

## SEMINAR FAQs

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### Where are seminars held?

Seminars may be held anywhere that can accommodate at least a small group. Seminars are designed to come to your location. From time to time NRG4U will host a seminar in a community location that will be open to anyone.

### Who can host a seminar?

Anyone that is interested in one of the topics we offer, can gather enough people, and has a location suitable for the seminar may host a seminar.

### How are seminars priced?

Seminars are priced based on several factors including the topic, number of attendees, the location, and non-profit, government or education related status. Contact us with your details for more information.

### How many people can attend a seminar?

A minimum of 12 attendees are needed to host a seminar. The maximum number is limited by the venue size.

### Can I video or record a seminar?

Video and/or audio recording is permitted as long as the recording is used expressly by the person attending the seminar as a refresher. Sharing, in any format including but not limited to Internet postings, copying of media, or use by anyone not attending the seminar is strictly prohibited unless otherwise agreed to in advance.

Learn about Eden Energy Medicine in your home with your friends and family at a NRG4U Energy Party.



We offer unique, in home, Energy Parties where we demonstrate basic techniques and explain Eden Energy Medicine principles to you and your guests.

An Energy Party is unlike any other home party you have been to. There is absolutely nothing to buy. No make-up, food containers, jewelry, candles, home decorations, supplements, or chef supplies.

You will receive handouts, tools, and training that can change your life and the lives of the people that you care about. Hosts receive special bonuses.

Contact us for more information or to book a party.

Contact your local practitioner at



*Energy for You*

HEALING FOR THE 21ST CENTURY

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HEALING FOR THE 21ST CENTURY

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# NRG4U

*Energy for You*

## SEMINARS

“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

Albert Szent-Györgyi  
Nobel Laureate in Medicine

Eden Energy Medicine can help:

- Boost your vitality and stamina
- Strengthen your immune system
- Relieve pain and common ailments
- Sharpen your mind and memory
- Keep yourself healthy and balanced with a simple daily energy routine

# AVAILABLE ENERGY MEDICINE SEMINARS

## NRG4U

### Exclusive Seminars

#### Energy **MEN**icine<sup>SM</sup> Energy Medicine for Men

A 3 hour Energy Medicine seminar with a special focus on men's health challenges designed especially for men and the women that love them. Topics include stress relief, heart health, sexual health, what you need to know about testosterone, maintaining your energy and keeping it balanced and more. Includes handouts.

#### TOE-tal Relaxation<sup>SM</sup>

Learn a powerful toe touching technique that is totally relaxing. This hands-on 2 hour class will teach you a systematic way of holding the toes that can bring deep relaxation, calm the nervous system, balance the body's polarities, fight edema, calm Restless Leg Syndrome, alleviate insomnia, help neuropathy and more. Research indicates this technique may also help prevent nausea and hair loss if done during the administration of chemotherapy. The technique is partner based and is easy to learn and perform. This seminar is suitable for all levels of experience. Includes handouts.

#### Energy Medicine for Animals

Energy medicine is not just for people! Learn some basic Energy Medicine techniques to help our animal friends. Includes handouts.

## The "Dayz" Series

"Dayz" is NRG4U's term for the energetic slump or daze we often find ourselves in during our normal routine each day.

These 90 minute demonstration seminars reveal why we end up tuning out or tuning others out in a variety of situations and how to prevent or correct being "dayzed".

#### School Dayz<sup>SM</sup>

Learn how daily school life affects our child's energies and what we can do to keep them in the best energetic place they can. Among other things, learn why common school practices wipe children out energetically and what can be done to correct and prevent that from happening. Suitable for children, parents, teachers and administrators.

#### Work Dayz<sup>SM</sup>

It doesn't stop when we leave school. See how the workplace constantly affects our energies and what you can do to stay ahead of the challenges. Learn simple tricks to maintain your energy when meeting others as well as ways to avoid or get out of those late morning and midday energy slumps.

#### Performance Dayz<sup>SM</sup>

Whether you are a teacher, lecturer, trainer, actor, dancer, or simply giving a report to the board, see how your energy systems affect everyone in the room and learn how to be at your energetic best for a presentation or performance that will really hit home. In addition to learning how to keep your energies buzzing, learn a simple technique to help "enchant" your audience.

## Hospital Dayz<sup>SM</sup>

You'll be shocked to learn why hospitals are the worst place to be when you are sick. It would be hard to design a place where there are more energetic pitfalls. Knowing what to look out for and how to counter energy hazards could be the difference between a long or short hospital stay. Learn some simple techniques to counter one of the worst energetic places to heal.

### Basic Information Seminars

#### Introduction to Energy Medicine

##### A 2 hour Introduction to Energy Medicine

Attendees will learn where Eden Energy Medicine comes from, what it can do for them, where they can find practitioners, and why they should investigate this form of healing. Includes handouts.

#### 5 Minutes That Will Change Your Life Introduction to the Daily Routine

A 90 minute seminar that demonstrates and explains the purpose behind the 5 minute daily routine. Exercises and their long term benefits are explained. Handouts are provided and alternate exercises for those with special challenges are demonstrated as well. This seminar is suitable for all levels of experience.