

# NURTURE YOUR *Energies*

## EDEN ENERGY MEDICINE: LEVEL 1 FUNDAMENTALS IN EDINBURGH 2025/2026

### LEVEL ONE: FUNDAMENTALS CLASS

Dive into the transformative teachings of Donna Eden with the Level 1 Fundamentals. This training unveils the core techniques of Eden Energy Medicine, empowering you to understand and balance the body's energy systems for peak health. Perfect for those aspiring to certification through further study.



Classes in Edinburgh,  
Scotland, UK  
Starting May 2025.

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### Course Highlights

- Flexible Learning: Spread over four extended weekends in a year
- Personalized Guidance: Benefit from small class sizes, ensuring individual attention
- Practical Application: Enhance your skills with at-home supervised practice.
- Accessibility for All: No prerequisites needed – open to everyone interested in harnessing energy for healing.

### Transformation

- Impactful Health Benefits: For you, your family and your clients.
- Skill Development
- Career Pathway: Journey towards becoming a Certified Eden Energy Medicine Practitioner.