



April 29th, 2023

@1-4pm

**Hermitage Farm Center
for Healing.**

**6415 W River Rd NW,
Rochester, MN 55901**

**Dalia Elimam, MD,
EEM-CP, EMT**

Registration: \$75

Call: (507) 272-2528

3-hour Workshop
Introduction to Energy Medicine
Raising the Vibration of the Planet,
One Person at a Time!

Welcome to Energy Medicine for Beginners!

- This class provides instruction and hands-on experience with many of the topics introduced in Donna's book, *Energy Medicine*.
- The focus of this class is self-care, so you'll be working with the basic concepts of *Eden Energy Medicine* that are designed to help you feel and function better.
- Whether you want to de-stress, perk up, or just feel more grounded, you'll find lots of great Energy Medicine techniques designed to help you in this introductory class.
- We use a combination of lecture, demonstration, discussion, and practice to teach the material in our classes.