

YOUR FACILITATORS



Annie O'Grady

Author of the book 'Tapping Your Troubles Away with EFT', an accredited certified EFT Master Trainer (EFT International) and Owner/Practitioner at Emotional Healing.

Annie has more than 30 years' experience in natural therapies. Her mission is to help alleviate suffering as fast as possible through EFT and other energy modalities, and so to promote inspired living and thriving.

Lareen Newman PhD



Accredited certified EFT Practitioner (EFT International), experienced university researcher and Owner/Practitioner at Tapping Into Serenity.

Lareen's mission is to empower women to emotional freedom through EFT in order to help them reduce and clear stress from their work, study and life so they can be free to share more of their gifts with the world.

SECURE YOUR PLACE NOW! PARTICIPATION LIMITED TO 10 PEOPLE

Your place will be secured and confirmed to you upon receipt of your signed Booking Form and payment.

Booking forms are also downloadable from
<https://tappingintoserenity.com/retreats>

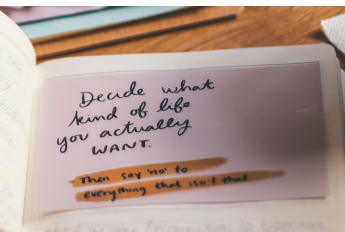
For inquiries or booking assistance contact:

Lareen - Mobile: 0490 225 996
or email
TappingIntoSerenity@gmail.com

Annie - Mobile 0448 338 289
or email
annie@eftemotionalhealing.com

COVID-19 PLAN

The Nunyara venue follows strict government guidelines (if these are still needed in May 2021), as do the facilitators, in regards to social distancing, sanitising etc. If the event cannot be held due to future COVID regulations, our first option is to move the retreat to a later date. Refunds would be facilitated if rescheduling is not possible.



AN ADVENTURE IN
SELF DISCOVERY

EFT TAPPING WEEKEND RETREAT

ADELAIDE
MAY 28 - 30, 2021

With Annie O'Grady and
Lareen Newman PhD

REFRESH - RENEW - REJUVENATE!



OVERVIEW

A Retreat is a treat we give ourselves occasionally to re-fresh, re-new and re-juvenate!

This weekend Retreat is a rare opportunity to really treat yourself by escaping from life's busyness, to immerse yourself in quality activities incorporating EFT Tapping and other delights from energy modalities.

Your facilitators are two of Australia's most enthusiastic EFT Tapping Practitioners!

You will enjoy delicious homestyle food from Friday light dinner through to Sunday afternoon tea, you have the option to sleep over in comfortable motel-style accommodation, and you will meet other like-minded seekers.... How fabulous is that!

This Retreat aims to give you an inspiring and healing weekend primarily through tapping experiences and energy-related approaches, and to open you up to greater possibilities. What if... you could serve yourself and others at higher levels than you have yet envisioned? What if... there could be a thrilling bigger picture ahead for you?!

DO I NEED TO KNOW TAPPING BEFORE I COME?

No prior experience of EFT Tapping or energy approaches is needed; you will be guided in all you need to know. Regardless of your level of tapping or energy knowledge, you will learn new ways to be inspired and heal going forward! Why not come with a friend (or two), or even bring a small group!

VENUE & PROGRAM

The Retreat will take place at Nunyara Conference & Retreat Centre, on the heights of Belair, just 20 minutes from the CBD by car, train, bus or taxi. This is a peaceful setting with beautiful grounds and spectacular views over Adelaide by day and night - there is even a labyrinth for walking contemplation.

FRIDAY EVENING ...

Will be introductory, meeting your facilitators and fellow Retreaters, sharing reflections and exploring your personal Wheel of Life. This evening is a focussing time to expand your views on who you are and who you want to be.

SATURDAY AND SUNDAY...

Will create the new foundations for your expansion, as you discover more about yourself, both through reflection and active exploration, in this easy transformative program.

SOME OF THE DELIGHTS AWAITING YOU:

- **Group Tapping** with the unique approach of Borrowing Benefits
- **Takeaway Tapping processes** from EFT Masters
- **Eco-Meditation** to take you deep in 90 seconds!
- **Past lifetime regression journey** focussed on empowering you now
- **A process** to manifest what you really want
- **An inspiring movie documentary** about aligning with your life's purpose
- **Techniques to protect your energy** while using electronic devices
- Introduction to the **ancient practice** of walking a labyrinth
- **Time to socialize** with others and time for private reflection
- **Opportunities to wander** in Nunyara's lovely grounds
- And more... !

FURTHER DETAILS

DATES:

Arrive **Friday evening May 28** from 6pm to settle in (optional vegetarian soup & roll dinner), program starts 7pm, light supper 9pm

Saturday May 29 full day and evening
Depart 4pm **Sunday May 30**.

YOUR INVESTMENT:

Early Bird (until 19th March): \$585

Full Cost: \$655

INCLUDED FOR YOU:

- Access to the complete specialized program focused on journeying deeper
- All activities guided by two internationally accredited Practitioners with a wide range of Tapping and energy expertise
- The whole retreat in a small group (limited to 10 participants)
- All meals from Friday light dinner to Sunday lunch, including morning and afternoon teas
- Special dietary needs catered for
- Access to Nunyara's peaceful grounds.

And... why not stay over to really immerse yourself and allow precious extra time away from the daily grind? Comfortable serviced accommodation is available for all at no additional charge in single and multi-share motel-style private rooms (linen and towels included). Please indicate your preferences and needs on your booking form.

