



MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

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



WELCOME SPRING! EXPERIENTIAL ENERGY REFRESH for BODY, MIND, and SOUL

Friday, 12 April 2024

11:30 am – 3:00 pm

Spring is a time of renewal; give yourself the gift of a whole-system energy refresh!

Learn about energy medicine and practical self-help techniques that you can use anywhere, anytime to help optimize your health and well-being.

Following a **brief introduction to energy medicine** and selected energy systems, this interactive workshop will focus on the following topics and associated techniques:

Grounding ▪ Energy Organization ▪ Stress Relief ▪ Energy Flow & Balance

***The Vitality Booster Daily Energy Routine*—a great way to boost your immune system, increase your vitality, and improve overall health and well-being in under 10 minutes a day!**

The information presented will primarily draw on the work of energy-medicine pioneer Donna Eden (*EdenMethod.com*).

The workshop will consist of two 90-minute sessions (11:30am – 1:00pm and 1:30-3:00pm), with a 30-minute break (1:00-1:30pm) in-between where you can ask questions and connect with other participants. Feel free to bring a snack; water and tea will be provided.

You will receive a printed handout detailing the techniques covered in the workshop, along with ample practice throughout our time together.

Please wear comfortable clothing and bring your curiosity for learning how you can tap into your body's magic healing abilities!

Special Event Fee: \$69
Only 8 Spots Available!



**Scan QR Code to
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**Event Location: Mountain Light Healing Studio (Just West of I-25/Exit #138—Lake Ave)
1235 Lake Plaza Drive, Suite #127, Colorado Springs, CO 80906**
To register, please contact Verena at 719-648-5234 (Text or Call).



About the 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.