### Presented by Starlight Wellness

**Learn Eden Energy Medicine**



## **Dates:**

## **EM101 Sat, Oct 5th**

## **EM102 Sun, Oct 6th**

**Time: 9-4:30 pm**

 (Snacks Provided. 6-hrs of instruction each class. Includes a 1-hour lunch break: bring your own or on your own.)

## For EM101 only:

## **Cost**: **$125**

## For EM101/102:

**Cost: $200**

($50 discount when you register for both classes!)

 **Location**:

## 291 Cedar Ave

## Islip, NY 11751

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#####  For more information

#####  and to register, contact: Debbie Chalifoux

#####  Phone: 516-398-6620

 starlightwellnessli@gmail.com

**Deborah A. Chalifoux, MA, CCC-SLP, EEM-AP, RMT** is an Advanced Practitioner and Authorized Instructor of Eden Energy Medicine. For Debbie’s complete bio, see the Certified Practitioner Directory on the Eden Energy Medicine Website, www.innersource.net/em.

# Join Debbie for a joyful, gentle introduction to the world of Energy Medicine. Empower yourself to balance the flows of energy in your body for maximum healing and vitality in a fun, supportive, small-group setting.

**Vitality, Health and Joy!**

#### **EM101** introduces the basics of EEM and includes:

*Five-minute “Daily Energy Routine”*

*Stress Management*

*Tools for Releasing Negative Emotions*

*How to stay Grounded and Centered*

*How to Remove Toxins using Reflex Points*

***EM102*** *gives you more techniques to use with yourself and others:*

*How to work with the Auric Field*

*Learn to energy-test food and supplements*

*Pain Management*

*Learn powerful energy balancing protocols to use with others*

*Lots of “hands-on” and practice…*

**“It’s simple. When our energies are healthy and balanced, we feel stronger, happier, and better able to handle whatever is happening in our life.” Donna Eden**

 Donna’s award-winning book “Energy Medicine”