**EFT Level 1 LIVE Training (Emotional Freedom Techniques)**

Suitable: for self-help, personal development fans and the first step for professional use.

**In unusual time we are in, having an effective self-help tool like this is vital.** All you need are your fingers and the knowledge you will acquire during the training.

**Instead** of feelingstressed, worrying about the future, living with range of emotional or physical pains...

**You will be** guided through a step-by-step system so that you can achieve desired inner peace and help yourself with most emotional and physical pains using revolutionary approach of emotional acupressure that is suitable for self-help and professionals

**And what that means for you** is that you will have a tool to achieve stronger confidence, have better sleep, think clearly, improve your immune system and your health

**And what that really means is** that that you will be able to feel good in your own body, make better decisions, enjoy your life, while improving relationship with others around you. You can live life you deserve.

**Dates:** 12th and 13th August 2023, from 10am to 6.30pm

**Venue:** to be advised In Lower Hutt. It will be combined attendance (live and on zoom)

**Investment:** $450, early bird rate till 12h July $390. Manual is included.

**Reserve your place:** <https://eft-emofree.com/online-application/>

**For more information:** Call Jasmina 027 6080078 or visit <https://eft-emofree.com/emotional-freedom-technique/>

**Trainer:** Jasmina Kovacev, certified and accredited EFT Master Trainer with 20 years of experience as EFT Practitioner and over 15 years as EFT Trainer of EFT International professional organisation from UK.