



Penny Fedje

EEM-CP, Access Consciousness® Bars Practitioner, Speaker
**Access your inner wisdom by learning to
speak the pure language of the body's energies.**

Energy W.A.V.E.

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What People Say

- I feel ready to continue my energy journey.
- Penny gave us the tools to create our own energies and keep them moving.
- I loved the relaxed atmosphere and hands-on activities.
- Very well presented with "energy" and enthusiasm!
- I really liked the energy testing...I'm going to take these techniques home to have my husband try them!
- It was great to see energy in action!

Personal or Group Session: Contact Penny for booking schedule and fees. Additional speaker topics also available.

Energy W.A.V.E.
Manage pain and stress, increase vitality, enhance health, boost joy, and send healing to areas of the body that need attention.

Speaker Topics:

What's Energy Got to Do with It? Headaches? Back or neck pain? Overwhelm? Experience giving and receiving healing energy to boost relaxation, open yourself to more joy, and ease pain. (*Group Session Only*)

Drive of Your Life: Navigating Life's journey, you plan routes and destinations yet personal and work "detours" and "roadblocks" can appear. Explore shifting your body "vehicle" into "energy gear" to help navigate the drive of your life.

Building Energy: Like a building, the body provides power to all its structures and spaces. Discover the power of the body's energy systems and how they can be strengthened to build health of your body, mind and spirit.

Lions, Tigers & Bears: Anxiety, panic, and depression can feel like invisible lions, tigers, & bears with very real physical and emotional claws. Recognize their signs and add energy techniques to your self-care plan to tame them.

Energy of Intuition: You intuitively "know" emotions, thoughts, and stresses of people you work, meet, and live with--what's happening? Energies can be contagious. Easy-to-use energy tools can protect you and help you release energies of other people.

Life in the Stress Lane: The body has a "GPS" which can keep you stuck in stressful thoughts, behaviors and actions. Reprogramming your body's "GPS" with new directions is easy—discover the energy techniques which can put you back on track.

At Work for You! Most people have too much energy rather than not enough. People at work or at home can also give you their stressful energies—but you can teach your energies to work for you!

Speaker's Energy Bio



A former associate professor in post-secondary education, Penny is a Certified Practitioner of Eden Energy Medicine and Bars® Practitioner with a B.S. in Business Education. In her private practice, Penny works with clients to provide healing support and ease pain so they can live with more freedom.

Researchers have found ways to measure a body's energy field, and non-invasive energy therapies can open a body to healing while improving well-being. Sessions with Penny to balance the body's energy systems can supplement the management and care of chronic/acute pain, stress, depression, anxiety, women's health, migraines, autoimmune disorders, and other acute or chronic conditions.