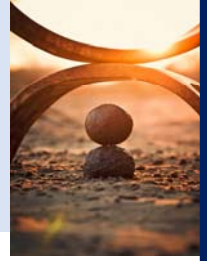




MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

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



GENTLE ENERGY-MEDICINE (GEM) YOGA

Integrating Body, Mind, and Soul

Our own creation of **GEM Yoga** is an integral aspect of Mountain Light Healing's holistic stress-management program and a power tool for promoting flow, balance, and harmony in and among the body's energy systems. *Yoga* is a Sanskrit word meaning *union*, specifically the union of body, mind, and soul, and there are many yogic paths. We primarily subscribe to the path of *Hatha Yoga* in the style taught by YogaFit® which seeks to make yoga accessible to everyone.

GEM Yoga is multifaceted like a precious gemstone. It integrates the health-promoting benefits of yoga with elements of Eden Energy Medicine/Eden Method; the MELT Method®; meditation, mudra, tapping, and shamanic practices; sound healing; Kirtan (chanting); and Qigong. **GEM Yoga promotes relaxation, renewal, vitality, longevity, and community. It is suitable for everyone; there are no prerequisites for participation.**

Throughout the practice, you may be on a yoga mat/bolster on the floor or sitting comfortably on a chair. You will leave revitalized and equipped with practical tools that you can use on your own as you work on taking your states of health and well-being to the next level.

Instead of perfect poses, **GEM Yoga is focused on**

- **Releasing stress, tension, and negative emotions**
- **Letting go of expectations and judgment**
- **Being present in the body and feeling connected to all of its parts**
- **Building and restoring trust, confidence, and inner peace**
- **Feeling safe, grounded, and empowered**
- **Enhancing focus, concentration, balance, and coordination**
- **Boosting strength, flexibility, and resilience**
- **Nourishing and revitalizing body, mind, and soul.**



Trauma is the Greek word for *wound*. These wounds may be the results of accidents, patterns of abuse, toxic relationships, sudden losses, medical procedures, combat deployments, or various other experiences. Given the proliferation of trauma in today's world, we use a **trauma-sensitive approach** in general—offering guidance, suggestions, and choices versus directions; selecting safe, protective poses; being mindful of the environment, including sounds, lights, and scents. We respect everyone's personal space and will meet you wherever you are on your journey through life.



Facilitator: 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.