

# THE EDEN METHOD

2022-2023 Level I: Fundamentals in Emigrant, MT



“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 IGEEEM (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 2022-2023**

Class 1 May 27-29

Class 2 August 19-21

Class 3 November 18-20

Class 4 February 3-5

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

## **LOCATION**

2 Evening Star Lane  
Emigrant, MT 59027

## **COST**

\$350 deposit will hold your space

\$350 deposit is applied to Class 4

Class 1 \$1,095 \* Class 2 \$1,095

Class 3 \$1,095 \* Class 4 \$745

## **CONTACT**

Lisa Buford 406 223-1624

[lisabuford123@gmail.com](mailto:lisabuford123@gmail.com)

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

## **READY TO SIGN UP**

<https://edenenergymedicine.com/forms/level-1-deposit-form/>

Free Gifts