

# Feeling Tired all the time?...Got Stress? Just can't seem to get well or feeling blue, foggy or unmotivated? **Your Energies may need Balancing!**



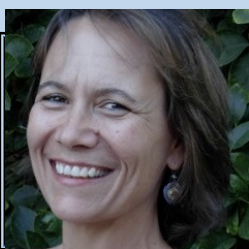
**3 classes at the  
Idyllwild Library  
in February  
Saturday,  
February 8, 15 ,22  
10:30 - 11:30 am**



Idyllwild Library | 54401 Village Center Dr. | Idyllwild | CA | 92549

Energy Medicine is the science and the art of optimizing your energies to help your body and mind function at their best. Controlling your chemistry by managing your energies is the fast track for helping your body evolve and adapt to the challenges of the 21st Century.

- Restore Energies when tired
- Sharpen your memory and mental clarity
- Boost your immune system and metabolism
- Alleviate depression, anxiety and stress response
- Keep your energies balanced and regulated
- Helpful for autoimmune disorders, inflammation, arthritis, and to prevent illness
- Strengthens you against the effects of pollution, toxins, chemicals and EMFs



**Maryna Allan**

MFA in Dance and  
Certified Practitioner in Eden Energy Medicine



*There is no fee for these classes but donations are gratefully accepted.*