



Heather Cypel  
Thursday; March 23, 7-9pm  
Camélia House, 708 Jefferson Blvd. Lafayette, LA  
\$30, [click to register](#)

Do you suffer with anxiety?

Do you seem to do everything for others?

Do you feel like there is too much to do in a day?

Do you experience physical symptoms of stress or anxiety?

Do you feel like you need a break?

Have you ever considered taking medicine for anxiety?



In this class you can:

Experience relaxation

Learn tips on how to KEEP your energy

Learn how to sleep better

Learn how to calm your system

Learn how to apply these techniques to your daily life

Anxiety is a warning system that your body uses to notify you to adjust something. Our society teaches us to HAVE anxiety. Of course we are overwhelmed and under cared for because that is what we have learned to do. You are not wrong for having anxiety, you weren't taught how to release anxiety. These techniques are easy and can be used during the day to calm your body when it is overloaded. Come join us for this 2 hour class and learn how to shift from overwhelm into calm so that you can feel the freedom of what spaciousness feels like inside of you. There will be a question and answer portion at the end of the training so that you can receive someone on one support for what you are experiencing.

Seating is limited and tickets will go quickly, reserve your seat today by purchasing your \$30 ticket at [eventbrite](#).

Heather E. Cypel is an Intuitive EnergyHealer and Spiritual Teacher. She owns Acadiana Energy Healing and has had much success with resolving anxiety. She uses techniques that blend using your conscious mind to communicate with your subconscious mind and body to resolve health issues and life patterns. You can find her daily teachings in her Facebook group An Expanded Life and weekly videos on YouTube at Acadiana Energy Healing. You can also visit [acadianaenergyhealing.com](#) for more information.