

The Treasure of HOPE:

Happy Open Peaceful Empowered LIVING

This six-part workshop series explores Emotional Freedom Techniques (aka tapping) as well as other personal development tools to create a life that is truly happy, open, peaceful and empowered.

1. Your own great story
2. Tapping into inner peace (introduction to EFT tapping)
3. Tapping into self-care
4. Tapping into Courageous Conversations
5. Caring for Self while caring for Others – care without carrying
6. Tapping into HOPE – Happy, Open, Peaceful, Empowered living

Six Wednesdays 7-9pm starting April 1st, 2020

The Healing Den in Hope, BC

\$70 per person for all six sessions

Register by March 25

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Christine Zyla merges inclusive spirituality with life coaching and Emotional Freedom Techniques to invite you on a journey towards HOPE: Happy, Open, Peaceful, Empowered living. As a life-long learner, Christine continues to study and stretch her circle of comfort in order to expand and include diverse tools, techniques and strategies for personal and spiritual growth. As a teacher with more than 30 years of experience, she loves to share, grow, teach, learn, and laugh in a mutually supportive group.