



# MOUNTAIN LIGHT HEALING STUDIO

Energy Medicine/Bioenergetics for  
Whole Health and Empowered Living



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*Energy Medicine/Bioenergetics Practitioner*

*Holistic Stress Management Instructor*

*Neuro-Fitness Consultant*

*Transformational Speaker*

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## PRACTICE FOCUS

Bioenergetic Balance and Coherence

Holistic Stress Management ■ Integrative Neuro Training

Personal-Empowerment Strategies ■ Energetic Trauma Healing

Energy-Medicine Selfcare Techniques ■ Community Connections

## MODALITIES, SYSTEMS, and METHODS WE USE

Integrative Neuro Training (INT) Method™

Energy4Life (E4L) Bioenergetic Wellness System

Eden Energy Medicine/Eden Method ■ Emotion Code®

PhotonWave® Light Stimulator ■ Quantum-Field Optimization

X-Test™ Universal Prayer System ■ Shamanism ■ Sound Journeys

Gentle Energy Medicine (GEM) Yoga ■ Whole-Health Healing Circle

## OPTIONS FOR WORKING WITH US

Transformational Immersions ■ Private Consultations

Experiential Workshops ■ Restorative Practices



Take charge of your health  
and transform your life!

Schedule your on-site or  
virtual consultation now!

