

# THE EDEN METHOD

2020-2021 Level I: Fundamentals in Kingston, NJ



“Energy Medicine awakens energies that bring vitality, joy and enthusiasm to your life and greater health to your body, mind and spirit! Balancing your energies balances your chemistry and hormones, helps you to get better and helps you think better. It empowers you to adapt and even flourish in the 21st century.”

**Donna Eden**

**Lisa Buford Your Instructor** is an Eden Energy Medicine founding faculty member and an Advanced Practitioner. Lisa has taught Level I over 20 times in the US and Canada. She has been in private practice for over 20 years. Additionally, Lisa is certified as an Advanced Emotional Freedom Technique Practitioner (EFT) and is a licensed Brain Gym Instructor and Consultant. Lisa has been published in Energy Medicine and Brain Gym journals, and has presented at IGEEM (International Gathering of Eden Energy Medicine Conference) on two different occasions. She comes with passion, skill, wisdom and humor. Lisa loves to teach Energy Medicine and witness students “**Catch the Magic !**”

“Lisa Buford has an effortless charisma as a teacher; she has a way of teaching that just flows and makes it easy to take in the information and techniques she is sharing.

And she has such an innate caring for her clients that supports her advanced skills and many years of experience working with the energies of the body. She is a precious soul.” **Donna Eden**

## **Learn How To:**

Expand the toolbox for your own personal health and well-being

Integrate Eden Energy Medicine into your professional health practice

Develop skills for your role as a caregiver to family and friends

## **Course Details:**

No Prerequisites required to enroll

Strong mix of teaching and practice time

Four Weekends and at-home supervised practice

One-year program with Certificate of Completion

## **DATES 2020-2021**

Class 1 May 29-31

Class 2 August 14-16

Class 3 November 6-8

Class 4 January 22-24

**FRI, SAT & SUN 9AM-7PM**

## **LOCATION**

Energy 4 Healing

4446 Route 27

Kingston, NJ

## **COST**

\$300 deposit will hold your space

\$300 deposit is applied to Class 4

Class 1 \$995 \* Class 2 \$995

Class 3 \$995 \* Class 4 \$695

## **CONTACT**

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Please visit [www.LisaBuford.com](http://www.LisaBuford.com)

## **MORE INFO**

[www.Level1edenmethod.com](http://www.Level1edenmethod.com)

## **READY TO SIGN UP**

<https://uy285.infusionsoft.app/app/orderForms/Foundations-Class-Deposit>

