

Gratitude Tapping Circle

POET EDITION:

People •Opportunities • Experiences• Things

By Puja Kanth
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Affiliated with EFT International

DATES
Saturdays
21, 28 Nov, 5 & 12 Dec 2026

TIME
6:00 – 6:45 PM IST
(45 mins live session)

LOCATION
Online via Zoom
(Live Interactive Circle)

OUR FOUR WEEKS JOURNEY

PEOPLE
Appreciating the people who have touched our lives

OPPORTUNITIES
Recognizing the doors that have opened up for us along the way.

EXPERIENCES
Honoring the experiences that brought joy, learning and growth.

THINGS
Noticing the everyday things that support and enrich our lives

WHAT EACH SESSION INCLUDES

Gentle Grounding • Guided EFT Tapping • Reflective Journaling Prompts • Optional Sharing

CHOOSE YOUR CIRCLE

Gratitude Circle
₹1,500

- All 4 live Zoom sessions
- Weekly reflection prompts shared through WhatsApp group

Gratitude Circle Plus
₹2,500

- All 4 live Zoom sessions
- Weekly prompts via WhatsApp
- ★ **4 Downloadable Gratitude Audios**
- ★ **POET Reflection Journal PDF**