

Tapping & Relaxation Workshop

Online Saturday, November 14th, 2020

10:00am to 12:00pm PST

1:00 to 3:00 pm EST



- **Meridian tapping is a simple yet remarkably effective relaxation technique. Tapping restores communication in the body and promotes healing. It is based on the principles of acupuncture. A single tapping session can turn off the stress response and significantly reduce levels of cortisol.**
- **This tapping workshop includes the Emotional Freedom Technique (EFT), Cortices tapping, dowsing instruction and brain reprogramming.**
- **These are all simple but powerful techniques you can integrate into your daily routines for your own self care and the care of your family and friends.**
- **The workshop is complete with instruction, practice sessions, support material and links for you to continue implementing these techniques at home and in your community.**

Workshop Cost is \$45, gift cards available

Please RSVP per email to fayebrandmaier@gmail.com

**Faye Deveres Brandmaier
energeticmedicinewoman.com**