



*HMD LECTURE: Friday, October 18, 2013*

## *Stress: An Evolutionary Wake-Up Call*

*Presented by Elizabeth Andes-Bell*

Perhaps stress is one of the biggest opportunities to evolve. This highly experiential lecture/demonstration opens a dialogue about energy medicine's role in prevention, healing, and evolution.

Specifically, we explore integrating BHS and Energy Yoga Therapy in the treatment of stress.

**Elizabeth Andes-Bell** is the creator of Energy Yoga Therapy, a strengthening and conditioning physical practice and a healing modality combining yoga, energy healing, and deep dialogue. Elizabeth is a graduate and former faculty member of the Barbara Brennan School of Healing. She is a graduate of The Center for Intentional Living, and a member of the International Association of Yoga Therapists. As a dancer/choreographer she has also studied a variety of movement specialties, such as Laban Bartenieff Movement Analysis, Cranio-sacral Therapy, Body Mind Centering, Continuum, and Ideokinesis.