master). Liesel completed Levels 1 and 2 with Lana and Laurie, and Level 3 with Ann Ross. All of us have extensive training in other energy/emotional healing techniques and are continuously furthering our education.

We're continuously astounded at the range of conditions that can be helped with one, simple technique. Obviously – like with every new skill – it takes practice to become proficient and comfortable with it. But with the information in the 1 day Level 1 workshop, you'll be able to do marvelous work!



What will I learn and do in a Level 1 Workshop?

- History and background
- Why EFT works
- The 'long method' and the 'short-cut' method
- Psychological Reversal, the Apex problem, the importance of being specific
- How to tap for yourself
- Making a start on how to help others, even animals
- Demonstrations on specific problems, including video clips
- Group tapping
- Lots of tapping with other individual participants
- Ethical considerations
- Ask all your EFT questions... and more!

Johannesburg Workshop Dates for 2009 and early 2010

Workshop	Dates	Times	Investment
EFT Level 3	20, 21, 22 November 2009	4 pm to 7 pm (20 Nov) 9 am to 5 pm (21, 22 Nov)	R2,960
EFT Level 2	28, 29 November 2009	9 am to 5 pm	R1,960
Intro to EFT	02 December 2009	6.30 pm to 8.30 pm	R250
Intro to EFT	20 January 2010	6.30 pm to 8.30 pm	R250
EFT Level 1	31 January 2010	9 am to 5 pm	R1,010
EFT Level 2	13, 14 March 2010	9 am to 5 pm	R1,960

Exciting new Plans for 2010!!

EFT Retreat: 24, 25, 26, 27 April 2010, in Bela Bela, 1 hour North of Pretoria.
 Investment and itinerary to be announced!

EFT in Natal: 27 and 28 February 2010
 EFT Introduction, Level 1, EFT for Abundance
 Please enquire if you're interested in anything else

EFT in Cape Town: 26, 27, 28 March 2010
 EFT Introduction, Level 1, EFT for Abundance (6 hr)
 Please enquire if you're interested in anything else

Other Workshops:

EFT for Abundance	(4hrs – R400)
EFT for Weight Loss	(4hrs – R400)
EFT for Parenting	(4 hrs – R400)
EFT for Pain Management	(4 hrs – R400)



Level 1, 2 and 3 Fees Include:

- Instruction and practical exercises
- A 2-hour follow-up session 4-5 weeks after the workshop (Your workshop fee INCLUDES this)
- Detailed manual

Discounts:

You can apply for a discount in the following instances – please enquire for specifics!

- For each person you refer, who books and pays for the same workshop, both receive a discount
- Couples receive a bigger discount
- Repeating a workshop

Bookings:

A 50% deposit is required with your registration form. The deposit is non-refundable, except if we postpone the workshop. In this case, your deposit is held over for the next available workshop.

Payment Plans:

Payment Plans are now available! Please enquire for installment options. You may also pay with your credit card (this incurs a surcharge).

Workshop Requirements

Please note that in order to present a Level 1 Workshop we require 10 participants, and for Level 2 8 participants. If the required number is not registered a week before the workshop date, it is postponed until a later date, which will be communicated as soon as possible.

Before attending a Theme Workshop (eg EFT for Abundance), please plan to attend an EFT Introduction workshop first.

Logistics

Light snacks, biscuits, tea, coffee and water are provided

Please bring your own light lunch (you can use the fridge and microwave)

Wear light, comfortable clothing and bring warm socks if you like (in winter)

Please don't wear perfume (some people are very sensitive)

Venue

Good Vibrations Healing Sanctuary in **Rivonia**. Clear directions will be provided a week before the workshop.

Banking Details:

FNB Cheque Account:	62229159878
Branch Number:	250 355
Branch Name:	Rivonia
Account Name:	Emofree SA



Please Note: use your initial and surname as reference. Please email/sms proof of payment before the workshop, or print and bring to the workshop

Please give your name as reference when doing an Electronic Funds Transfer

Please make 50% payment with your registration

Notes:

We supply you with a printed manual. You might want to take notes anyway... bring a pen/pencil.

Certification:

Gary Craig (founder of EFT) has recently changed the certification process in order to standardize EFT Training worldwide. The new rules and regulations about the 'official' certification process are on his website, at <http://www.emofree.com/ExamInfo/>. Please note that no EFT workshop in the world is endorsed by Gary Craig – the only official Certification approved by Gary, is to purchase his DVD's, get very familiar with them, and do an academic exam, available from the EFT website.

PLEASE NOTE: We are able to offer you a Certificate through the AAMET – The Association for the Advancement of Meridian Energy Therapies, based in the UK. This is a highly credible certification program and does give our training international credibility.

We feel this workshop will generate extraordinary benefits for all attendees. However, EFT is a very flexible process and thus this workshop represents the views of the presenter(s) and does not necessarily reflect those of EFT, Gary Craig or the complete, standardized training offered at <http://www.emofree.com>