

Workshop Title: *Introduction to Emotional Freedom Technique [EFT]*

Facilitator: Jayashree Janardhan Ashok, an advanced EFT teacher and practitioner. Founder of “The Healing Circle”

Assisting Team: Dipika Kapadia, Eera Mittur, Rahul Lahoti, and Saurabh Madan – Associates of “The Healing Circle”

Date and Time: Sunday July 19th, 2009, 10 am – 5 pm (including lunch and tea break)

Where: Microsoft Main Campus, Redmond, WA. Exact Building location and directions will be sent by email later.

Who is it for? Anyone who would like to learn how balancing our emotions through healing can help us in our everyday life. You can use it in a variety of areas in your life including work, home, relationships or releasing past issues/trauma. Learn to unblock yourself and experience greater freedom. You can integrate this acupuncture based technique into your daily life. A regular practice leads to tremendous empowerment. Please see testimonials on <http://www.emohealing.org>.

What is EFT?

EFT is a practical acupuncture based natural healing method to experience health, emotional freedom and self understanding using the body's subtle energies. Simply stated, it is an emotional version of acupuncture, except needles aren't necessary. Instead, this simple-to-apply technique stimulates well established energy meridian points on your body by tapping on them with your fingertips. The process is easy to memorize and is portable so you can do it anywhere. The basic EFT principles are "*The cause of all negative emotions is a disruption in the body's energy system.*" And because our physical pains and diseases often appear to be connected with our emotions the following statement has also shown merit..."Our unresolved negative emotions are major contributors to most physical pains and diseases." This common sense approach draws its power from (1) time-honored Eastern discoveries in acupuncture that have been around for over 5,000 years and (2) Albert Einstein, who told us back in the 1920's that every matter (including our bodies) is composed of energy.

About The Healing Circle

The Healing Circle is a community of people practicing ways in which we can live mindfully with ourselves, our families, schools, communities and environment. We find ways in which we can let go of negative states within ourselves empowering us towards right action. We learn to let go of negative emotions within us and connect with others through our own lighter selves. The Healing Circle founded by Jayashree now has several associates who have experienced deep benefits from this practice and are choosing to work in a community environment acknowledging the benefits of working with a community. They have chosen to volunteer their time in helping others experience the same benefits. Many have their own private practice in addition to working as a community.

Please refer to <http://www.emohealing.org> for more details about the Healing Circle. Please refer to <http://www.emofree.com> to know more about EFT and Gary Craig.

Workshop Cost: Workshop fees are on a sliding scale of \$75/- to \$150/- (excluding food); \$50/- for students. All profits (after event costs) will be donated to Sangati supported non-profit organizations based in India. Workshop fees can be discounted in special cases based on affordability. NO ONE is turned away due to affordability. **Attendance to this workshop by RSVP only**

To Register: Please register online at <http://emohealing.org/seattleworkshop09.aspx>

Optional private sessions follow-up: You are welcome to take private sessions in person or over the phone to experience the depths of EFT and receive the additional support to heal from deeper issues. In our experience, we have found private sessions to be greatly helpful during beginning sessions with EFT. You may RSVP for private 1-1 sessions after the workshop.

Cost with Jayashree: \$50/- per session, Cost with Dipika/Eera/Rahul/Saurabh: \$25/- per session.

Workshop contents

A. Part 1 of the workshop: 10am - 12:30pm

- Introduction to Energy Healing
- Introduction to EFT
 - a. What is EFT?
 - b. EFT – The basic recipe, The Movie Method, some approaches to EFT.
 - c. Psychological reversal, Global versus Local Aspects, Common Tips to Apply EFT
- Group tapping practice session

Lunch: 1230-115 is lunch. [Simple and healthy food at additional cost of \$5-\$10; Pay separately on day of workshop]

B. Part 2 of the workshop: 1:15pm -3:00pm

- Continuation of approaches to EFT.
- Group Tapping practice session [part 2]

Tea break: 3:00pm – 3:30pm

C. Personalized EFT Questions/Practice time: 3:30pm - 5pm. (Each person will receive a personalized 30 minute slot to help answer specific questions or experience a personalized approach for themselves.)

Disclosure Notice: Please note, EFT is not a substitute for medical advice