

Testimonials for EFT

"EFT produces great healing benefit."

DEEPAK CHOPRA, MD

"I frequently use EFT with my patients with great results."

ERIC ROBBINS, MD

"EFT is a simple, powerful process that can profoundly influence gene activity, health and behaviour."

BRUCE LIPTON, PHD

"By removing emotional trauma EFT helps physical symptoms too."

NORMAN SHEALY, MD

"EFT is easy, effective, and produces amazing results. I think it should be taught in elementary school!"

DONNA EDEN, AUTHOR

Testimonials for Us

"Rangana is a great facilitator and teacher of this work. She is very experienced and a real pleasure to work with."

NEELA GOHIL, COACH & PRACTITIONER

"Now that I have learnt EFT and become a Practitioner with Vitality Living College I am getting more clients as well as high-fee paying clients."

JAYANT PAWAR, WELLNESS COACH

"After training I have been using EFT routinely and what I noticed the most is how it clears past issues within minutes."

KAVITA RATHOD, HR CONSULTANT & TRAINER

Medical view

"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools ...as it is for me."

ERIC ROBINS, MD



EFT has been clinically proven to reduce stress, anxiety, trauma, negative memories, depression as well as addictive cravings.

ABOUT THE TRAINER



Rangana Rupavi Choudhuri (PhD) is an international speaker, trainer as well as business coach. She travels around the world training people to feel more confident in themselves. Her workshops are

captivating, life changing as well as inspiring. She trains people who want to feel better in themselves or want to learn the techniques to help others and make a living as well.



The FIRST AAMET approved Trainer in India.

The ONLY AAMET approved Trainer of Trainers in India.

Learn clinically proven techniques to enable yourself and others to feel healthy, relaxed and confident



SPECIAL OFFER

Early-bird package

Book now – places going fast!

EFT Training India

Rangana Rupavi Choudhuri (PhD)

AAMET EFT Trainer, NLP Trainer, Hypnosis Trainer, Trainer of Trainers & EFT Level 3 Practitioner

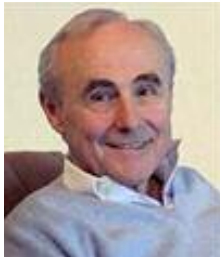
 **Vitality LIVING**
College

Addressing the Cause

Based on the ancient principles of acupuncture, EFT is a simple tapping procedure that gently realigns the body's energy system, without the discomfort of needles. Unlike other energy healing methods, EFT incorporates an emotional element to the healing process, addressing unresolved emotional issues as a likely cause of physical disease, psychological dysfunction, and personal performance limits.

Negative emotional experiences disrupt the energy meridians that run through our body. The physical changes we feel from those disruptions, like nausea or anxiety, become attached to the memory of that experience and affect the way we see the world ... until we heal that disruption. Properly applied, EFT quickly realigns the energy meridians with respect to negative memories, disconnects the physical discomfort that we attached to it, and quite often removes the resulting symptoms.

EFT continues to provide encouraging results, even with newcomers applying EFT to themselves. Some cases are more complex, however, and may require more detailed attention from an experienced EFT Practitioner.



"I've been doing energy healing work since 1991 and my jaw still drops at the results. I've lost count of the number of phobias, panic/anxiety attacks, traumatic memories, guilt, grief and physical ailments that have been elegantly relieved (often in minutes) by this procedure. Even though EFT violates just about every conventional belief out there, the results remain remarkable. EFT isn't perfect, of course. We don't get 100%. But it usually works well and the results are sometimes spectacular.

It often works where nothing else will."

GARY CRAIG, FOUNDER OF EFT

TRAINING FOR LIFE



Foundation course for well-being and relaxation EFT LEVEL 1 – 1 day

Join us for an introduction to EFT (Emotional Freedom Techniques) and learn the clinically proven technique to resolve physical pain, stress, negative memories, negative emotions as well as addictive cravings.

Advanced course for happiness, health and confidence includes Practitioner Certification



EFT LEVEL 2 PLUS – 3 days

Once you've completed the Foundation Level 1 course, you're ready to expand your effectiveness with EFT! Join us and learn how to work with physical illness, daily life challenges, long-standing issues, limiting beliefs as well as past traumas. We will teach techniques to uncover core issues. Our Practitioner Plus training also includes the powerful Matrix Re-imprinting technique to clear powerlessness, helplessness and past traumas to feel empowered and happy. This training is for personal well-being as well as part of the Practitioner training. Practitioner certificate is awarded on successful completion of course, case studies and multiple choice test.

SPECIAL OFFER
Early-bird pricing

Be one of the first 20 to book with payment and secure the **early-bird 4-day package**. Full price Rs 22,000 and early-bird package for 4 days training only RS 16,500. This is a limited offer as places are going fast. Call Kavita on **+919920454749** or e-mail **vitality@vitality-living.com** to secure your early-bird place now.

*These workshops are run according to the guidelines of the Association for the Advancement of Meridian Energy Therapies (AAMET).

Beyond the Skies

Personal Performance

- Abundance
- Weight Loss
- Business and Career Goals
- Self Actualisation

Emotional Challenges

- Children's Behavior
- Relationship Issues
- Anger Management
- Depression
- Insomnia
- Severe Trauma (PTSD)
- Addictions
- Sexual Abuse
- Phobias

Physical Diseases

- Allergies
- Migraines
- Pain Management
- Chronic Fatigue Syndrome
- Multiple Chemical Sensitivities
- Hypertension
- Fibromyalgia
- Cancer
- Muscular Dystrophy
- Parkinson's Disease
- Cystic Fibrosis

Other

- Animal Healing
- Children & teenagers

ATTEND A TRAINING PROGRAMME

We run training in Mumbai, Delhi, Bangalore, Pune, Chennai & Calcutta. For the latest dates, times and venues, please go to vitality-living.com/indiaschedule

Our trainings in EFT include:

- Introduction to EFT (2-3 hours)
- EFT Level 1 for Well-being and Relaxation (1 day)
- EFT Level 2 for Happiness, Health and Confidence (3 days)
- EFT Level 3 to Become an Advanced Practitioner (2 days)
- Trainers Training to train others in EFT (4 days)

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or email vitality@vitality-living.com

We were the first to bring AAMET approved training to India and are the only Trainer of Trainers in India.

Learn from the best to be the best