

# Tapping for Weight Loss

**Did you  
see Today  
Tonight?**

This is EFT, and  
it's available in  
Maroochydore!

**Join us on November 15<sup>th</sup> for an "Achieving your PERFECT Weight"  
(with EFT) Workshop.**

***A group setting will allow us all to:***

1. Identify the traumas, habits, & emotions that cause you to gain weight
2. Clear those blockages (emotions) so that events in your life no longer trigger weight gain, or hinder weight release
3. Eliminate the desire to eat fattening foods
4. Eliminate specific cravings (eg chocolate, bread, chips) . You will be amazed at how you just don't like the taste anymore! & it doesn't bother you that you don't either!
5. Install the desire for healthy behaviours and regular activity (Exercise won't feel like work, as you actually look forward to it!)
6. Charge up you metabolism .... Program yourself to release more energy

## **Your Presenters**

**Heather Hopkins - EFT Practitioner & Trainer 5477 6605**

**Lynda Harris - EFT Practitioner & Trainer, Private Provider 5479 1403**

**Time: 9.00am – 3.30pm**

**When: Saturday 15<sup>th</sup> November 2008**

**Where: 18 Broadsea Ave Maroochydore Qld 4558**

**Investment: \$125**

**Bring: Pen & Paper, Lunch**

## **Registration Form**

Please enrol me in your EFT workshop on 15<sup>th</sup> November 2008

I have enclosed: Full payment: \$125 (Please make cheques payable to: "Heather Hopkins & Lynda Harris")

Name :.....

Address:.....Post Code.....

Phone Number:.....Email:.....

Post To: Lynda Harris, 18 Broadsea Ave., Maroochydore Qld 4558