



You are invited to a

TAT

Tapas Acupressure Technique Weekend Workshop

Join our next class: November 20th-21st, 10a-7p at the Stillpoint Center in Taylorsville NC

"TAT is an elegant treatment in that it is simple yet very powerful. My clients have used it successfully for a range of difficulties including trauma, problem emotional states, and limiting/faulty beliefs. I consider TAT an indispensable tool for mind-body healing."
Helen Tuggy, Ph.D., Clinical Psychologist

Strike a pose for healing:

What if...

You could 'strike a pose' to elicit healing in ONE minute?

This pose was simple enough for children, elderly, and the seriously ill to use?

You had the opportunity to learn this method which has been proven effective in dealing with stress, traumatic stress, allergic reactions, gaining self-confidence, and attaining empowerment — and have fun knowing you have such a tool?

Workshop objectives

Participants will be able to demonstrate the ability to use TAT effectively to:

- 1. Heal traumatic stress.**
- 2. Resolve deeply-held beliefs which inhibit healing**
- 3. Deal with cancer, allergies, and major illnesses.**
- 4. Heal the traumas of being a caregiver.**
- 5. Enjoy opportunities for personal healing and rejuvenation**

You will watch demos and do practicums which give you the experience with TAT you need in order to successfully bring TAT into your life and your practice.

A personal note from Lori:

I have been using TAT since 1996 after learning about the method from Tapas Fleming, the founder of TAT. Since then I have continued my training with Tapas in order to become a TAT Teacher. I find TAT beautiful in its simplicity and depth. I enjoy empowering others to accept this deep peace and healing. I look forward to meeting you!



For more information or to register contact:

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