

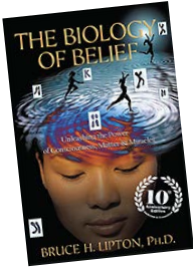


# MOUNTAIN LIGHT HEALING

Compassionate Whole-Health Solutions  
Integrative Energy-Medicine Practices

Phone/Text: 719-648-5234  
MountainLightHealing.com

## “Action Plan for Positive Change”



**A 5-Week Guided Experience,  
Drawing on the Power of the  
Mind-Body Connection to  
Effect Healing**



Are you ready to explore a new wellness model?

Uncover aspects of your life that are out of balance and follow your body's inner guidance to create a customized action plan aimed at making health-promoting changes.

This 5-week program will open your heart and mind to new possibilities for optimizing your health and well-being.

You will be using a proven process developed by Dr. Lissa Rankin, MD, best-selling author and founder of the Whole Health Medicine Institute, to identify specific aspects of your life that may be the root causes of your health issues and wellness concerns.

You will leave empowered with a personalized practical action plan for making positive changes in your life that you can start implementing immediately.

For **Program Details** and **Bonus Items**, please visit [www.MountainLightHealing.com/?page\\_id=4286](http://www.MountainLightHealing.com/?page_id=4286).

### PROGRAM SCHEDULE

#### 4 Group Sessions:

**Wednesdays, 4:00-5:15 pm on  
February 14<sup>th</sup> and February 21<sup>st</sup>  
March 7<sup>th</sup> and March 21<sup>st</sup>**

**Mountain Light Healing Studio  
1235 Lake Plaza Drive, Suite 127  
Colorado Springs, CO 80906**

#### 3 Private 30-Min Consultations:

**At Flexible Times in-between the  
Group Sessions; In-Office, Video  
Chat, and Phone Options**

#### **PROGRAM FEE: \$199**

**(\$50 Registration Deposit + \$149 by 14 Feb;  
Checks, Cash, and Cards Welcome)**

**Space is limited. Please register in  
advance: call/text 719-648-5234 or  
email [v2@MountainLightHealing.com](mailto:v2@MountainLightHealing.com).**



**Facilitator: Verena Vomastic, PhD**, owner of Mountain Light Healing Studio, is a certified Whole Health Medicine Institute and Energy Medicine/Bioenergetics Practitioner, Eden Energy Medicine and Holistic Stress Management Instructor, and Registered Yoga Teacher. She offers integrative approaches to optimizing mind-body health and well-being, and is passionate about sharing practical self-help tools with clients committed to taking charge of their health and transforming their lives.