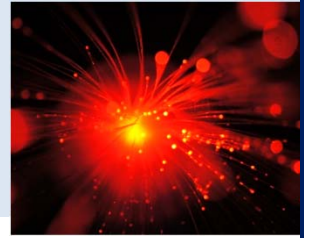




# MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for  
Whole Health and Empowered Living

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



## REVITALIZING BODY, MIND, and SOUL

In-Person Experiential Workshop—Small Group (Only 6 Spots)

Saturday, 21 January 2023

10:30 am – 3:30 pm

(Includes 1 Hour for Lunch (BYO)/Connections/Discussion/Q&A)

**Are you ready to revitalize your entire being and start building  
a personal tool kit to help you thrive throughout the year?**

**This workshop will put you on the path to optimizing your health and well-being!**

**Experience immediate benefits:** release stress, boost your energy levels, support your immune system, improve focus and concentration, and achieve better physical and emotional balance.

### What we will cover in the Workshop:

- A brief introduction to Energy Medicine, the Auric Field, Meridians, and Chakras
- Practical energy-medicine self-help techniques aimed at
  - Releasing stress, toxins, and limiting patterns
  - Stimulating and balancing energy flow throughout the body
  - Boosting vitality and resilience
- Chakra-balancing protocols supporting the Endocrine system (Thyroid, Adrenals, ...) and various aspects of personal development; these will include giving and receiving mini-sessions (about 30 minutes each and often quite profound) and a short sound meditation.

The material presented draws on the work of Donna Eden and other energy-medicine pioneers.

You will leave **empowered with a set of practical tools** that are easy to use and available anywhere, anytime by themselves or as a complement to other care you may be receiving.

**New Year's Special: \$99 Cash or Check at the Event** Includes Handout and Reference Charts

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

**To register, contact Verena by JAN 19<sup>th</sup> at 719-648-5234 or [v2@MountainLightHealing.com](mailto:v2@MountainLightHealing.com).**



**About your 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.