

# The Eden Method

Level 1: Fundamentals, 2022-2023 Nashua, NH

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## PROGRAM OVERVIEW:

The Level 1: Fundamentals Program is a one-year program designed for 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.

Classes are small, with an intimate and supportive learning environment. Each class includes Eden Method Teaching Assistants who are Certified Energy Medicine Practitioners to assist your primary teacher.

For this program, you will need to complete a take home, open book test & a pre-scheduled live or online (Zoom/Face time) demonstration of the material learned, after each quarterly class.

Students needing to use the online 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.

**Please Note:** The main purpose of the Level 1: Fundamentals program is educational. Classes include lecture, participating in supervised small group practice time, and 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. 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 and empowered role in the healing of yourself and your loved ones .
- Alternative treatments for pain that can help you manage, lessen or eliminate chronic pain.
- Ways to strengthen your immune system and build resilience to illness.
- How to develop your own unique gifts in moving, directing and shifting energy in the body. You will leave class more confident in your ability to sense and work with energy.
- How to track energy in the body so you know what techniques to utilize for the best results when working on yourself and others.

## THIS PROGRAM IS DESIGNED FOR YOU:

- **Your first step** in learning powerful energy medicine techniques to work on yourself, family, and friends. Tools to use for self-care and caring for those your love.
- **The first step** for students who wish to complete the EEM Two-Year Certification Program, become Eden Energy Medicine Certified Practitioners, and open their own healing practice.
- **Your next step** for integrating EEM into your current professional healthcare practice: Doctors of Medicine, Osteopathy, Naturopathy and Chiropractic, as well as nurses, psychotherapists, life coaches, acupuncturists, massage therapists, yoga instructors, occupational and physical therapists.

## WHEN IS IT TAUGHT:

**A series of four classes** taught quarterly in four expanded weekends over one year. The classes must be taken in sequence. Each of the preceding classes is the prerequisite for those that follow. There are options available if you need to miss a class. These are listed in the Missed Class Policy below.

**2022/2023 Nashua, NH**

**Class 1: June 22-25, 2022**

**Class 2: August 24-27, 2022**

**Class 3: November 9-12, 2022**

**Class 4: January 25-28, 2023**

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

**Class Schedule will be:**

Thursday	12:00pm-6:30pm
Friday	9:00am-6:30pm
Saturday	9:00am-6:30pm
Sunday	9:00am-3:00pm

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

**WHERE: Nashua, NH**

**40 Concord St**  
 Nashua, NH 03064  
 540-273-0386  
 (Michelle’s home)

I reserve the right to move the class to another local venue, if class size or other circumstances make it necessary.

***Conveniently located 2.4 miles off the Everett Turnpike (US 3) at Exit 7. One hour from the Boston Airport, 15 minutes from the Manchester, NH Airport.***

**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, teaching 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.

**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.

## REGISTRATION PROCESS:

1. Read this entire information packet 😊 You may wish to print or download it for future reference.
2. Complete my online registration form at [EnergyMedicineForYou.com](http://EnergyMedicineForYou.com) (links are below as well).
3. Pay your Class 1 tuition to Michelle S. Earnest to hold your spot.

## You are fully registered after completing my registration form and paying for Class 1.

4. Purchase the required materials (see details below). I will provide you a discount code for these materials if you need to purchase them, as soon as you are paid in full for Class 1.

## DEPOSIT AND CLASS 1 PAYMENT:

- A Class 1 payment of \$1195 is paid to [Michelle S. Earnest](#) to hold your space in my class.

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

## ACCOMMODATIONS: Nashua, NH

Meals and lodging are at the student's expense. Three hotels are within 5 miles of my house, right off the Everett turnpike at Exit 8 in Nashua, NH and are conveniently located close to restaurants and a grocery store.

### **Courtyard by Marriott**

2200 Southwood Dr  
Nashua, NH 03063  
603-880-9100

### **Hampton Inn**

407 Amherst St  
Nashua, NH 03063  
603-883-5333

### **DoubleTree by Hilton**

2 Somerset Pkwy  
Nashua, NH 03063  
603-886-1200

## MEALS:

Students are responsible for their own meals. There are local options available for a variety of foods. I provide healthy snacks, tea, and water during class.

## 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

Please 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 credit card/bank fees) for the tuition you have paid for Class 1. **If you withdraw from Class 1 less than 30 days before class starts, there is no tuition refund for Class 1.**

### 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 full tuition refund (less credit card/bank fees) for that class. **If you withdraw less than thirty days prior to the start of class, there is no refund of tuition for that class.**

Withdrawals must be received in writing or by email (enhealing@gmail.com) and will be promptly acknowledged once received. In the case of emergencies (death or injury) or catastrophic (natural or accidental) events please contact Michelle and discuss your options.

## MISSED CLASS POLICY

If you miss a class, but intend on completing the one-year program, you become a MIA student for that class. Student may ONLY be MIA for one of the four classes during the Fundamentals year. **You are still responsible for the full tuition for the class you missed.** Your tuition gives you access to all class materials for the missed class, pre-recorded videos for self-study, and access to your teacher for questions on the material. You must pass the Written and Demo tests for the missed class before you can continue on to the next class in the series.

You could also attend the missed class at another Level 1: Fundamentals location. A list of those classes can be found on The Eden Method/Innersource website: <https://edenmethod.com/level-1-locations>. If you attend a class at another location, you may return to your original Level 1: Fundamentals location for the next class. Please discuss your options with me so that we can work out the best plan for you to continue.

## **LEVEL 2: CERTIFICATION TRAINING**

If you are interested in applying your year of Level 1: Fundamentals in Nashua, NH 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 is not 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 certification as an 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 The Eden Method [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 class and do a live or online demonstration test (through 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 The Eden Method/Innersource that outline the steps you need to take in order to become registered: <https://edenenergymedicine.com/eemcp-year-2/>