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**Introduction to Energy Medicine**

**When: Saturday, September 26, 2020  
  
Time: 9:30 am – 4:30 pm**

**Fee: $159, includes manual and lunch**

**Presented by:** **Peggy Koelliker, The Healing Connection**

Advanced Eden Energy Medicine and EFT Practitioner

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**Held at:** **River’s Edge**, 3430 Rocky River Drive, Cleveland 44111



The health of your body, mind and spirit are rooted in the energy systems of your body. Balancing your energies will naturally increase your vitality, effectiveness, and joy in life. Come and learn how to participate more fully and knowledgeably in your own health and healing in a fun, supportive environment!

Based on the book, ***Energy Medicine* by Donna Eden,** you will learn the basics of energy medicine for self-care:

* Daily Energy Routine exercises to keep you alert, focused and balanced
* Ways to stay grounded on a daily basis
* Techniques for stress relief
* Neurolymphatic reflex points for strengthening your immune system, and more!



**Register** at https://www.riversedgecleveland.com/trainings or by phone at 216-688-1111. ***Deadline for registration is September 19, 2020.***