

Learn to harness your body's energy system to:

- * Reduce stress
 - * Build self esteem
 - * Embrace & enjoy life
 - * Control food cravings
 - * Ease pain & discomfort
 - * Clear emotional trauma
 - * Alleviate performance fears
 - * Fully focus for peak performance
- and much, much more!

How?

Come along to this one-day workshop
& tap into your own energy thru

EMOTIONAL FREEDOM TECHNIQUES (EFT)

Like acupuncture—without the needles!

A series of practical exercises teaches you how
to use EFT for a variety of issues

Energies4Life

Where you can transform stress into success!

Fee: \$100

Inclusions:

Training, tips, tea,
coffee &
refreshments

**Book Now!
Limited Places**

BYO lunch,
or sample cafe fare,
just a 10 min drive from
the Studio.

Transform Stress into Success

▶ SUNDAY, 21ST
MARCH

▶ 10 AM – 5 PM

▶ The Point Leo
Holistic Studio,

Mornington
Peninsula

▶ For Enquiries &
Bookings

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