

Emotional Freedom Techniques ☞ Emotional

This remarkable healing technique uses acupressure (no needles) and can produce remarkable results in releasing the negative emotions that cause physical and emotional pain, fears, phobias, anger, grief, and more. Students will learn the basic formula for applying EFT to yourself and to your loved ones. You will learn how to focus for great results and how to reduce your stressful emotions and have more confidence in life. EFT is acupressure and does not involve medication.

Jan. 19-26 Th 6-8 p.m. \$39
CEC, 302 Cashell LLLX-1074-CEWA

Introduction to Energy Medicine ☞ Energy

Gain an overview of the body's nine energy systems including the acupuncture meridians, chakras system and the biofield. Observe and participate in demonstrations of how these systems affect us and how we can affect them. Investigate the Eden energy medicine routine and how it can affect your optimum health, vitality and wellness.

Feb. 9 Th 6:30-8:30 p.m. \$15
CEC, 401 Williams LLLX-0867-CEWA

Location Key

CEC _____ Continuing Education Center
301 S. 68th St. Place