

Emotional Freedom Technique

with Mariko Mally RN, MFT

Tap into your Potential

November 18 & 21, 2008

Tuesday and Friday 7 – 10 pm

6 hours (\$60)



Please join us for an introduction to EFT, the revolutionary healing method that targets unresolved issues and potential blocks to vibrant health and complete happiness. EFT has been called acupuncture without needles. It is a harmless yet powerful fingertip tapping technique that releases the emotional “sting” of traumatic memories and life stressors. Learn how this technique can easily be integrated into a massage practice and every day life. You will learn how to apply these techniques to yourself by practicing in this class. You can then show your clients how to use it before a massage session so that the massage you give can be better received.

Mariko’s background includes being an RN for 36 years. She is also a licensed Marriage and Family Therapist and has certifications as a massage therapist and trainings in holistic health. She has trained in Emotional Freedom Technique and other forms of Energy Psychology which she uses in her private practice.

Healing Arts Institute

7525 Auburn Blvd. #9, Citrus Heights, CA 95610

For further information and registration, please call **916-725-3999**