



MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

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



CALMING STRESS and ANXIETY with Eden Energy Medicine

An Eden Method Authorized Introductory Class

Friday, 23 August 2024 ▪ 11:00 am – 12:00 pm

Chronic Stress, which is often accompanied by Anxiety, can contribute to long-term health concerns. These may include headaches, brain fog, digestive issues, poor sleep quality, and a host of other physical and/or emotional challenges.

This workshop will introduce you to Energy Medicine and powerful, yet simple techniques from the work of Donna Eden that can help quickly to make stress more manageable and put you on the path to optimizing your health and well-being!

- There are no prerequisites for this class.
- You will have ample opportunities to ask questions.
- Please wear comfortable clothes and bring your water bottle.
- You will leave with a comprehensive handout detailing a set of basic energy-medicine tools that you can use anytime for yourself and to share with family and friends.

Energy Exchange: \$25 at the Event (Cash or Check preferred, Cards accepted)

Event Location: Mountain Light Healing Studio

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

**To register, please contact Verena by 6:00 pm on Wednesday, 21 AUG,
at 719-648-5234 or email 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.