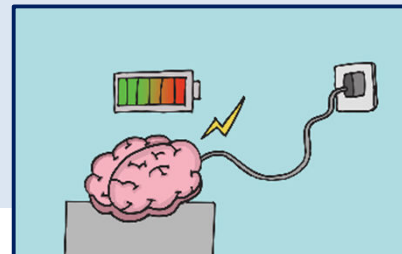




MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for
Whole Health and Empowered Living

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



SPARC YOUR BRAIN

An Energy-Medicine Selfcare Protocol for Activating, Repatterning, and Clearing Vital Systems
and Functions Affecting Cognitive Performance and Mental Health and Well-Being

Experiential In-Person Workshop

Friday, 16 May 2025 ▪ 11:00 am – 12:30 pm



- Feeling Stressed, Imbalanced, Depleted?
- Experiencing Brain Fog that Won't Lift?
- Having Trouble Concentrating, Focusing, Retaining Information, Recalling Memories?

Learn about Energy Medicine* and experience how it can help you manage stress, rapidly improve mental clarity, and strengthen physical and emotional resilience!

You will leave **empowered with a set of practical self-help tools** that are easy to use and available anywhere, anytime, by themselves or as a complement to other care you may be receiving.

Incorporate the *SPARC YOUR BRAIN* techniques into your daily wellness routine and start reaping immediate benefits!

Bring your curiosity and your questions and join us for a fun, interactive workshop.

*The material presented draws on the work of Donna Eden and other energy-medicine pioneers.

Fee: \$33 Cash or Check at the Event
Small-Group Setting, Limited Space

Includes Detailed Handout
and Reference Chart

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

To register, contact Verena by 14 MAY at 719-648-5234 or v2@MountainLightHealing.com.



About Your Guide: Verena Vomastic, PhD, owner of the Mountain Light Healing Studio, 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, longevity, and overall quality of life. Verena has a scientific (mathematics/physics) and cosmopolitan background. She is a multi-modality-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.