

Join a Somatic Subtle Energy Class...

With Jana Messing, M.A.,
International Teacher and Practitioner

Whether it's to improve your skiing, increase your strength, your balance or your confidence; manage stress, overwhelm, anxiety, depression, or an auto-immune challenge; you can achieve positive, permanent life and habit changes through learning and using these simple techniques that work with your subtle energies.

Create the best
internal environment
to achieve your goals!

Mondays, 4-5p

Thursdays, 5-6p

Saturdays, 4-5p

\$25 per class.

**Register at the
Edelweiss Lodge &
Spa Front desk.**

For more info email:

janamariamessing@icloud.com

Everything is Energy!

Energy Medicine incorporates **holistic practices and techniques to tap into your body's inherent energy to bring balance and healing, by clearing energy obstructions or disruptions, and restore harmony.**

Subtle energy flow in the body, can be made evident through '**muscle testing**', which can be used for checking the effects of substances, food, supplements, other's energies, emotions, etc...on your body's energy.

Come experience and learn simple practices, customized to your needs, to bring healthy, positive changes!