

Release & Restore

An Experience in EFT Tapping and Movement



Shazie is an empowerment coach and EFT Practitioner who is passionate about helping others develop a deeper relationship with themselves through mindset and intuitive movement tools. She will teach you the basics of EFT, how it works, and how to implement this tool in your everyday self-care routine.

Shazie Senen, MPH

Workshop Objectives

Release Self-Criticism

Experience Calm

Authentic Connection

Mindful Movement

Reflect on Self & Others

New Stress Tools

DK is a multidecade chronic pain sufferer who found relief in Pilates in 2007. After becoming a certified instructor, DK founded Movement Remedies, where she helps other chronic pain sufferers find joy and autonomy in their bodies. DK will lead a restorative movement sequence to nourish body and mind.

Dana Karen Ciccone, NCPT

