

Agenda for 1-hour Energy classes

Releasing Pain

Introductions

The energy of pain

How Eden Energy Medicine works

Balance & Grounding

5 techniques to ease & release pain

Chronic Headaches

Calming Stress & Anxiety

Introductions

The effects of stress

How Eden Energy Medicine works

Balance & Grounding

6 techniques to Manage Stress & Ease Anxiety

Balancing Hormones

Introductions

Hormone production and function

Effects of stress on hormones

How Eden Energy Medicine works

Balance & Grounding

5 techniques for Balancing Hormones