



Eden Energy Medicine Level 1: Fundamentals Training

Classes starting in June in County Monaghan, Ireland



**Enrol now, to discover your inner healer
– for yourself, for your loved ones, and your community.**

Hope • Connection • Support

Energy Medicine is based on the understanding that 'any physical, mental, or behavioural problem has a counterpart in the body's energies and can be treated at that level'.

Drawing on many ancient healing traditions, the Fundamentals Year is **open to all** and provides a solid foundation for those who wish to undertake the Level 2 Certification training in Eden Energy Medicine. As you practise these transformative techniques with your classmates you will form deep connections that last a lifetime.



Course Information

• The Fundamentals Year consists of four separate classes, each with in-depth study materials carefully designed to be accessible to every style of learner.

This year, for Ireland, the course dates are:

- Class 1 – 5-8th June 2025
- Class 2 – 21-24th August 2025
- Class 3 – 6-9th November 2025
- Class 4 – 29th Jan – 1st Feb 2026

How Will it Feel?

In the words of Helen's previous students: 'Helen McCrarren is an excellent teacher - kind, knowledgeable, and easy to learn from.' 'I had lots of hands-on experience with the material.' 'This is such an inspiring and empowering class!'

Throughout the year you will benefit from small class sizes that provide the perfect balance of connection and support. You will learn to how to be more in touch with your own inner radiance, more resilient, and more open to all the gifts that the Universe has to offer you.



Meet Your Teacher for Classes in Killycarnan, County Monaghan, Ireland

Helen McCrarren, Eden Energy Medicine Advanced Practitioner

Email: Fundamentals@mindbodyenergymatters.com | Phone: +353 (0)874 129 385

More Information: mindbodyenergymatters.com