

The Eden Method

Level 1: Fundamentals, 2023-2024 Westwood, MA

Level 1: Fundamentals, 2023-2024 Alfred, ME (next to Kennebunk)

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PROGRAM OVERVIEW:

The Level 1: Fundamentals Program is a one-year program designed for those people desiring in-depth course work and supervision in Donna Eden's style of Energy Medicine. This program is based on a curriculum developed by Donna, along with her faculty members. The goal of the program is to help any student of Eden Energy Medicine obtain a firm foundation in the body of work Donna has created over the past 30 years and to develop the skill levels necessary to begin using these techniques regularly, either with family and friends, or in a professional setting.

All classes include a combination of teaching and hands on practice in small groups, as well as question & answer sessions.

A small class environment with a small TA/Student ratio creates an intimate, supportive learning environment. All Teaching Assistants are graduates of the Eden Energy Medicine Certification Program.

For this program, you will need to complete a take home, open book test & a pre-scheduled live (Zoom/Face time if you are not local) demonstration of the material learned, after each quarterly class.

Students needing to use the on line option for the demo, will need access to a computer with a video camera and high-speed internet access so the teacher can watch the demonstration remotely in real time.

Successful completion of Level 1: Fundamentals will give students the option of applying this class work toward the Level 2: Certification Training held at one of the regional centers, currently in Baltimore, Maryland area and Phoenix, Arizona. Completing Level 2: Certification Training is

optional; students in Level 1: Fundamentals may feel satisfied after one year and not see a need to take their studies further. At the end of the one-year Level 1: Fundamentals program, students will receive a certificate stating they have completed the Level 1: Fundamentals in Eden Energy Medicine, but this should not be construed as a certification in Eden Energy Medicine, as that requires the completion of the Level 2: Certification Training, along with applying for and completing the certification process through Innersource.

The main purpose of the Level 1: Fundamentals is educational, and classes will include lecture, small group time for practice, as well as question and answer sessions. Each class is designed to provide you with skills for working with the body's energies to promote physical and emotional well-being. This can be an intense experience and doing energy work in a large group can be taxing, so if you are not in good health, we ask you to take this into account before registering. If your primary need is in pursuing a healing experience, we encourage you to contact one of the trained practitioners listed on Donna Eden's website and work with them directly.

WHAT YOU WILL LEARN IN LEVEL 1: FUNDAMENTALS

- How to take an active role in the healing of yourself and your loved ones and say goodbye to feelings of powerlessness.
- Alternative treatments for pain so you can potentially lessen or completely remove any dependencies on pain medication.
- Ways to strengthen the immune system so you and loved ones can build resilience to illness.
- To develop your own unique gifts when it comes to moving, directing or shifting energy in the body. You will leave class a more confident healer.
- Ways to track energy in the body so you know what techniques will bring about the best results for you and anyone you work on.

Plus, you'll leave class qualified to enter Year 2 of our Certification Program so that you can eventually build a healing practice as an Eden Energy Medicine Practitioner.

WHO THIS PROGRAM IS DESIGNED FOR:

- This year of classes is the groundwork for those students who wish to complete the EEM Two-Year Certification Program and become Eden Energy Medicine-Certified, Clinical or Advanced Practitioners
- It may also be used by professionals who want to integrate EEM into their existing practices including: Doctors of Medicine, Osteopathy, Naturopathy and Chiropractic, as well as nurses, psychotherapists, life coaches, acupuncturists, massage therapists, yoga instructors, occupational and physical therapists

- Care-givers are an important part of health care and can benefit greatly from using the methods they learn in Year 1 for themselves and those they support.
- Integrating Eden Energy Medicine into one's self-care is Donna's dream and passion. Many people around the world have reported amazing results by just doing the Daily Energy Routine. The Level 1: Fundamentals training allows individuals to learn Energy Medicine methods that are beneficial in bringing a deep and lasting resiliency to their energies.

WHEN:

Every quarter for one year. The four classes must be taken in sequence. Each of the preceding classes is a prerequisite for those that follow. There are options available if you cannot make all the classes. These are listed in the Missed Class Policy, below, or reach out to Julie to discuss possible options.

2023/2024 Westwood, MA

Class 1: June 8-11, 2023

Class 2: August 17-20, 2023

Class 3: November 2-5, 2023

Class 4: February 1-4, 2024

2023/2024 Alfred, ME (subject to change)

Class 1: May 4-7, 2023

Class 2: July 20-23, 2023

Class 3: October 5-8, 2023

Class 4: January 4-7, 2024

We reserve the right to change the dates if necessary prior to the start of class.

Class Schedule will be:

Thursday	4-8
Friday	9-6
Saturday	9-6
Sunday	9-6

There will be breaks and time off for lunch. This schedule may vary slightly if unforeseen needs arise.

WHERE: Westwood, MA

Courtyard Boston Dedham/Westwood

64 University Ave
Westwood, MA 02090

We are conveniently located off of many highways and adjacent to a train station as well!

We reserve the right to move the class to another local venue, if class size requires it.

WHERE: Kennebunk, ME

Hopespring Holistic Health Institute

1013 Old North Berwick Road
Alfred (Next to Kennebunk), Maine, 04002

Only 4.5 miles from the Kennebunk I-95 exit

TUITION:

The tuition payments can be paid in full or quarterly – at least 30 days prior to the start of each class. The tuition covers all of the class handouts, conference space, faculty, and continued supervision by the teaching staff for the duration of the program. The cost of tuition is guaranteed for the current year. Please make checks payable to: Simply Energy, LLC

Class 1 payment: \$1195

Class 2 payment: \$1195

Class 3 payment: \$1195

Class 4 payment: \$1195

FINANCIAL AID:

If you need financial assistance for the Level 1: Fundamentals Program, we suggest you seek “sponsors” for a contribution to your “Education Fund” to support your training. You will be learning enough to give Energy Medicine Sessions after the first class. Two sponsors who are willing to receive a weekly (or 4 sponsors every other week) Energy Medicine session at \$38/session will come close to covering your tuition. It will be a huge benefit to you and your sponsors. They will receive Energy Medicine sessions at a reduced cost, and you will have valuable hands on practice for your studies.

If you are thinking of doing this, don't hesitate to reach out. I am happy to talk with you more about this!

REGISTRATION PROCESS:

1. Read this entire information packet 😊 You may wish to print or download it for future reference.
2. Complete the on-line registration form at www.simplyenergyllc.com (links are below as well)
 - **Kennebunk, ME link:** <https://simplyenergyllc.regfox.com/level-1-fundamentals-2023-24---class-1---kennebunk-maine>.
 - **Westwood, MA link:** <https://simplyenergyllc.regfox.com/level-1-fundamentals-2023-24---class-1---westwood-ma>
3. Purchase the required materials (see details below). I will provide you a discount code for these required materials if you need to purchase them, as soon as you are paid in full for class 1.

REGISTER EARLY, SPACE IS LIMITED! THE CLASS WILL FILL!

ACCOMMODATIONS: Westwood, MA

Meals and lodging are at the student's expense. There are usually rooms available, at a discount, at the hotel where class is being held with advance planning. There are other options as well in the local area.

ACCOMMODATIONS: Kennebunk, ME

Meals and lodging are at the student's expense. There are usually rooms available, at a discount, at a local hotel. There are other options as well in close proximity.

There are limited spaces available for lodging to stay at Hopespring. Contact Julie for details.

MEALS:

Students are responsible for their own meals. There are local options for a variety of foods.

CLASS MATERIALS:

All students must purchase the following class materials BEFORE Class 1 starts:

Energy Medicine book

Energies of Love DVD or book (not required if they attended an *Energies of Love* "live" class with Donna and David, or have the streaming version)

Ethics Handbook for Energy Healing Practitioners

The Nine Energy Systems DVD

We request that you bring your Ethics Handbook for Energy Healing Practitioners and Energy Medicine book for reference at each class.

Please order these materials online at <https://edenenergymedicine.com/product-category/foundations-student-course-materials/>

I will provide you with a discount code for savings on these materials AFTER YOU ARE PAID IN FULL FOR CLASS 1.

WITHDRAWAL POLICY

Class 1:

If you withdraw from class 1 more than 30 days before the start of class, you will receive a full refund (less 100 processing fee) for any monies you have paid toward class 1. If you withdraw from class 1 within 30 days, there is no refund.

For withdrawals that occur from Class 2 forward:

If you withdraw from the program more than thirty days before the start of Class 2, 3 or 4, you will receive a 50% refund on any monies you have paid toward that particular class, and a 100% refund of money for any classes you have paid for thereafter. If you withdraw less than thirty days prior to the start of class, there is no refund of tuition for that class. If you just miss a class, but intend on completing the one-year program, you are still responsible for the full tuition for the class missed. Your tuition will still give you access to your teacher for questions on the material as well as Course Books and continued participation in Level 1: Fundamentals.

Withdrawals must be received in writing or by e-mail (julie@simplyenergyllc.com) and will be promptly acknowledged once received. In the case of emergencies (death or injury) or catastrophic (natural or accidental) events, you may contact Julie Fowler and discuss your options.

MISSED CLASS POLICY

It is your responsibility as a student to make up all work and instruction you miss if you fail to attend any of the four classes in this Level 1: Fundamentals program. Every effort will be made to work with you, including options such as review classes and private tutorials, at the student's expense. You may also watch video's of the missed class (filmed previously).

LEVEL 2: CERTIFICATION TRAINING

If you are interested in applying your year of Level 1: Fundamentals in Westwood, MA towards becoming certified in Eden Energy Medicine, there are several items to consider.

1. Level 1: Fundamentals is designed for students interested in applying Energy Medicine to themselves, friends, and family. Students who complete Level 1: Fundamentals will receive a Certificate of Completion. There will not be a title associated with the certificate and students will not be listed on the Innersource website as an EEM Certified Practitioner. Students are eligible to attend the Level 2: Certification Training within two years following completion of Level 1: Fundamentals. If students who complete the Level 1: Fundamentals also complete the Level 2: Certification Training, they will be eligible to apply for the title of Eden Energy Medicine Certified Practitioner (EEM-CP). The Level 2: Certification Training is recommended for students who plan on applying the energy methods professionally or who want to heighten their proficiency. The requirements for each program are outlined on Innersource's [website](#).
2. Both the Level 1: Fundamentals and the Level 2: Certification Training require you to complete a take home, open book test after each quarter and do a live or on-line demonstration, through Skype, Zoom, or other similar video conferencing, of the material learned.
3. Before taking the Level 2: Certification Training held at one of the regional centers, currently in the Baltimore, MD area and Phoenix, AZ, please read the guidelines from Innersource that outline the steps you need to take in order to become registered: <https://edenenergymedicine.com/eemcp-year-2/>