



# MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for  
Whole Health and Empowered Living

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



## TENDING YOUR GUT

Saturday, 29 April 2023

10:30 am – 3:30 pm

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

Spring is a Time for Cleansing, New Beginnings, and Taking Care of Yourself.

**Are You Ready to Explore a New Set of Tools for Boosting Your Vitality,  
Resilience, and Healthy Gut Function?**

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

**Experience immediate benefits:** reduced stress and increased energy levels; better brain function and overall balance; improved movement and comfort throughout the digestive tract.

**What we will cover in the Workshop:**

- A brief introduction to Energy Medicine, the Auric Field, Meridians, and Chakras
- An overview of the digestive system, the role of the Vagus nerve, and associated energy systems
- Practical energy-medicine self-care techniques aimed at boosting overall vitality and resilience and providing focused support for the gut
- Integrating protocols, including a Gentle Energy-Medicine (GEM) Yoga practice (Chair or Floor) ending with a short sound-healing 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 (including a quick Daily Energy Routine)** that are easy to use and available anywhere, anytime by themselves or as a complement to other care you may be receiving.

Fee: \$99 Cash or Check at the Event

Includes Handouts and Reference Charts

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

**To register, contact Verena by 27 APR 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.