



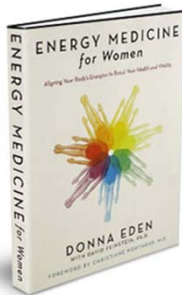
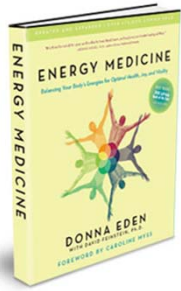
# MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for  
Whole Health and Empowered Living

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



## ENERGY MEDICINE WEEKEND INTENSIVE

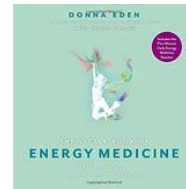


In-Person  
Official Introductory  
Eden Method Classes

Colorado Springs

17-18 SEP 2022

10:00 am – 5:00 pm



Learn and practice the **basics of Eden Energy Medicine** in a fun, supportive **small-group setting**. 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 and also provide support for others.

**Experience immediate benefits:** release stress, boost your immune system, gain greater clarity, enhance physical and emotional balance, improve focus and concentration!

### Day 1 / Introduction to Energy Medicine (EM) Part 1 (No Prerequisites)

- Principles of Energy Medicine
- Primary Energy Systems
- A Daily Energy Routine
- Staying Grounded and Centered
- Working with Meridians (Pathways of Energy)
- Stress-Management Techniques



Donna Eden

### Day 2 / Introduction to Energy Medicine Part 2 (Prerequisite: Intro to EM Part 1)

- Working with the Auric Field
- Energy Testing (Others and Self)
- Releasing Pain the Energy Way
- Two Restorative Protocols
  - *Quickie Energy Balancer*
  - *Brazilian Toe Technique*

Tuition: \$150 per Class when Booked Individually  
\$275 for the Weekend Intensive  
Includes Donna Eden's Official Class Handouts

**Class Location:** 1235 Lake Plaza Drive, Suite #127, Colorado Springs, CO 80906

**To register, call/text Verena at 719-648-5234 or email [v2@MountainLightHealing.com](mailto:v2@MountainLightHealing.com).**



**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.