

# Introductory workshop Emotional Freedom Techniques: Learning the art of Emotional Self-Healing

## What is EFT?

Emotional Freedom Techniques (EFT) is a powerful bridge between Eastern wisdom and Western psychology. EFT tapping is often referred to as "psychological acupressure," it is used worldwide by professionals to treat trauma, stress, and physical discomfort.

The beauty of EFT lies in its simplicity. While it is a sophisticated clinical tool, the basics are easy to learn and incredibly effective as a self-help technique. EFT neutralizes your perception of stress and processes emotions instantly, allowing negative charges, pain, and limiting beliefs to fade away for good.

## The Introduction Workshop: Your Path to Peace

Enhance your stay in Amsterdam with a private 2-hour workshop designed for you. In this session, I will teach you the foundations of two powerful approaches:

### 1. Gold Standard EFT (The Tapping Method)

This is the classic technique developed by Gary Craig. By tapping with your fingertips on specific acupressure points while focusing on a specific emotion or physical sensation, you physically signal your nervous system to relax. We measure the intensity of the stress, apply the "tapping round," and test the results until the emotional charge is gone.

### 2. Optimal EFT (The Meditative Path)

A gentle, meditative form of problem-solving that requires no tapping. This method focuses on bringing deep inner peace to the body, neutralizing the stress response through focused intention and relaxation.

## Why Learn EFT During Your Stay?

EFT is a tool for life. It works effectively on:

Past Events: Releasing the "sting" of old memories.

Present Stress: Managing daily frustrations, anxiety, or physical pain.

Future Worries: Calming the nerves before a big event or a difficult conversation.

**The result?** A remarkable and lasting sense of freedom. Once you learn the basics, you have a "first-aid kit" for your emotions right in your own hands.

### Real-Life Applications

Instant Calm: Use tapping to lower cortisol levels during a stressful day.

Release Limiting Beliefs: Clear the "I can't do this" thoughts that hold you back.

Physical Relief: Soften the impact of tension headaches or stress-related discomfort.

Better Sleep: Quiet the mind using Optimal EFT before bed.

## Your Investment

The tailored private introductory workshop: €135

## What's included:

A hands-on workshop: 120 minutes of practise and theory at Connect Inn, Amsterdam.

A comprehensive introduction to both Tapping and Meditative EFT.

Personal guidance on applying the techniques to your specific needs.

Practical tools you can use immediately to continue your self-healing journey at home.

## Ready to experience the relief of EFT?

Whether you are dealing with everyday stress or looking for a way to support your long-term well-being, this workshop provides the foundation you need.

*"Turn your trip to Amsterdam into a journey of inner discovery. Learn the art of emotional freedom in the comfort of a private, supportive environment."*