

Energy Medicine EM 101 / 102

SUPPLEMENTARY INFORMATION

June 16 - 18th, 2017 Hartington, The Peak District

EM101 & EM102 are each one-day classes that cover many key topics from **Donna Eden's** award-winning book, *Energy Medicine*.

This workshop is straightforward, easy & full of information to help you take better care of yourself. During this weekend Rachel will take you through techniques that can help you have more energy, less stress, a better night's sleep & feel better all over.

You will learn how to:

- Improve energy levels
- Boost immune system
- Remove toxins
- Improve sleep
- Reduce stress
- Get grounded – and maintain it!

EM101 introduces EEM (Eden Energy Medicine) basics plus many topics that are important for self-care and healing. A quick Daily Energy Routine (just over 5 minutes) is taught that will have your energies humming in no time, plus ways to feel more grounded and centred are explored. EM101 also teaches a mainstay of EEM, Energy Testing, where you will learn how the energies flow through your body and what they can tell you. The class ends with each participant experiencing an EEM mini-session that balances and calms their energy.

EM102 picks up where EM101 left off and offers important techniques for pain management and stress relief. Energy Medicine for the Eyes is also covered in this class, as is working with the chakras. And like EM101, this class is full of practice, practice, practice and ends with a second EEM mini-session designed to balance and revitalise your chakra energies.

Weekend structure

This is the intended structure of the whole weekend, but will differ depending on whether you are choosing a residential or non-residential option.

Friday

6.30 - 7 pm: Meet and greet

7 pm: Evening meal

Saturday (*Breakfast served 7.30 - 9 am*)

9.45 - 5pm: Learning & practising techniques in EM101

Sunday (*Breakfast served 7.30 - 9am*)

10 am - 5pm: Learning & practising techniques in EM102

Rachel Jacobson

Rachel is an Eden Energy Medicine Clinical Practitioner (EEM-CP).

She approaches teaching Energy Medicine techniques with humour & humanity, fostering an inclusive & welcoming atmosphere.

Suitability

All welcome - suitable for beginners & non-beginners alike.

Please contact Rachel if you would like more information on the course content.

Venue

Hartington Hall is a stunning 17th century manor house, with log fires & oak panelling, all set in beautiful gardens in Hartington in Derbyshire.

Location

Hartington is a pretty English village nestled in the Peak District National Park.

What is included

Residential option: 2 nights accommodation; all workshop sessions; a hot & cold breakfast both mornings; a light lunch on both Saturday & Sunday; refreshments throughout the weekend; use of all the facilities, including a self-catering kitchen; licensed bar & restaurant.

Non-residential option: All workshop sessions; refreshments throughout the weekend as well as use of all the facilities, including a self-catering kitchen; licensed bar & restaurant.

Bedrooms

As this is a 17th century building, the rooms are different shapes & sizes. Some have en-suites & some do not.

On this weekend workshop we offer single, twin & double rooms. There is also a lovely self-contained flat with a double bed, kitchenette & living room with TV which is available at a slightly higher price.

Rooms will be allocated on a first-come, first-served basis.

Prices

The price of the 2-day workshop alone is £200 p.p. (**£185***)

The price of the accommodation is:

£100 (**£90***) p.p. based on 2 people sharing a twin or double room

£120 (**£110***) p.p. for a single room.

The premier accommodation in a self-contained flat is £150 p.p. based on 2 people sharing. There is no early bird price for this.

In total the 2-day workshop plus accommodation is:

£300 (£275*) p.p. based on 2 people sharing a twin or double room

£320 (£295*) p.p. for a single room.

£350 (£335*) p.p. based on 2 people sharing in premier accommodation.

***Early bird prices apply when the deposit is received by April 28th, 2017.**

Deposit

A non-refundable deposit of £50 secures a place & the remainder is due by May 19th 2017.

Payment method

Payment is preferred by bank transfer or via Paypal, but payment by cheque or cash can be arranged.

Cancellations & Refunds

Please see separate Terms & Conditions.

Meals & catering

A full hot & cold breakfast is provided both mornings. On Friday evening we can eat together in the restaurant at the venue. Alternatively if you have specific dietary needs there is the option of using the self-catering kitchen. For Saturday evening there is the additional choice of dining in one of the pubs in the village.

There is a well-equipped self-catering kitchen at the venue. This enables you to mix & match purchased & self-catered meals as you prefer, allowing you to control any budgetary or dietary requirements.

Further information

Please get in touch with Rachel on info@wellbeingyourway.com or 07956 619 696 or for more regarding accommodation please contact Lindi on 07490 295 827 or lindi@simply-escape.co.uk

