

Booking is Essential for all Activities

Link for more details about all the workshops: <http://emotionalhealthcentre.com/workshops.html>

### Jin Shin Jyutsu Self Help Weekends

Dates: 8<sup>th</sup> and 9<sup>th</sup> April 2017

Time 10am to 5.15pm

Cost £110 for new students  
£55 for review students

This is specially designed for those of you that want to spend a weekend resting, relaxing and recharging while exploring Jin Shin Jyutsu. 70% of this weekend is spent lying down, holding areas of the body and getting to KNOW (Help) Myself. 2 days dedicated for melting tension, unloading stress and restoring harmony in mind, body and spirit...

Jin Shin Jyutsu Physio-Philosophy is an ancient art of harmonizing the life energy in the body. Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. It is a gentle and unobtrusive, deeply relaxing, dynamic way of helping the body to help itself.

### Energy Psychology Events:

#### The Foundations of LiberatingTouch® & the Fundamentals of EFT

Dates: Saturday 11<sup>th</sup> February 2017

Time 9.30am to 5.15pm

Cost £70 for new students  
£45 for review students

Join us for an introduction to LiberatingTouch®, a dynamic heart centred process that incorporates EFT (Emotional Freedom Techniques), Jin Shin Jyutsu, common sense, explorations in subtle energy, investigations into the way the mind stores suffering and the Transformative Power of Love and Truth.

Most of our UK workshops have a maximum of 6 to 10 people. All participants get individual attention and support. (We provide free on-going support and

mentoring for all our students, trainees and qualified practitioners). This promises to be a wonderful day for beginners, self-help enthusiasts and practitioners. The workshop is designed to enable you to learn to use these techniques for yourself and others. Areas worked with include negative emotions, physical pain and cravings. You will see demonstrations, as well as having the opportunity to experience using LiberatingTouch® first hand. The focus will be on self-help; discovering and maintaining peace and harmony in daily living. Those who participate will be welcome to join the monthly meetings of the Emotional Health Centre Support Group for free and participate in specialist workshops. In our experience self-help leads to self-discovery, then self-fulfilment, self-confidence and Self-actualisation.



### AAMET EFT Training From Beginner to Intermediate Student Practitioner

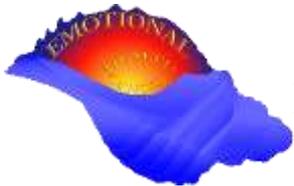
Dates 24<sup>th</sup> to 27<sup>th</sup> February 2017

Time 10am to 5.15pm

Cost £360 for new students  
£135 for review students

Whether you are a complete novice or ready to become a safe and competent practitioner, these 4 days will give you the skills and help you become an EFT Artist and Practitioner. The course is designed for serious self-help students and therapists who want to use EFT to resolve deep-seated projects with themselves and/or with clients (on a professional basis). You will have opportunities to practice these methods and to discover exciting ways to fulfil your potential.

EFT (Emotional Freedom Techniques) is the revolutionary healing method that targets unresolved emotional issues and the potential blocks to vibrant health and happiness. Join us and learn how to find Core Issues, how to test your results, how to deliver



EFT over the phone, how to work with groups and more!

Those who wish to complete practitioner training will need to complete the following within 9 months of the initial training.

- Submit case studies
- Sit for an online AAMET regulated multiple choice test – a payment of £25 -£35 will need to be made to AAMET
- Attend a minimum of 2 group supervision days at the Emotional Health Centre – free for all our students
- Book 3 private 1 hour supervision sessions – cost of this is an additional £180 for all 3 sessions.

### Energy Psychology Supervision and Mentoring Group

Dates 1st Sunday of most Months  
Kindly call to confirm

Time 10am to 4.30pm

Cost Free - **Only open to all Emotional Health Centre EFT L2, L3 and LiberatingTouch Students, Practitioners and Facilitators**

All AAMET registered practitioners are required to complete a minimum of 12 hours of mentoring (equivalent to 2 days) **and** 30 hours of CPD (Continuous Professional Development) annually. Most practitioners easily maintain their CPD's but many fail to maintain the mentoring hours. To help all Emotional Health Centre EFT L2, L3 and LiberatingTouch Students, Practitioners and Facilitators these days are free to join.

Our focus is exploring and understanding the many facets of Energy Psychology, getting hands on experience, and time for Q&A

### Emotional Freedom Support Group

**Only for EHC Students**

Dates: 1st Sunday of most Months  
Kindly call to confirm

Time 2pm to 4pm

Cost Free

The support group has been setup to help those who want to continue to collapse old habits, release

negative patterns and become a powerful force of change in our world. The group meets to bring greater harmony and delight into our lives. Doing EFT in a group seems to enhance the effects. The collective energy helps clear blocks fast. We also do a fair amount of surrogate tapping and have had amazing experiences.

### The Heart of Understanding LiberatingTouch® 8 Day Class

Dates To be announced

Time Daily 9.30am to 6pm

Cost £900 for new students  
£700 for our qualified EFT L2 student practitioners and concessions  
£450 for review students

This Heart of Understanding 8 day class has been specifically designed for Truth seekers, spiritual explorers, devotees of divine wisdom, transformational facilitators and practitioners dedicated to Wholistic Healing and Self Realisation.

LiberatingTouch® (LT) has been described as the surgery of Love and Truth. If you are interested in exploring practical ways to heal the mind, to liberate it from fear and attachment, and illuminate the immense power within the Heart then this will be a life enhancing week. The only prerequisite for attending is the EFT & LiberatingTouch® Foundations weekend workshop or a 3 hour bespoke phone session -this will help you prepare for the intense journey of Self-discovery. We invite you to join us on this journey of Liberating Consciousness.

We invite you to join us in creating this sacred space of Loving Integrated Awareness

### Ageless (Eternal) Beauty

March 2017

A 4 week web-based program: "Ageless (Eternal) Beauty, Weightless (Pure) Mind, Graceful (Elegant) Body, Living (Breathing) Harmony"