



Arden Riordan is a practitioner of Emotional Freedom Techniques® (EFT®) and a certified yoga instructor and Reiki healer, with over 20 years of coaching and teaching experience. Arden skillfully blends humor, wisdom and compassion to create a safe and supportive environment. Incorporating techniques from diverse healing traditions, Arden works with clients to address a wide range of life issues—including physical, emotional, interpersonal, and spiritual concerns. By removing old energy patterns stored in the body and destructive mental programming housed in the subconscious mind, clients experience renewed vitality and can begin to move forward on their journey. With an emphasis on trauma recovery, cult survivor support, and helping people who are struggling to change recurring life patterns, Arden empowers clients to express their truth and to heal themselves. www.purushahealing.com.