



Pura Vida Veterinary Wellness

Practice differently, practice well

CE AGENDA Costa Rica January 19-25, 2025



**DR. JENNIFER
EDWARDS**

As a veterinarian and practice owner, Jennifer understands how challenging life can be as a mother, professional, and leader. Her conviction, however, is that it doesn't have to be.

Having studied transformation and spirituality for 15+ years, she is passionate about helping people find the choice needed to consciously choose what they want for their lives.

As a multi-credentialed coach and speaker, Jennifer utilizes her insight, compassion, and extensive knowledge and experience, to help people regain their power and overcome obstacles leaving them free to create a life full of happiness, fun, and success.

DAILY MEDITATION AND BREATHWORK



ORIENTATION

- Welcome
- Introductions
- Setting up the week



DAY 3

- Energetic blocks to success
- Explore your values & commitments



DAY 1

- Understand goal setting
- Powerful intentions



DAY 4

- What is burnout
- 6 Energy influencers
- Create your energetic success formula



DAY 2

- Learn the 7 levels of energy
- Non-judgment & Impermanence



DAY 5

- Setting goals for life
- Create action plan
- Intro to TCM for self-care
(Dr. Galine Bershteyn)

ADDITIONAL SERVICES

JANUARY 19-25, 2025
PURA VIDA RETREAT

COUNSELING



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 FREE CONSULT



SPACES ARE LIMITED TO
ENSURE AN INTIMATE
GROUP SETTING.

REGISTER TODAY!

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