



MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

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



HORMONE-BALANCING BASICS

An Experiential Energy-Medicine Self-Care Workshop

Wednesday, 19 June 2024

10:30 am – 12:00 noon

ARE YOUR HORMONES WREAKING HAVOC IN YOUR BODY?

Hormones govern every aspect of the human experience, and energy is their foundation. Hormones regulate growth, metabolism, stress response, mood, reproduction, and many other bodily processes.

They are chemical **messengers** that enable communications among cells and organs and drive our health and well-being.

There are over 50 different hormones produced and secreted by the Endocrine system that tell the body what to do and help it to adapt. Energy Medicine offers an array of techniques to restore and maintain balance and increase resiliency in the Endocrine system.

This interactive workshop is focused on general energy-based techniques for hormone balancing. You will **learn about Energy Medicine, experience its gentle effects, and practice a series of simple, yet powerful hormone-balancing exercises.** The information presented will primarily draw on the work of energy-medicine pioneer Donna Eden.

You will leave **empowered with a new set of tools** and a **comprehensive handout** that you can use as a guide to incorporate them into your self-care practices at home.

Please wear comfortable clothing and bring your water bottle and your curiosity.

Investment: \$33
Only 8 Spots Available!



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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.