

# Welcome to *Eden Method Level 1 Fundamentals*

*and to a new world of empowerment, resource, self-care, & healing!*

I am delighted to welcome you to Class 1 of EM Fundamentals – now is a time when we need this work more than ever & I am thrilled to join you on this journey!

During this unprecedented time, we will follow a **hybrid learning plan** for this year. Our goal is to provide you with a great opportunity to learn the brilliance of this work in a way that honors distancing, safety, and the importance of hand-on practice. In this format, you will be able to watch videos on your own, ask questions, and meet with your EEM tribe; then we will come together in person for Classes 2 & 4 to practice all of the hands-on aspects of the work. Here is an overview of the hybrid schedule:

1. **Class 1, May 29 – 30, Online**, with support meetings at 1pm Eastern daily
2. **Class 2, Aug 14 – 16, In person** in Tallahassee to practice the hands-on work
3. **Class 3, Oct 9 – 10, Online**, with support meetings at 1pm Eastern daily
4. **Class 4, Dec 11 – 13, In person** in Tallahassee to practice hands-on work

This class schedule is robust, with short windows between each class. Please keep time open in your schedule for daily practice and study in order to stay on track.

## To Register for Class:

1. Complete your full registration.
2. Pay your deposit & full tuition for Class 1.
3. Purchase your pre-requisite materials (once you pay for Class 1, send me a note and I'll send you a discount code for materials).
4. Watch your inbox for links to EEM Central, our remote learning platform, for access to class videos & course materials from Innersource (these will arrive 1-2 weeks before class starts). Once course materials have been released, no refunds are available.
5. Make sure you have a quiet, private space to meet for class on May 29 & 30.
6. Test your technology for strong internet access & a clear webcam/microphone.

**Self-Care & Integration:** Plan for plenty of rest & yin time before and after class. It promotes learning by allowing the body time and space to integrate new information and process energetic growth.

I am thrilled about this offering and about what each of you bring to the group. Please contact me at [energyworks7@yahoo.com](mailto:energyworks7@yahoo.com) if you have any questions.