



Energy Medicine 101 & 102

2014 Workshops in Fayetteville, Arkansas

with Allee Anabal RN, EEM-AP



These interactive workshops teach the essential basic practices taught by Donna Eden, author of *Energy Medicine* & *Energy Medicine for Women*. Donna is a widely respected healer & pioneer in the field of Energy Medicine.

<p style="text-align: center;">EM101</p> <p style="text-align: center;">July 11-12 or August 8-9</p> <ul style="list-style-type: none"> ◆ Basics of self-care ◆ Activating your body's natural healing abilities so you can feel your best ◆ Working with & balancing your meridians ◆ Boosting your immune system & metabolism with Triple Warmer & Spleen ◆ Releasing toxins gently & safely ◆ Relieving stress & feeling calmer ◆ Keeping your energies humming & feeling more grounded, centered, & joyful with a 5-minute Daily Energy Routine 	<p style="text-align: center;">EM102</p> <p style="text-align: center;">September 12-13</p> <ul style="list-style-type: none"> ◆ More self care + working with others ◆ Moving energy for better balance & health ◆ Relieving pain for more ease & comfort ◆ Energy testing self & others for food & other substances (medications, supplements, herbs, etc) for compatibility with Spleen Meridian ◆ Staying energetic & resilient working with others (strengthening the aura) <i>This class is full of practice, practice, practice! Each participant will experience a mini-session to balance & calm their energies!</i>
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(All classes are held Fridays 7:00 to 9:00pm and Saturdays 10:00am to 2:00pm)

WHERE: Unity of Fayetteville ~ 4880 Wedington Dr., Fayetteville, AR 72703

FEE: \$125 (add \$10 for CE's) ~ **PRE-REGISTRATION REQUIRED to reserve space**

For info & to Register, contact: Allee

EnergyMedicine@gilanet.com ~ 575-313-3021 / 479-251-1406

Continuing Education credits available for massage therapists + & R.N.'s ++



+ NCBTMB CE Hours for massage therapists | +This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Allee Anabal is a graduate of the Eden Energy Medicine Advanced Practitioner program & an EM 101/102 / EM for Woman authorized Instructor who has served as a midwife, doula, RN & wellness educator in her 41-yr career. She has a private EEM practice & offers sessions, mentoring & workshops in Fayetteville, the U.S. & internationally. Allee is delighted to share this self-empowering, user-friendly & highly effective method of healing. "When I was very ill, EEM restored me to health & a joyful life! I invite you to experience energy medicine & you will LOVE what it can do for YOU!"