

# ENERGY MEDICINE

**With Jana Messing, MA**

**Certified Eden Energy Medicine Practitioner**

**Feel more alive, think more clearly and boost your immune system!**



**March 14th:**

**9:00am to 4:00pm**

**Cost: \$50**

**Bring a yoga mat or pad for floor work.**

*Lunch on our own.*

**Energy Medicine will improve your health and happiness through specific techniques and exercises...**simple and within your own power!****

**Jana Messing will show you how to “Energy Test”, correct energies of your body that are out of balance and teach techniques to use for relief of pain and stress.**

**Based in Donna Eden’s system of Energy Medicine, this workshop will give you tools and knowledge to create healthier energy patterns for yourself, and others!**

**To Register Call: 850-544-3444 or 816-838-7520**

**Abundance Wellness Center**

**325 John Knox Bldg T, Ste. 1**

**Tallahassee, FL**