

Saturday
April 9,
2022
10am-3p

Please register,
as seating is
limited!

Fountain Square Mall
Suite 241
101 W Kirkwood Av
Bloomington, IN

For more information
call or e-mail.

**Cynthia
Brethem
(812) 272-8188**

**Vladimira
Dragnea
(812) 320-2600**



Cynthia Brethem, M.S., is Nationally Certified Bodyworker since 1994. She has a Master of Science degree in Applied Health from Indiana University Sch of Pub Health.

Dr. Vladimira Dragnea is a naturopath, herbalist, homeopath, Eden Energy Medicine Advanced Practitioner and EdenMethod authorized teacher.



Hosted by **Blooming Health LLC** and **DIYWellbeing**

Move Your Lungs

with Cynthia Brethem

10-1 pm, \$30

Your every day breathing pattern is your control panel for your: **heart, blood pressure, immunity, and blood sugar.1**
Want to know how to use it?
Harness Your Body's Intelligence.
Come on down.

Releasing pain with EEM

with Vladimira Dragnea

2-3pm, \$20

Pain is a message that something in your body needs attention. That can show itself as an injury, chronic illness, limitations after surgery, or sudden discomfort.

Pain also has an energetic component. In this class you will learn simple techniques to work with your energies to get them into a healthy flow. This not only decreases the pain, but it supports the body's ability to heal the underlying condition so you can be active, spend time with your family, play with your grandkids, and continue to do your favorite activities with your spouse and loved ones