

# CE AGENDA

# Costa Rica February 11-17 2024

## DR. JENNIFER EDWARDS



A SUCCESSFUL VETERINARIAN AND PRACTICE OWNER FOR OVER 25 YEARS, SHE UNDERSTANDS THE CHALLENGES OF LIFE AS A PROFESSIONAL AND BUSINESS OWNER. HAVING SOLD HER PRACTICE, SHE IS NOW A LIFE & LEADERSHIP COACH AND SPEAKER IN ADDITION TO A PART-TIME RELIEF VET.

HER 15+ YEAR PASSIONATE STUDY OF TRANSFORMATION AND SPIRITUALITY CULMINATED WITH MULTIPLE COACH TRAINING AND SPEAKING CERTIFICATIONS. SHE IS A CERTIFIED PROFESSIONAL COACH (CPC) IN CORE ENERGY COACHING (IPEC) WITH SPECIALTY CREDENTIALS IN LEADERSHIP AND TRANSITIONS. SHE IS ALSO AN ENERGY CODES CERTIFIED COACH (DR. SUE MORTER).

HER FOCUS IS ON TRANSFORMATION AND ENERGY AND SHE BELIEVES THAT AWARENESS IS THE KEY TO CHOICE AND FREEDOM. JENNIFER'S CONVICTION IS THAT EVERYONE CAN LIVE A HAPPY AND FULFILLED LIFE. WITH INSIGHT, COMPASSION, AND HER EXTENSIVE KNOWLEDGE AND TRAINING, SHE HELPS PROFESSIONALS ELEVATE SELF-AWARENESS AND BREAK FREE OF MENTAL BLOCKS TO FIND THEIR PERSONAL POWER, SO THEY CAN CREATE A LIFE FULL OF HAPPINESS, LOVE, FUN, AND PEACE.



## DAY 2

- MEDITATION AND BREATHING EXERCISE
- GOAL SETTING AND POWERFUL INTENTIONS
- RECOGNIZING ENERGETIC BLOCKS TO ACHIEVING GOALS



## DAY 3

- MEDITATION AND BREATHING EXERCISE
- EXPLORING OUR VALUES AND COMMITMENTS
- WORKSHOP: WHAT'S NOT WORKING IN YOUR LIFE AND WHY?
- HOW TO CHANGE YOUR LIFE STORY

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## DAY 4

- MEDITATION AND BREATHING EXERCISE
- LEARN THE 7 ENERGY LEVELS
- WORKSHOP ON IMPERMANENCE, NON-JUDGMENT, AND THE POWER OF CHOICE



## DAY 5

- MEDITATION AND BREATHING EXERCISE
- BURNOUT AND 6 ENERGY INFLUENCERS
- CREATE YOUR OWN ENERGETIC SUCCESS FORMULA



## DAY 6

- MEDITATION AND BREATHING EXERCISE
- PUTTING IT ALL TOGETHER
- ACTION STEPS FOR AT HOME IMPLEMENTATION

INTRODUCTION TO TCM FOR SELF CARE:  
DR. GALINA BERSHTEYN

# ADDITIONAL SERVICES

FEBRUARY 11-17 2024  
PURA VIDA RETREAT

## COUNSELLING



**Dr. Jamie Stahl**

As a therapist, teacher, mentor, and former veterinarian I support and encourage you in embodying and expressing your inner truths, desires and living whole-heartedly. I practice the healing ways of the ancient somatic (body) traditions with a body-centered psychotherapy approach to reveal the wisdom of the heart and to return to the endless source of love within. This embodiment of love and awareness offers a way to alleviate suffering, deepen relationships, and create a meaningful life that we most long and yearn for.

15 MINUTE CONSULT: FREE