

The Language Your Body Speaks *a deep dive into the language of energy!*



with Ellen Meredith, DA, EEM-AP

Albany, NY

June 27-28, 2020

Just under the surface of your awareness, your body, mind, and spirit communicate constantly using the language of energy. Using movement, gesture, light, sound, vibration, imagery, actions, (and more) you can easily learn to participate in these ongoing conversations. You can learn to influence your body's energies to activate profound healing.

Subtle Energies **form** your body, **fuel** the operations of your body, and **organize** the functioning of your body. They carry and express meaning. Most of us are so schooled to think of our bodies in chemical, scientific terms, we have forgotten how to hear, see, feel, smell, touch, taste, and speak energy! In this class, Ellen offers you a chance to dive in, play with the energies that create meaning in your life, and re-learn your body's native language!

No pre-requisite: Permission of the instructor. This class is appropriate for all levels, from beginners to advanced practitioners.



Venue: Hot Yoga Spot Yoga, Stuyvesant Plaza, 1475 Western Ave

Times: 9:30-6:00 Sat.; 9:30-5:30 Sunday

Cost: \$325 US

Registration: Ellen Meredith SDenergymedicine@gmail.com or

Register ONLINE at www.ellenmeredith.com/classes.php



Ellen Meredith is an Eden Energy Medicine Advanced Practitioner, medical intuitive, conscious channel and emeritus member of the EEM Certification Program Faculty. She is a dynamic and exciting teacher who offers creative new tools to support healing, wholeness, and empowered living.

Author of The Language Your Body Speaks: Self-healing with Energy Medicine; Listening In: Dialogues with the Wiser Self; In Search of Radiance: Learning to Stand with your Wiser Self (CDs), and multiple EM courses on DVD.