



For more information about any of these call us on

01424 427919 or email emotionalhealthcentre@googlemail.com

Booking is Essential for all Activities

Jin Shin Jyutsu Self Help Weekends

2012 Dates:

February 25 & 26

June 23 & 24

August 25 & 26

Time 10am to 5.15pm

Cost £95 for new students

£60 for review students



This is specially designed for those of you that want to spend a weekend resting, relaxing and recharging while exploring Jin Shin Jyutsu. 70% of this weekend is spent lying down, holding areas of the body and getting to KNOW (Help) Myself. 2 days dedicated for melting tension, unloading stress and restoring harmony in mind, body and spirit...

Jin Shin Jyutsu Physio-Philosophy is an ancient art of harmonizing the life energy in the body. Jin Shin Jyutsu brings balance to the body's energies, which promotes optimal health and well-being. It is a valuable complement to conventional healing methods, inducing relaxation and reducing the effects of stress. It is a gentle and unobtrusive, deeply relaxing, dynamic way of helping the body to help itself.

Energy Psychology Events:

The Fundamentals of EFT (Emotional Freedom Techniques AAMET Level 1) & the Foundations of LiberatingTouch

2012 Dates:

April 21 & 22

June 16 & 17

October 13 & 14

Time 10am to 5.15pm

Cost £95 for new students

£47 for review students

Emotional Freedom Techniques, more commonly known as EFT, is an up and coming therapy with a wide range of applications. Based on the Meridian system as used by the Chinese for thousands of years it is capable of treating mental, emotional and

physical issues. EFT is a powerful toolbox of emotional healing techniques. It can relieve the affects of trauma, PTSD, phobias, grief, anger, guilt, anxiety, etc. It is also capable of dramatically relieving many physical symptoms (pain, headaches, allergies, and more). It is based on the discovery that the cause of all negative emotions is a disruption in the body's energy system.

Liberating Touch, is a combination of Ancient wisdom, transpersonal psychology, the energy healing methods practised by ancient cultures (for eg. Traditional Chinese Medicine, Jin Shin Jyutsu, Ayurveda) as well as the methods of transformative inquiry developed by the ancient mystics and philosophers. Many ancient cultures and shamanic traditions believe that we all have an "energy body" and that energy flows through this body as rivers of vital life force. They believed that when this energy flow is out of balance we experience illness, suffering, pain. By combining this understanding of energy with self enquiry, self investigation and self knowledge we can heal the mind and illuminate the Heart.

This promises to be a wonderful weekend for beginners, self help enthusiasts and practitioners. The workshop is designed to enable you to learn to use EFT and LiberatingTouch for yourself and others. We will to learn to resolve negative emotions, physical pain and addictive cravings. You will see demos in this exciting technique and as well as having the opportunity to experience using them first hand.

AAMET Practitioner EFT Level 2 Training

2012 Dates:

March 10 & 11

September 22 & 23

Time 10am to 5.15pm

Cost £195 for new students

£74 for review students

Once you've completed the Introductory Workshops, you're ready to expand your effectiveness with EFT! Join us and learn how to find core issues, how to test your results, how to deliver EFT over the phone, how to work with groups and more!



Emotional Health Centre, UK

Activities, Workshops & Events in St. Leonards-on-Sea (Near Hastings)



This is an amazing 2 days that gives you the skills and helps you become an EFT Practitioner. The course is designed for those serious students/therapists who want to use EFT to resolve deep-seated projects with themselves and clients on a professional basis. You will have opportunities

to practice these methods and to discover exciting ways to fulfil your potential.

Energy Psychology Mentoring Group

2012 Dates:

March 4

May 6

July 1

September 2

November 4

Time 10am to 4.30pm

Cost Free - *Only open to all Emotional Health Centre EFT L2, L3 and LiberatingTouch Students, Practitioners and Facilitators*

All AAMET registered practitioners are required to complete a minimum of 12 hours of mentoring (equivalent to 2 days) **and** 30 hours of CPD (Continuous Professional Development) annually. Most practitioners easily maintain their CPD's but many fail to maintain the mentoring hours. To help all Emotional Health Centre EFT L2, L3 and LiberatingTouch Students, Practitioners and Facilitators these days are free to join.

Our focus is exploring and understanding the many facets of Energy Psychology, getting hands on experience and time for Q&A

Energy Psychology Self Help Support Group

2012 Dates: 1st Sunday of every Month

February 5

March 4

April 1

May 6

Time 2pm to 4pm

Cost Free

Only for those that have attended an EFT level 1 AAMET workshop, any LiberatingTouch workshop or similar

The support group has been setup to help those who want to continue to collapse old habits, release negative patterns and become a powerful force of change in our world. The group meets to bring greater harmony and delight into our lives. Doing EFT in a group seems to enhance the effects. The collective energy helps clear blocks fast. We also do a fair amount of surrogate tapping and have had amazing experiences.

LiberatingTouch in Depth Seminars –

2012 Dates:

May 20 - 27

November 11 – 18

Time Daily 10am to 5.15pm

Cost £800 for new students

£500 for our qualified EFT L2 student practitioners and concessions

£400 for review students

£200 for Emotional Health Centre

qualified EFT L3 practitioners

These 8 day Seminars have been designed specifically for spiritual explorers, facilitators and practitioners dedicated to Healing through Self Realisation Together, we will explore, experiment, witness demonstrations, and learn practical ways to heal the mind and Liberate the Heart from fear and attachment. The only prerequisite for attending is the EFT & LiberatingTouch Foundations weekend workshop; this will help you prepare for the intense journey of Self discovery.

LiberatingTouch is a method for developing SELF-confidence, the foundation of Self Realisation. LiberatingTouch can be used to reclaim your Power (energy). If everything is energy then we can say that trauma, anger, love, money are all expressions of energy. With LiberatingTouch we un-create negative conditions, freeing the trapped energy from the mind, unrequited desires, and memories of pain, suffering to illuminate the Heart. Through LiberatingTouch we learn that the secret to happiness is detachment, and Love is the secret underlying all healing.



Workshop Dates in a Page:

Weekly Meditation Group

2012 Dates: Every Thursday February to June

Time 7pm to 8pm

Cost Free

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Loving the World, Serving the World, Healing the World

2012 Dates:

TBA

Time 10am to 5.15pm

Cost £145 for new students

£95 for review students

“We are not victims; we are powerful beyond measure, even if we forget this, even if circumstance, memory, thoughts keep us replaying the roles of a victim we can always wake up from this trance of material identification; we can reconnect to the Truth. We can shine the light of awareness, dispelling the darkness of our fears and illuminating the infinite power of the Heart. We can shake of the lies of powerlessness like a lion shakes his mane and roar with the certainty that we are Divine.”

Ranjana