

Get Unstuck and Make Changes with Energy Techniques

Have you been feeling stuck or unable to make the changes you want to make? Working with your energies can be a powerful way to get unstuck and start making changes!

In the morning workshop, we'll discuss how old energetic patterns can hold us back and keep us from making the changes we want. We'll look at energy systems that are often involved and practice Eden Energy Medicine techniques to help change old patterns. Come with some blocks or changes you're working on and I'll help you identify specific techniques for you to focus on. You'll leave with new tools in your toolkit to support positive changes in your life.

In the afternoon, I'll show you how you can use Emotional Freedom Techniques (aka EFT or Tapping) to get unstuck and start making the changes you dream of making. You'll also have the opportunity to interact with a horse (or a donkey!) about your issue. You'll be guided in the process with questions to consider and things to notice as you engage with the horse or donkey. This can be a powerful experience to help you understand your challenge and refine your approach to it.

RSVP: wellness@horsepowerhealingcenter.com
Pay at the door



Held at:
Horse Power Healing Center
S101 W34628 County Road LO
Eagle, WI 53119

www.horsepowerhealingcenter.org



Sunday, July 26, 2026

Morning session

10am-12:30pm

Afternoon session

1pm – 3:30pm

Cost:
Morning only: \$65.00
Full Day: \$120.00

(must attend the morning session to attend the afternoon session)

July 27-28th
Individual Energy
50 min Sessions

Cost: \$65.00
With a Horse: \$100.00

*Horse is in a round pen.
Person on the table
outside of the
round pen.*

Instructor:

Therese Naber is a writer, educator, and the founder of All Being Energy LLC. She is an Advanced Practitioner of both Eden Energy Medicine and Biofield Tuning, and a practitioner of Emotional Freedom Techniques. She has a master's degree in education, is a PATH International certified therapeutic riding instructor and a PSIA certified adaptive ski instructor. She lives in Minnesota.