

MINDFULNESS FOR PEOPLE WHO FIND IT HARD TO SIT STILL

TARC EFT • movement • meditation • intention • meridian work

A PRACTICAL, ADHD-FRIENDLY JOURNEY AROUND THE MERIDIAN CLOCK

Each week focuses on one of 12 meridians and 2-4 of 24 emotional themes. We explore how frustration, confusion and recurring patterns may move towards clarity, choice and constructive action, connecting this with habits, family lineage, tapping, movement, mindfulness and intention.



THIS MAY BE FOR YOU IF...

- Your mind rarely switches off
- Conventional meditation feels frustrating
- You learn best by doing and moving
- You feel overloaded, restless or disconnected
- You want practical tools for everyday life

WHAT YOU WILL EXPLORE

- TARC EFT and practical tapping
- One of the 12 meridians each week
- 2-4 of 24 emotional themes each week
- Movement-based mindfulness
- Habits, lineage and recurring patterns

12 MERIDIANS • 24 EMOTIONS • FIVE ELEMENTS • SEASONS

METAL • AUTUMN: Lung 3-5am • Large Intestine 5-7am

EARTH • LATE SUMMER: Stomach 7-9am • Spleen 9-11am

FIRE • SUMMER: Heart 11am-1pm • Small Intestine 1-3pm

WATER • WINTER: Bladder 3-5pm • Kidney 5-7pm

FIRE • SUMMER: Pericardium 7-9pm • Triple Burner 9-11pm

WOOD • SPRING: Gallbladder 11pm-1am • Liver 1-3am

AFFORDABLE WAYS TO JOIN

BEST VALUE

£330

one payment

TWO PARTS

2 × £175

£350 total

WEEKLY

£32

12 payments

TRY WEEK 1

£30

deducted if joining

Weekly payment secures a place on the complete course; it is not an unrestricted drop-in.

COURSE DETAILS - TYPE INTO THE BOXES BELOW

Venue

Start date / course dates

Time

Telephone

Email

Booking or information link

COME AS YOU ARE - YOUR BUSY MIND IS WELCOME.

Adults and young people 16+. Ages 12-15 may attend with a participating adult following a conversation with Rachel. Small group • limited places • booking essential.