

RELIEVE ANXIETY AND STRESS

LEARN POWERFUL EDEN ENERGY MEDICINE TOOLS IN THIS 1-HOUR CLASS TO:

- **Help when anxiety strikes so you can move forward with confidence.**
- **Come out of overwhelm so you can clearly see what needs to be done.**
- **Release pent-up anger and frustration so you don't take it out on your kids, partner, or friends.**
- **Calm the Fight, Flight, or Freeze Response so you can remain centered even when your day is tough.**
- **Release past emotions that may be holding you back from enjoying the present moment.**

