
Emotional Freedom Technique for Stress Relief

New, low cost, 6 week Summer Class

All welcome – Teens 16+ to Senior Citizens

Meridian tapping, also known as Emotional Freedom Technique, is done while comfortably seated. It is a powerful yet easy to learn process which combines tapping with your fingers on your hands, face and chest in a specific sequence. These are the same points used during acupuncture to calm and relax the central nervous system. While tapping, you will be guided through simple statements of tension release and self-acceptance focusing on a specific topic each week. People frequently report a feeling of calm, reduction of tension-induced physical aches and pains, and a quieting of the mind. Once learned, EFT can also be safely and easily used at home.

Dates: June 14, 2019 – July 26, 2019 (6 Classes – no class on July 5)

Time: 11:30 am – 12:30 pm

Day: Friday

Location: Community Room at Avon Senior Center

Instructor: Dr. Jeanne Folks, CT Psychotherapeutic Resources of Avon

Fee \$86 Senior Fee (age 60 & up): \$77.40

Feel free to contact Jeanne directly if you have questions

Phone: 860.678.8779 or Email: DrFolks@TappingPrayerfully.com

To register

On line: www.AvonRec.com or By phone: 860.409.1332