

Restore Your Energies

Eden Energy Medicine 101&102

San Antonio, TX–NCBTMB Approved for 12 CE hours

Integrative Health
Institute
7122 San Pedro Ave,
Suite 106
San Antonio, TX 78216

EM101: Aug 3, 2019
Pre-requisite for EM102

EM102: Aug 10, 2019

Cost:

Early: \$125 per class
After 7/17: \$150/class
A \$25 discount is
offered for attending
both days!

6 NCBTMB CE hours
offered for Massage
Therapists for additional
\$10 per day

Hours:

9:45-5:00pm daily
(includes Time for
Practice)

Class Size Limited!
Register Early!

Empowerment to Enhance your own:

Vitality, Health, and Joy!

Based on the book, **Energy Medicine by Donna Eden**,
you learn basics of Energy Medicine for Self-Care

EM101 (Pre-requisite for
EM102)

Learn self care techniques to:

- *Restore/Increase Energy,
Vitality and Resilience
- *De-stress and Feel Calm
- *Think Clearly
- *Sharpen your Memory,
Comprehension & Recall
- *Clear toxins/congested
energies from body using reflex
points
- *Further Support your Immune
System
- *Release Emotions

EM102

Build on EM101 Foundation:

- *Keep your Aura Vibrant
- *Energy testing yourself and
others
- *Test before you Ingest
- *Pain Relief Techniques
- *Learn Powerful Energy
balancing protocols to clear
congested energy and provide
for balance and deep relaxation
- *This class is full of hands-on
practice ending with each
participant experiencing a mini
session to calm/ balance the
energies of the body and mind

Cindy Capitani
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