



Yoga Bent
1630 Old Deerfield Rd, Highland Park, 847-831-1515
presents

SUPER ENERGY SUNDAY!

February 5, 2012 1-3PM \$26

OPTIMIZE YOUR ENERGY and AWAKEN YOUR POWER

with

Devi Stern

Eden Energy Medicine Advanced Practitioner,
www.dragonflyhealer.com

learn simple exercises to :

- * handle stress quickly and easily *boost vitality and stamina
- *strengthen boundaries- protecting you from negative or unwanted energies
- *rebalance hormones that cause unwanted symptoms such as PMS or hot flashes
- *sharpen your memory and mental clarity
- *strengthen your immune system
- *reconnect to JOY!

Eden Energy Medicine, pioneered by Donna Eden (www.innersource.net), is based on the principle that the health of the body, mind, and spirit is anchored in the subtle energy systems--such as the meridians, chakras, and aura. Your body is designed to heal itself and its ability to maintain health and overcome illness is one of nature's most remarkable feats. But we live in a world that systematically interferes with this natural capacity. Because of this stress we often have places where our energies are unbalanced or blocked and these can adversely affect you physically, emotionally and/or mentally.