



Change Your Mind-Change Your Life!

With EFT - one of the most flexible, powerful and practical therapy techniques for emotional & physical healing



Emotional Freedom Technique

Seminar with Dr. Paula Horan

On Zoom: Three Weekends & Two Wednesdays Jun 14th & 15th, 21st & 22nd and 28th & 29th

Learn EFT

If you want to release negative emotions, dissolve painful memories and experience emotional freedom.

If you wish to increase your personal happiness, health, and those of your friends and family.

If you need an effective self help tool to provide long lasting relief from anxiety, stress, trauma, phobias, addiction, self esteem issues and a host of physical ailments. Paula Horan .

About EFT

EFT is a form of psychological acupressure, which works with the energy meridians that are used in traditional acupuncture. Simple tapping with the fingertips on the ends of the meridians on the face, hands and upper body, act to stimulate specific blockages while using statements focusing on the issue being addressed, whether it is a traumatic event, an addiction or a pain. Tapping or holding the meridian points while tuning into a problem causes blocks and distress to melt away rapidly and gently. The originator Gary Craig developed this remarkable technique based on the principle that an upsetting experience or problem is associated with a disturbance in the body's energy system.

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Who should attend this introductory course?

Everyone! You do not need any experience and you can easily learn an effective healing modality that you can use anywhere. The course is particularly ideal for:

Individuals interested in their personal development

This course is for anyone who is interested in self-help and wants to learn the basic techniques of EFT to use on themselves as well as their friends and family. This is also a powerful tool for people who are interested in deep spiritual growth.

Individuals who want to be an EFT Practitioner

This course is essential for those individuals who are already therapists, healers, life or athletic coaches, counselors and health workers, as you learn how to complete present and past life karma that has disabled humanity for millennia, enabling each person to have a direct experience of heartfelt luminous clarity.

About Dr. Horan

Paula is one of the world's leading experts in Energy Medicine and Psychology, credited with helping introduce Reiki in a number of countries, she is also known for her depth of wisdom in helping point people to a direct experience of non dual awareness in her six day Gnana Yoga retreat, Core Empowerment.



Dr. Horan has been guiding people in various healing modalities for over 35 years.

DATES

Weekend Afternoons of:

Jun 14th & 15th, 21st & 22nd
and 28th & 29th 2025

Two Interim Wednesdays:

Jun 18th & 25th 2025

Video Call Practice Sessions

Midweek: Monday, Tuesday,
Thursday & Fridays

(Your Own Timing With
Your Partner)

TIME ALL DAYS

2:00PM - 6:00PM

VENUE

Zoom

FEES

INR 9,500/-

Participation Certificate will be given

For Any Other Query

Call On: +91 9029219000 / +91 76200 39782

50% Discount On Fees For Repeat Participants