

**A TOOL TO HELP UNLEASH AND REPROGRAMME THE MIND TOWARDS  
A FASTER and HEALTHIER RECOVERY.**

**Emotional Freedom Technique**

**Group teacher and co-coordinator:**

**ANN LLOYD**

Ann has a masters degree in counselling and is a Bachelor of Social Sciences. She will be working with the EFT technique which *balances the energy system* which allows the body and the mind to resume their natural healing abilities. It is easy to do and it's non-invasive. You may have seen EFT demonstrated on the Oprah Winfrey show. Ann explains it in her words. "It's that weird tapping thing, and now you have the opportunity to experience it for yourself. I will be demonstrating EFT and inviting you to prove to yourself that it really can work for *you*."

I'm not asking you to believe in anything right now, in fact I'd like you to hold onto your healthy scepticism, and then draw your own conclusions from the evidence of your experience."

**You are invited**

to participate in this monthly

E.F.T. group

held at the Cansurvive Centre.

**DATES: 16th March– 13th April –18th May—15th June—13th July**

**TIME: 9.15am to 12 .Mid day**

All are welcome. Parking in the grounds.

**ADDRESS:** 69 Park Rd, Nambour. Qld.

**FEE:;** \$5.00.

Morning tea is available.

Cansurvive offers an extensive holistic based library,  
Supportive and educational seminars and workshops.  
Practitioner support and counselling.

[www.ucansurvive.org](http://www.ucansurvive.org) email: [info@ucansurvive.org](mailto:info@ucansurvive.org)

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