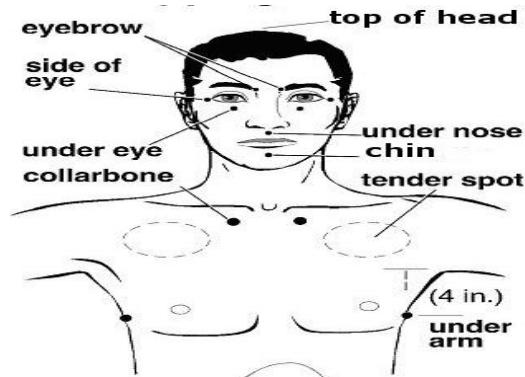


EFT: The Tapping Tool for Everyone



What: Are aches and pain getting you down? fatigue, trouble sleeping, anxiety, depression, physical tension, pain, craving unhealthy foods? Come to this workshop on EFT (Emotional Freedom Technique “the tapping therapy”). Based on the premise that when our energy is flowing normally, without obstruction, we feel good in every way. When our energy becomes blocked, stagnant or otherwise disrupted along one or more of the body’s energy meridians, all types of physical and emotional symptoms appear. EFT is called emotional acupressure because it combines gentle tapping on key meridian points while focusing your thoughts on pain, unhappy memories, uncomfortable emotions, stressful events, anxiety about money, food cravings or any other distressful circumstance. This is a tool that takes only a few minutes, yet has powerful results. I will teach the “basic recipe” for EFT and you will have lots of hands on opportunities to tap to enhance your wellness and learn how to make beneficial changes in your daily life.

When: Saturday, October 23, 2010

Time: 9am – 12 noon

Place: Living Water Retreat Center, Winslow, Maine www.e-livingwater.org

Cost: \$45 preregistered by October 18 (\$55 at the door) with materials and snacks
\$5 discount offered to Certified Hospice Volunteer or Staff

I took Carole's EFT class/workshop as a refresher, since my original class was many years ago. I loved taking this class with Carole. The way she presents the material was simple and easy to learn. Her handouts were helpful. She created a safe and fun environment to talk about our issues and tap on them! I highly recommend it to everyone I know! Theresa Nehemias 06/2010

RSVP: Living Water Retreat Center serves sumptuous home-cooked nutritious meals. If you want to come for lunch, please include an additional \$15.00 along with your preregistration fee. It will be a meditative (silent) lunch experience because the Center is holding a Silent Retreat that weekend. If you are taking the Labyrinth workshop along with this one and preregistered by October 18, the total general discounted fee is \$90/\$80 if Certified Hospice Volunteer or Staff.

Please call Lynn Schwarz at Chrysalis Healing Arts 207-622-3355 for more information. Send your pre-registration and optional lunch fee to Chrysalis Healing Arts at 61 Winthrop St. Augusta 04330. Make your check out to: Chrysalis. Preregister early – Space is limited.

Facilitator: Carole Lindroos, MA LPC has been a licensed professional counselor since 1994, and is in private practice in Boulder, Colorado. Carole's enthusiastic interest in utilizing EFT began last year for her own wellness and she is now using it to effectively clear issues with her clients. She is an engaging and skillful presenter, workshop leader, facilitator and teacher. Her website is www.clindroos.com.

