AN ADVENTURE IN
SELF DISCOVERY

EFT TAPPING WEEKEND RETREAT

ADELAIDE
MAY 28 - 30, 2021

With Annie O'Grady & 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 facilitiators 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!

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 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.

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... !

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FURTHER DETAILS AND COSTS

DATES:

Arrive Friday evening May 28 from 6pm to settle in (with 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 supper 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.

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BOOKING FORM

EFT TAPPING WEEKEND RETREAT, 28-30 MAY, NUNYARA

FIRST NAME: _____ FAMILY NAME: _____ DATE: _____

OCCUPATION: _____ AGE 18+ (Y): ___ SIGNATURE: _____

ADDRESS: _____

BEST EMAIL: _____ PHONE: _____

PAYMENT (please circle) **Early Bird** (until 19th March): $585; **Full Cost**: $655

Please make your payment to PayID: TappingIntoSerenity@gmail.com
or transfer to BSB *325 185* Account No: *0222 9980* Account Name: *Lareen Newman*

Or contact Lareen for Paypal/credit card options. *Cancellation Policy: Until 30 April, return of full payment less $50; From 1st May, full return less $50 if we can fill your place by retreat date; if we cannot fill your place by then, 60% of your payment will be returned.*

ACCOMMODATION OPTIONS: If you would like to stay over, comfortable serviced accommodation is available at no additional charge. Please circle your preferences here:

*YES I would like the accommodation option (please complete 1-3 below) / **NO** I will stay offsite*

(1) *I need a ground floor bedroom / I don't mind upper or ground floor*

(2) *Room preference: **SINGLE** room / **2**-share / **3**-share / **4**-share*

For multi- share, please indicate:

☐ I don't mind who I share with

OR ☐ I'd like to share with (name/s): _____

PHOTO CONSENT: During the retreat, photos and short video may be taken for use in advertising our future EFT events. Please indicate your consent to be included: *YES I consent / **NO** please leave me out*

FRIDAY EVENING LIGHT MEAL OPTION: On arrival from 6pm Friday, a simple dinner (vegetarian soup & roll) is available. Please indicate if you would like this provided: *YES please / **NO** thank you*

SPECIAL FOOD REQUIREMENTS: Please state any allergies/intolerances/preferences here.

HOW DID YOU HEAR ABOUT THE RETREAT?

DO YOU HAVE ANY EXPERENCE OF EFT TAPPING OR ENERGY APPROACHES? (This experience is not required, but your information will help Annie and Lareen tailor the program):

WHAT CHANGES FOR THE BETTER ARE YOU HOPING TO ACHIEVE ON THIS RETREAT:

PLEASE EMAIL YOUR COMPLETED FORM TO LAREEN AT: TappingIntoSerenity@gmail.com