



Lisa Saubolle
(831) 440-1384
lisa@bodymindjourney.com

TAT® Basics Telecourse (2 hours/week for 6 weeks) \$300 *

*New groups are forming on a continuous basis
Check current schedule or email me at lisa@bodymindjourney.com*

participate via telephone or SKYPE (this is not a webinar)

~~~~~

### **About TAT Basics Level 1**

Through a combination of learning core concepts and experiencing TAT yourself, you'll come away with a solid foundation in this versatile method for everything from stress release to healing patterns that contribute to emotional and physical problems.

There are a few advantages with taking the multi-week telecourse format:

- Time to integrate the learning and practice with TAT between classes.
- The opportunity to bring questions and experience to class for further exploration
- Establishing connections with other participants that can continue beyond the end of the course, perhaps working as TAT Buddies.

The focus of this course is on personal use of TAT, and we'll be doing TAT together, so you'll have the benefit and support of group energy and intention. We'll also cover how to use TAT with children, animals and surrogate healing.

### **You will learn about using TAT for:**

- Unresolved painful events (traumas), stressful feelings and fears
- Thoughts and beliefs
- Limiting patterns of reaction and behavior
- Allergies
- Physical conditions

more information, visit: <http://www.bodymindjourney.com/TATBasicsTelecourseinfo.htm>

**About the instructor:**

Lisa Saubolle is a Certified TAT® Trainer with a strong foundation in the healing arts, who began offering the 6-week telecourse version of TAT Basics in late 2008 (11 completed so far). She created the first group mentoring program for those seeking certification as TAT Professionals and has worked closely with Tapas Fleming and Sara Arey (Education Director) to fine tune training for students and create guidelines for other TAT Trainers.

Through her private practice ([www.bodymindjourney.com](http://www.bodymindjourney.com)), Lisa supports people in self-discovery, expanding their ability to live fulfilling lives from a place of inner strength and possibility.



From students:

*"Thanks Lisa for offering the TAT Basics class in such a wonderful format that saved everyone time, money, and energy! I believe I benefited greatly from having the information delivered over a period of time, rather than all crammed into 2 days; it made assimilating so much information easier and gave me time to work with TAT to uncover aspects and questions I probably would not have thought of in a 2 day workshop after travelling cross country and across 3 timezones.*

*You are not only a gifted teacher, but the depth and breadth of your knowledge about TAT and other healing issues related to the delivery of TAT and your obvious love for TAT gave me confidence that I have received a firm foundation for my own practice. Warmest regards and best wishes for success in all your endeavors.*

*Kiran Haider (now a Certified TAT Professional & Trainer)*

*I was fortunate to take the TAT Basics course in a group teleclass with Lisa Saubolle. The course was spread over several weeks and provided a very good background for using TAT for myself and with others. One of the nice features of the course was Lisa's patience and caring approach. All questions were fully answered and we had lots of "hands on" experience doing TAT individually as well as in a group. I would strongly recommend Lisa as a TAT teacher.*

*Lucas Boladian (now a Certified TAT Professional)*