

Workshop - Part 1

Eden Energy Medicine for beginners



Dates

Part 1

Saturday, 31 October 2020

Part 2

Saturday, 21 November 2020 (optional)

Time and details

Please join already at 8:45.

The workshop takes place from 9:00-17:00 with a common lunch in a restaurant (if desired).

Please dress comfortably.

Language

English

(If needed, Tove also speaks

Luxembourgish, German and French).

Location

Centre Culturel Altrimenti (Centre Convict)
5, avenue Marie-Thérèse
L-2132 Luxembourg

Room: Grande salle Rheinsheim

Arriving and parking

Bus: line 15 / Stop: Rheinsheim

Parking: 100 m / Parking Monterey

Contact and registration

To register, please contact Tove.

Participants: maximum 15

Sanitary measures (COVID-19) are in place.

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<https://energymedicine.lu>

Cost

120 EUR / Part 1

Tove Thyes

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Empower yourself to balance the flows of energy in your body for maximum healing and vitality

I want you to feel confident about what you can do to help **balance your energy**, so you are in your most vibrant health and strongest resiliency. There is so much that you can do to support your energy, nurture your body, stabilise your emotions and even experience joy.

The interactive workshop focuses on **self-care**.

In the morning we will look at the main concepts of Eden Energy Medicine that will help you feel better, function better and support your immune system.

In the afternoon we will learn how to cope with fight-flight-freeze mechanism that depletes our energy and life force. Fortunately, it is easier than you think to update your energy "software" to adapt to the world we live in.

The workshop includes

- Five-minute "Daily Energy Routine"
- Effects of stress on your energies, and how to lessen its effects
- Tools for Releasing Negative Emotions
- How to stay Grounded and Centred
- How to Remove Toxins using Reflex Points
- A 38-page illustrated English booklet

About Energy medicine



Energy medicine recognises energy as a vital, living moving force that determines much about health and happiness. In Energy medicine, energy is the medicine and energy is the patient. You heal the body by activating its natural healing energies, you also heal the body by restoring energies that have become weak, disturbed or out of balance. (From LearnEnergyMedicine, Innersource 2015)

About the teacher



Founder of Energy Medicine Luxembourg, Tove Thyes has insight for identifying the blocks and energy imbalances that limit health-minded people's vitality and personal power. After 17 years of advising managers on change, development and optimization in an international bank and a top 20 Luxembourg company, Tove left the Corporate world to realize her passion and to bring her transformational work to her clients from all over Europe.