



MOUNTAIN LIGHT HEALING

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



CALMING STRESS and ANXIETY with Eden Energy Medicine

An Eden Method Authorized Introductory Class

Friday, 7 August 2026 ■ 11:30 am – 1:00 pm

Stress, often accompanied by Anxiety, is a major contributor to acute and chronic health concerns, such as headaches, brain fog, digestive issues, poor sleep quality, and a host of other physical and 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.
- **Only 4 Spots**, so 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 basic energy-medicine tools that you can use anytime for yourself and to share with family and friends.

Energy Exchange: \$33 at the Event (Cash or Check preferred, Cards accepted)

Event Location: Mountain Light Healing Studio

2840 Janitell Road, Colorado Springs, CO 80906

**To register, please contact Verena by 6:00 pm on Wednesday, 5 AUG,
at 719-648-5234 or email v2@MountainLightHealing.com.**



About your Instructor: Verena Vomastic, PhD, owner of the Mountain Light Healing Studio, specializes in integrative approaches to optimizing mind-body health and well-being. 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), engineering, operations, and cosmopolitan background. She is a multi-modality-certified Energy Medicine/Bioenergetics and Whole Health Medicine Institute Practitioner, Eden Energy Medicine/Eden Method and Holistic Stress Management Instructor, Hippocrates Lifestyle™ Medicine Coach, and Certified Trauma-Sensitive Yoga Teacher. Many of her services are also available remotely.

Disclaimer: Energy Medicine stimulates innate health-promoting mechanisms that restore the body's natural state of well-being. It is not a regulated medical practice and does not attempt to diagnose, treat, cure, or prevent any disease.