



*20-23 Apr '23
06-09 Jul '23
05-08 Oct '23
11-14 Jan '24*

EDEN ENERGY METHOD

The Level 1: Fundamentals Program in Finland is a one-year program designed for those people desiring in-depth coursework and supervision in Donna Eden's style of Energy Medicine. This program is based on a curriculum developed by Donna, along with her faculty members. The goal of the program is to help any student of Eden Energy Medicine obtain a firm foundation in the body of work and to develop the skill levels necessary to begin using these techniques regularly, either with family and friends, or in a professional setting.

Study the fundamentals of Eden Energy Medicine with Helen McCrarren in a small, supportive setting and get the training you need to make a huge impact on your own health and that of others.



Four extended weekends over 1 year in Lahti, Finland.

For more information contact Helen at mindbodyenergymatters@gmail.com
or visit www.edenmethodireland.ie.