



DISCOVER TAT®

Tapas Acupressure Technique

23-24 April 2016

Bardon Counselling & Natural
Therapies Centre, Brisbane

COST:

\$350 || \$300 Earlybird if paid
by 3rd April

ENQUIRIES:

Susan (Brisbane): 0438 783 867
sue@susanvos.com

Valerie (National): 0428 497 394
mail@valeriewhiteley.com

A **2-day workshop** to teach you the fundamentals of using TAT for yourself, your family & friends.
The workshop is also your first step towards becoming a certified **TAT Professional** with TATLife®.

What is TAT?

TAT is a **gentle, effective energy therapy** which will help you create personal change and achieve goals with more ease and grace. It can help transform negative thought patterns and limiting beliefs, anxiety, sadness, fear and even traumatic memories. (discussion or having to relive them not necessary)



Valerie Whiteley is Australia's **only accredited TAT trainer**, having worked extensively with TAT founder **Tapas Fleming**.

Bookings:
www.valeriewhiteley.com

This workshop is ideal for anyone wishing to enhance their personal life.

It gives you the core concepts of TAT in a safe and friendly atmosphere, with plenty of hands on practice. You will leave with a simple, but powerful tool you can confidently continue to use yourself. If you already work in a helping profession, it gives you a personal experience of working with the technique and is the first step to professional use.

TAT Basics includes the following:

- Working with **negative thoughts** or **limiting beliefs**
- Help with **stressful feelings** and **anxiety**
- How to help with the effect of a **difficult memory or event**
- How to work with **reducing fear**
- Different ways to use TAT to help with things like **relationships, health** and **achieving your goals**
- How to work with **allergies**

Some of the words people have used to describe the results of TAT:

- ◇ **Integration** ◇ **Harmony**
- ◇ **Wholeness** ◇ **Connection**
- ◇ **Peace**

Valerie is available following the workshop for personal appointments.