

# Emotional Freedom Technique

A workshop which teaches helpful tools for releasing negative energy!

**Presented by: Jan Yordy, M.Ed., MSW, Certified Brain Gym Instructor**

Jan is an international presenter on energy techniques to promote healing.

Emotional Freedom Technique is an amazing tool from the field of Energy Psychology for releasing the energy of negative thoughts and emotions. According to Gary Craig, the creator of Emotional Freedom Technique, "The cause of all negative emotions is a disruption in the body's energy system." Incorporating the Chinese knowledge of the body's meridian system, EFT uses key acupuncture points along meridian pathways for releasing the toxic energy which accumulates in our physical bodies. EFT has been found helpful in the treatment of:

- Fears
- All types of traumas
- Grief & loss
- Obsessions
- Anxiety
- Anger
- Depression
- Cravings

This technique is easily learned and can be safely used to dramatically improve many emotional problems.

**Saturday, March 29<sup>th</sup>, 2008**

**Time: 9:00 a.m. to 4:00 p.m.**

**Location: Integrated Centre for Optimal Learning**

826 King St. N., Waterloo, ON. Unit #16 Markside Complex (Across from St. Jacobs Market)

**Cost: \$115. (This includes GST) Please send \$25 and registration form by March 16<sup>th</sup>**  
**Snacks provided - Lunch available nearby or bring your own.**

For more information, call Jan Yordy at (519) 664 – 3568 or e-mail her at

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**Registration for Emotional Freedom Technique Workshop – March 29<sup>th</sup>**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please make checks payable to Jan Yordy. Mail or fax registrations to Jan Yordy,  
P.O. Box 35, St. Jacobs, ON. N0B 2N0 or Fax # (519) 664-1390