



Have You Wondered About The Tapping?

COME TO...

The Power of EFT

A workshop to learn EMOTIONAL FREEDOM TECHNIQUE

- ▶ Learn EFT's Five Essential Steps!
- ▶ Discover Strategies for Optimal Results!
- ▶ Learn to Help Yourself and Your Family!
- ▶ Experience Tapping (EFT) Sessions!

EFT is the most researched energy psychology approach! Hands down, it is the best tool to have at your finger tips for any stress, even trauma. Come learn "acupressure for your emotions!"

"After a three decade addiction to Diet Pepsi. I have not touched a drop since 2015 thanks to Sanna's way of tapping!" J.P., GA

"Tapping released a childhood trauma from which I thought I could never heal. I am free!" L.M., PA

Use it for **anything**
and on **anyone!**



Sanna Carapellotti, MS, Cht uses energy psychology approaches for rapid resolution of stress and trauma. She is a Hatha Yoga instructor, a HeartMath coach, and creator of the From Hurt To Healed retreat.

She has been expertly using EFT since 2004, teaching adults and children how to use it!

3 Tuesdays ~ March 10, 17 & 24 ~ 1:00-3:00pm

Himalayan Institute Yoga and Meditation Studio

Facilitator: **Sanna Carapellotti, MS, Cht** ~ Cost: **\$67**

Register at: www.hipyoga.org or call 412-344-7434