



Mountain Light Healing

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

1235 Lake Plaza Drive #127, Colorado Springs, CO 80906

MountainLightHealing.com



Verena Vomastic, PhD

*Certified Energy Medicine/Bioenergetics Practitioner
and Holistic Stress Management Instructor*

Registered Yoga Teacher

719-648-5234 ▪ V2@MountainLightHealing.com

Personal-Empowerment Strategies

Bioenergetic Balance/Energetic Trauma Healing

NES Health™ ▪ Eden Energy Medicine/Eden Method

Emotion Code® ▪ PhotonWave ▪ X-Test™

Quantum-Field Optimization Methods ▪ Shamanism

Gentle Energy Medicine (GEM) Yoga ▪ Sound Journeys

On-Site and Remote Services:

Private Consultations ▪ Experiential Workshops & Intensives

Mentorship ▪ Coaching ▪ Community Connections

Scan to visit the
**Mountain Light
Healing Website:**



Scan to visit the *Holistic Health
Community of the Pikes Peak
Region MeetUp Group:*



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 always seeking opportunities for personal and professional growth and looks forward to sharing her own transformational journey with you. Visit her website, MountainLightHealing.com, for additional information.