



MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

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



Energy Self-Testing Workshop

Learn to Dialogue with Your Body's Energies!

Energy-Test Your Food, Supplements, and Other Items of Interest

**Have you ever wondered whether a certain food item is
a good choice for your body?**

**Would you like to have some practical tools to help you decide which
supplement to pick from a shelf full of similar items?**

**Have you ever questioned whether the "recommended dose" of a supplement
is what YOUR body needs?**

Learn about **Energy Self-Testing** and practice the skills you'll be acquiring in this fun workshop with personal items that you have questions about!

We will explore a few different muscle-test options that you can use without assistance from another person, as well as the use of a simple dowsing tool.

We will meet in-person in a small-group setting (limited to 6 participants).

Date: Tuesday, 14 June 2022

Location: Mountain Light Healing Studio, 1235 Lake Plaza Dr #127, Colorado Springs, CO 80906

Time: 4:00 – 5:15 pm MDT

Fee: \$25 (Includes Handout)

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

Payment by Cash, Check, or Credit/Debit Card at the Workshop.



Instructor: Verena Vomastic, PhD, owner of the Mountain Light Healing Studio in Colorado Springs, CO, 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 the science, the gifts, and the magic of Energy Medicine. In her practice, she employs a unique blend of practical tools, proven techniques, and leading-edge technologies aimed at boosting vitality, resilience, performance, and overall quality of life. Verena has a scientific (mathematics/physics) and cosmopolitan background. She is a certified Energy Medicine/Bioenergetics and Whole Health Medicine Institute Practitioner, Eden Energy Medicine and Holistic Stress Management Instructor, Hippocrates Lifestyle™ Medicine Coach, and Registered Yoga Teacher.