



ENERGY MEDICINE 101

with Yvonne Czarniak, EEM-AP

This one-day class will cover:

- how to reduce stress, improve sleep and boost your immune system
- how to stabilize your moods and manage emotional drainage
- how to get your energies running smoothly each day
- the fight, flight or freeze response
- and other topics in Donna Eden's award-winning book, *Energy Medicine*

SATURDAY, June 23, 2018

9:00 AM – 4:30 PM

\$125

(lunch included)

private residence

Upper Marlboro, MD

address will be provided once registered



Sandra, Donna, Yvonne

Pre-Registration Required

To register visit:

www.ChiBlessings.com



Attention Massage Therapists – this class is eligible for 6 CE's for Massage Therapists thru The National Certification Board for Therapeutic Massage & Bodywork (NCBTMB)! (additional \$10 fee)

Yvonne Czarniak, an Advanced Eden Energy Medicine practitioner and a Yang Style Tai Chi instructor, will be teaching a fun, interactive class that will benefit you for a lifetime!!

Any questions, email
Yvonne@ChiBlessings.com