

*Introduction to EFT workshop* – This was a 1 day workshop conducted in Seattle by Jayashree Janardhan. The workshop introduced participants to EFT, as well as engaged in participatory discussion on the understanding of the self and how EFT helps in one's growth.

*Below are the participants' feedbacks of the workshop.*

*Feedback 1:*

Thank you for a wonderful workshop last Sunday. :) I feel very grateful for the opportunity to attend your class. I thoroughly enjoyed it and have been uses EFT everyday since then. I'm starting to experience the layers you mentioned + seeing patterns in my emotions that I did not know existed.

What I liked?

- You are a great teacher and have a powerful and effective way of explaining concepts.
- I really liked the small class size because it enhanced my learning experience and ability to participate.
- The secure and trusting environment that you created in your class was something I have not experienced in any other class before.
- I felt that the amount of information you present was just right. More would have been an overload for the day and less would have left me with too many questions.
- Lunch arrangements were perfect.

*Emotional Wellbeing in Relationships Workshop: This was a 2 day advanced workshop conducted in Seattle by Jayashree Janardhan. The workshop dealt with theory and practical exercises pertaining to areas such as empathy and self, connecting with self, and connecting with others.*

*Below are some participants feedbacks received.*

*Feedback 1:*

The 2 day Advanced Workshop has been the best ever! I gained a lot of from this 2 day experiential training and I am still gaining from it 5 months hence! Here are some of the things I really loved and gained ---

1. I loved the fact that I was able to participate in a group with many other folks.
2. The exercise on empathy and sympathy and the exercise on connecting with the self and connecting with others really worked well for me.
3. Even now, every time I do EFT some of that session's theory knowledge continues to trickle in.
4. The food provided was good and the location was fantastic.
5. I gained a lot of self-centering through the course

This training is worth it!

Thanks Jayashree! Your presence that weekend was tremendously felt!