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Join Monika Puglielli, EEM-CP, on Friday afternoon for a 4 hr. class to learn how to get your bearings back with the Eden Method. She will teach energy medicine tools to help with anxiety and stress in these uncertain times, how to strengthen your immune system and keep it strong, as well as a daily routine to gain energy, feel younger, and relieve pain.

[www.abundance-em.com](http://www.abundance-em.com)

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Testimonials:

I was drawn to Energy Medicine because I felt it offered a completely different approach to healing. Monika’s practical, compassionate, and knowledgeable approach helped me understand my overall health challenges in a broader, more holistic way. Our bodies are so much more than we’ve been taught to believe!   
Most importantly, Monika demonstrated self-healing practices that give me hope in moving forward with my current and future sense of wellbeing.”  
Laura K.

Monika is a wonderful practitioner for Eden Energy Medicine, she's knowledgeable, kind, compassionate, and holds a safe space to talk about any issues you might have.  She's very good at explaining what she is doing and why.  I find that many of my physical issues are directly linked to what's going on with me emotionally.  I have gone to her with throbbing headaches, neck pain, back aches, and even allergies, and she has been able to help me with every one of them.  Every time I see her I have walked out feeling extremely relaxed, and best of all........pain free!   
Laurie T.

I have been doing the Daily energy routine since 2015 and it is so wonderful, but my digestion was still not working as it could. After three visits with Monika my digestion is working better than ever. It is amazing how she can pinpoint and get at the root of a problem and help it to move in the direction of health!! So excited and happy to have found her.   
Jenny