



New to Your Area...

Energy Medicine 101 and 102

Programs for Self-Care and Healing

Optimize your Health and Increase your Energy!

Experience self-healing and revitalization in a way that is easy, affordable, and available around the clock

In **Energy Medicine 101** you will learn the *Eden Energy Medicine* (EEM) basics plus:

- ◆ Easy ways to get your energies humming!
- ◆ Balancing the meridians that energize all your organs
- ◆ Techniques to easily move toxins out of your body
- ◆ Tools to tame the Flight/Fight/Freeze response

In **Energy Medicine 102** you will learn these vital techniques:

- ◆ Pain management and stress relief
- ◆ Energy Medicine for the Eyes
- ◆ Energy Testing to understand your body's energies
- ◆ EEM mini-sessions that balance and calm your energies

Attend these classes and place your health in the best hands— your own!

Saturday and Sunday, April 26-27, 2014

10:00 am to 6:00pm

Inner Peace Health, Healing & Wellness Associates

1114 Route 315, Plains Twp., PA 18702

**Tuition is \$125 per class — CE's are available for Massage Therapists
(EM101 is a prerequisite for EM102)**

To Register, contact Inner Peace at 570-208-1511 or innerpeacehhw@gmail.com

Workshop presenters, Ellen Selover and Denise Furgason have been teaching Eden Energy Medicine to individuals and groups since 2004. Each holds certifications from Donna Eden as practitioners and teachers. Both are former staff members of the Edgar Cayce Center in Virginia Beach, VA and trained in various healing modalities at the Cayce-Reilly Massage School. Also, Denise holds a 3rd degree black belt in Shotokan Karate, and Ellen is a nationally-certified hypnotist. Each year they present experiential workshops designed to promote personal healing and transformation.

