eden method

Experience Your Own Healing Power!

Eden Energy Medicine
Level 1: Fundamentals Training

New Classes Start in April-June

Based on the empowering work of Donna Eden, Level 1: Fundamentals will teach you the core techniques of Eden Energy Medicine. You'll learn about the body's energy systems and techniques to keep those energies balanced and flowing for optimal health. Those who wish to become Certified may continue on to a second year of study.

Course Details

Four extended weekends over one year so you can fit the training into your schedule.

Small classes with lots of individual attention and hands-on practice. You'll get the **personalized instruction** you need.

At-home supervised practice that helps **build your confidence** with the techniques!

Open to everyone. There are no prerequisites required to enroll. Everyone can learn this method.

"Change the energies that travel through your body and you can change your mood, your mind, your health, and your relationships."

- Donna Eden

Level 1: Fundamentals can:

Have a **life-changing impact** on your health and the health of your loved ones or clients.

Develop and expand your skills so **you'll feel empowered** to care for your aging parents, children, or friends.

Broaden your professional tool box for those of you already in a healing profession. Eden Energy Medicine is a **powerful addition to any practice.**

Lead to a **satisfying and gratifying career in healing** as a Certified Eden Energy Medicine Practitioner.

Meet Your Teacher for Classes in Woodmere, New York

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