

EFT workshop in Auburn

Participate in a 90-minute interactive workshop to learn Emotional Freedom Technique, a leading strategy in increasing productivity on a business and personal level. EFT is a simple and effective technique that teaches you how to tap on acupoints with focused attention to help you.

The Feb. 8 1-2:30pm workshop is in Auburn.

It is taught by South Lake Tahoe's Rosemary Manning of Tahoe Health Touch.

For more information, click on the flyer.