



EFT Basics for Birth Professionals

Saturday, June 26th

Healing Birth Trauma with EFT

Sunday, June 27th

Both workshops

10am - 5pm

**\$100 for one workshop, \$185 for both
Lake Forest, California**

EFT (Emotional Freedom Techniques) is an easy-to-learn tool that can make the birth journey more relaxed and enjoyable for both the family and the care-giver. EFT is a type of acupressure tapping based on the ancient Chinese meridian system that helps free up the body's energy system to promote physical and emotional well-being.

EFT is wonderfully effective for clearing pregnancy and labor fears quickly, aiding relaxation during pregnancy & labor, pain relief, facilitating communication with the baby, and clearing unhelpful beliefs about birth. It is also extremely useful in clearing birth trauma for both mother and baby.

Space will be limited to 12 participants.

To register and for more info, please contact
Sondra Rose at 360-385-2777 or sondra@sondrarose.com.

Sondra Rose is an EFT Practitioner and Life Coach specializing in Pregnancy and Birth preparation. She was a presenter at the *2010 Trust Birth Conference* and teaches and coaches internationally.

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