

Becoming Your Vibrant Self

Using EFT Tools



WITH JAN L. WATKINS



November 1–3, 2019



Are limiting beliefs keeping you from creating the life you want? Learn transformative ways to get past them with psychotherapist and Emotional Freedom Technique (EFT) expert Jan L. Watkins, contributing author of the Clinical EFT Handbook. As you release outdated thoughts and patterns in this retreat, you'll



Nurture a greater connection to your intuitive guidance



Gain tools to eliminate unhelpful patterns and reduce reactivity



Experience the emotional balance and clarity of EFT techniques

You'll leave with an experiential understanding of how to use EFT to feel and release emotions quickly and easily and change any situation for the better.

This retreat is appropriate for all interested in personal growth.

Register Today!

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