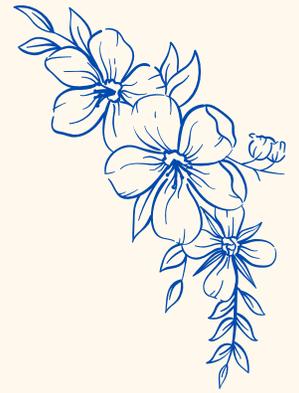


# ENERGY BALANCING FOR PEOPLE



## WITH THERESE NABER

**SUNDAY, MAY 15, 2022**

**9:30 AM - 2:30 PM**

Therese will work with you to identify your goals and determine the focus of a session. Because Eden Energy Medicine encompasses nine different energy systems, it offers a very comprehensive approach to clearing and balancing your energies. With Emotional Freedom Techniques, the focus is more on releasing stuck energy around emotions.

### **What is Eden Energy Medicine?**

Eden Energy Medicine (EEM) is based on the work of Donna Eden, a pioneer in the field of energy healing. She developed the techniques, which she now teaches, through decades of private practice. EEM differs from other modalities because it identifies and works with nine different energy systems (e.g. meridians, chakras, the aura), which makes it a comprehensive and powerful approach to balancing your energies.

### **What are Emotional Freedom Techniques?**

Emotional Freedom Techniques, also known as "EFT" or "tapping" or "meridian tapping," uses gentle fingertip tapping on acupressure points while focusing on problems or challenges to bring more energetic and emotional balance. Clinical studies have shown that EFT can significantly lower cortisol – aka the stress hormone – and that it can be helpful with anxiety and depression.

### **COST:**

40 minute Session \$45

HPHC Volunteers \$35

Pay at the door.

RSVP via email  
Space is limited

Held at:

Horse Power Healing Center  
S101 W34628 County Road LO  
Eagle, WI 53119



**THERESE NABER**

[www.allbeingenergy.com](http://www.allbeingenergy.com)

Therese Naber is a writer, educator and the founder of All Being Energy LLC. She is a clinical level practitioner of Eden Energy Medicine and a practitioner of Emotional Freedom Techniques (aka EFT or "Tapping"). She has a Master's degree in Education, is a PATH International Certified Therapeutic Riding Instructor, and is a PSIA certified adaptive ski instructor. She lives in Minnesota.

**From Therese - "I love helping people and animals find more energetic balance in their lives."**

[www.horsepowerhealingcenter.com](http://www.horsepowerhealingcenter.com)

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