

Marian Buck-Murray

Certified EFT Practitioner, Speaker, Teacher, Group Facilitator

EFT Tapping has been clinically proven to be one of THE most effective techniques for reducing the stress hormone cortisol. Imagine what it can do for your workplace!

KEY BENEFITS OF EFT TAPPING PROGRAMS

- Reduce stress and anxiety in work settings
- Foster sense of harmony and peace
- Empower participants with tools to increase clarity, focus, productivity, and overall wellbeing
- Minimize risk of stress-based illnesses



EFT PROGRAM OPTIONS

Mini Workshops (Tailored for Length)

EFT Tapping to reduce stress & anxiety, and optimize brain function.

Half-Day Workshop

Participants will learn how to use EFT Tapping, along with a variety of self-empowerment tools, to increase inner peace, clarity, and focus.

Wellness Visits

Periodic onsite one-on-one sessions with community members.

Audio/Visual Training

Customized video and/or audio programming.

TO LEARN MORE CALL 973-762-6727

TESTIMONIALS

We have been honored to have Marian's presence at our Company to learn more about stress reducing techniques like tapping and heart breath meditations. Marian empowered many employees to utilize such an accessible technique to help manage emotions in the corporate setting. ~**Zena Kim, Head of Wellness Passion Group, A+E Networks**

Thank you for agreeing to speak at NAO Wellness! The feedback from the workshop was amazing – participants said it was transformative, that the energy in the room completely shifted, and more. I was truly blown away. ~ **Nikki Ostrower, Founder and Principal Nutritionist, NAO Wellness**

I "tried" EFT Tapping for years but didn't experience the profound benefits until I asked Marian to hold workshops at my healing center. I love seeing the breakthroughs individuals experience in every workshop. Marian presents in a clear, relatable manner and attendees are always thrilled with learning this amazing technique. ~ **Angelina Helene, Owner, Lotus Lounge Sanctuary**

WORKSHOP ENGAGEMENTS:

Atlantic Health Systems
A & E Networks
The Corcoran Group
NAO Wellness
The Academy of Healing Nutrition
Maplewood Public Library
Midland Park High
Cranford High
Lotus Lounge Spa
SOMA Adult School
Terra Sky Center
BIG NJ
RISE

LEARN MORE:

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ABOUT MARIAN

Marian is a Certified EFT Practitioner, passionate about sharing her toolbox of self-empowerment techniques. She has taught experiential workshops for well over a decade.

Marian specializes in designing workshops where participants can relax, release stress, and walk away with the tools to create more peace, clarity and focus in their daily lives.

With an emphasis on holistic methods, Marian successfully overcame decades of autoimmune illness, cardiac surgery, traumatic stress, and limiting self-doubt. She uses both her personal and professional experience to assist others in boosting courage, confidence and success.

