



QEPR (Quantum Emotional and Physical Release), Weight Loss Made Easy, and Sensitivities/Toxins Identification with Paul Emery

Paul's coaching centres on his philosophy that any psychological barrier can be easily and effectively overcome by the right guidance and tools. His goal is to help clients effectively conquer any limitation that holds them back and bring out the very best that they can be in all areas of their lives, in any situation at any time. He believes in empowerment by teaching simple, effective, groundbreaking techniques to lead a more fulfilling, confident and successful life.



About Paul

Paul is certified as an NLP (Neuro-Linguistic Programming) Master Practitioner, EFT (Emotional Freedom Techniques) Trainer, TFT (Thought Field Therapy), Advanced (Optimal Health) Practitioner and Havening Technique Practitioner. He has studied the innovative works of Anthony Robbins, Jack Canfield and Brian Tracy, and has also been trained and mentored by leaders in personal and psychological development such as Dr. Richard Bandler, Paul Mckenna, Gary Craig, Dr. Roger Callahan and Dr. Ronald Ruden.

Paul's QEPR coaching service was awarded the prestigious 'Asia Spa - Holistic Treatment of the Year 2010 Award.' He is author of the book 'Simple Stress and Anxiety Relief with EFT', and more recently Paul joined Brain Tracy and other leading experts from around the world to co-write the bestselling book 'The Winning Way'. He has featured extensively in TV programmes, radio shows and international magazines like Vogue, Gala and Harper's Bazaar. Travelling internationally he coaches billionaires, politicians, top CEOs and doctors, royalty, pop and movie stars, as well as companies like Chevron, Credit Suisse and Chiva-Som. He has also developed his own stress relieving, life enhancing light exercise class – 'Emer-gizes'.



Holistic Therapies Offered:

QEPR | Quantum Emotional and Physical Release (50 mins)

THB 6,500++

QEPR incorporates the most effective elements of the best psychological techniques available today notably, NLP, EFT, TFT, TAT and especially the groundbreaking 'Havening Techniques'. QEPR is a psycho-sensory and energy based mind/body treatment. Based on science and the very latest psychology it quickly helps to eliminate negative emotions and also helps many physical problems by using a soothing upper body touch, or by holding or tapping specific points to create positive changes within the brain's emotional/pain centre, the amygdala. It has helped thousands of people overcome trauma, stress, anxiety and pain, anger and frustration, sadness and depression, fears and phobias, as well as addictions and emotional eating.

Weight Loss Made Easy Workshop (90 mins)

Minimum participants 3 pax

THB 2,800++ per person

Diet and exercise alone are not enough to lose and maintain a healthy weight. Focusing on the mind and emotional state, in this workshop you will learn about a simple non-diet four step lifestyle strategy alongside groundbreaking psychology to quickly stop emotional eating and cravings, and overcome other any psychological barrier to effective weight loss.

Food & Environmental Sensitivities and Toxins Self-Identification Workshop (90 mins)

Minimum participants 3 pax

THB 2,800++ per person

This workshop is ideal for people who suffer from being tired, bloated, stomach upsets, anxiety, overly emotional, foggy mind, negativity or headaches. Using advanced kinesiology, Paul helps clients discover what foods, drinks, supplements, beauty products and everyday items affect you in a negative way. Attendees will also be able to help friends or family identify problems.

To reserve a private session, please contact Anantara Spa. Advance booking is required

All prices are in Thai Baht and subject to 10% Service Charge and 7% Government Tax. Prices are subject to change without prior notice.