



MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

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



Donna Eden's Introduction to Energy Medicine

3-Hour Class Includes Overview of Eden Energy Medicine Framework,
The Daily Energy Routine, and Practical Grounding Techniques

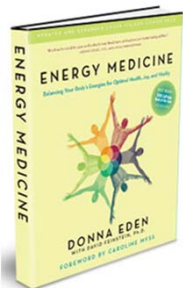
Learn about **Energy Medicine** and discover in a supportive online-community setting how you can **boost your vitality, resilience, balance, and overall health and well-being in less than 10 minutes a day** by using a series of favorite techniques from the work of energy-medicine pioneer and leading authority in the field, **Donna Eden**.

Experience Immediate Benefits:

- Release stress, feel more grounded and invigorated
- Boost your energy level, vitality, and confidence
- Find new inspiration and greater mental clarity
- Support emotional balance
- Improve your focus and concentration.



Donna Eden



Leave **empowered with a set of practical tools** that are easy to use and available anywhere, anytime to help you take better care of yourself.

Ideal for individuals seeking to boost their vitality and resilience, caregivers, busy moms, over-stimulated teens, and anyone else committed to regular self-care.

Date: Saturday, 25 September 2021

Location: Online on Zoom

Time: 11:00 am – 2:30 pm MDT

Fee: \$59 (Includes Donna Eden's Official Illustrated Class Handout)

To Register, please call/text Verena at 719-648-5234 or send email to v2@MountainLightHealing.com.

Payment options include credit/debit cards and mailed-in checks (postmarked by September 18th).

Class Handout will be emailed to registered participants prior to the event.



Instructor: Verena Vomastic, PhD, owner of the Mountain Light Healing Studio, specializes in integrative approaches to optimizing mind-body health and well-being. She is passionate about inspiring and empowering individuals from all walks of life, promoting growth and transformation, and sharing practical tools, proven techniques, and leading-edge technologies aimed at boosting vitality, resilience, performance, and overall quality of life. Verena has a scientific (math/physics) and multicultural background. She is a certified Energy Medicine/Bioenergetics and Whole Health Medicine Institute Practitioner, Eden Method and Holistic Stress Management Instructor, Hippocrates Lifestyle™ Medicine Coach, and Registered Yoga Teacher.