

Energy Medicine Workshops

with Vimala Ren Fields



We will study & explore this approach to healing that balances and restores our body's natural vital energies. Through EEM, pioneered by Donna Eden, and other yoga techniques, you will acquire tools to work directly with your energy systems to help improve and maintain greater health physically, emotionally and spiritually.

*Take your state of well being and vitality into your own hands,
literally.*

Evening Energy Medicine Workshops

3rd Wednesdays each month, 7-8 pm

October 21 – “Energy Medicine Basics and Daily Practices for Energy & Balance”

(Session previously scheduled for September 16 canceled)

November 18 – “Holiday Stress Freeing Tool Kit”

December 16 – “Staying Grounded & Your Aura”

Daytime Energy Medicine Workshops

2nd Tuesdays each month, Noon-1 pm

October 13 & November 10 - “Energy Medicine Basics and Daily Practices for Energy & Balance”

December 8 - “Holiday Stress Freeing Tool Kit”

\$10 per class

Pre-Registration is helpful

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