



INNER WISDOM®  
*wellness*

## INNER WISDOM® WELLNESS & YOGA THERAPY

- Student receives a certificate of completion and can use the register trademarked name of Inner Wisdom Wellness & Yoga Therapy
- Student can apply for 500-hr Advanced YA Credential if having a 200-300 certificate already
- Students can set up their own private yoga therapy practice with a group practice option
- **Small training limited to 4 students**
- Students Must Apply: Application link:

### PRIMER SERIES – 8 WEEKS

- April 21<sup>st</sup> – June 17<sup>th</sup> ALL ONLINE \$299 – Spring Session
  - **Zoom Meeting – April 21<sup>st</sup> 6-7pm**
  - Chakra Psychology 101
  - Mindfulness & Meditation 101
  - Stress Management 101
  - Restorative Yoga 101

### MODULE 1

#### LEARNING THE CHAKRA SCAN – 8 WEEKS

- June 26<sup>th</sup> – August 21<sup>st</sup> – 8 weeks \$599 – Summer Session
  - **In-Person Meetings June 28<sup>th</sup> 5:30-8pm & June 30<sup>th</sup> 6-8pm**
  - Receive the first part of your Inner Wisdom® Dialogue Training & Manual
  - Active Listening Training
  - Client Interviewing Training
  - Holding Space Techniques
  - Asking Powerful Questions
  - Setting up for the Chakra Scan
  - Practicing the Chakra Scan on Mock Clients

### MODULE 2 -THE ROOTED PATH- HOLDING SPACE FOR HARD THINGS 12 WEEKS

- September 5<sup>th</sup> – November 12<sup>th</sup> – 12 weeks \$769 – Fall Session
  - **In Person Meetings Wednesdays Sept 6<sup>th</sup>, Oct 11<sup>th</sup> & Nov 1<sup>st</sup> 5:30-7:45pm**
  - This is the longest module due to there being 3 chakras to cover, and your base line empowerment dialogue is given to practice, this is the groundwork you need to fulfill the Inner Wisdom model
  - Tools and Techniques to offer full clients sessions
  - Learning the first key dialogues & practicing on mock clients to create your case studies

### MODULE 3 – THE MIDDLE PATH – JOURNEY THROUGH THE HEART CENTER -8 WEEKS

- November 20<sup>th</sup> – January 8<sup>th</sup> – 8 weeks \$329 – Holiday Interim Session
  - **In Person Meeting –Weds Nov 29<sup>th</sup> 5:30-7:30pm**
  - This is our shortest session, as you will be introduced to important advancing dialogues to support the Heart Center, this is a great session to practice around the holidays and our practice load is very light so you can enjoy your holiday season but keep the work flowing a bit and familiar

## MODULE 4 – PUTTING IT ALL TOGETHER – FINAL TECHNIQUES & TOOLS – 10 WEEKS

- January 13<sup>th</sup> – March 31<sup>st</sup> – 10 weeks \$699 – Winter Finishing School Session
  - **In-Person Meeting – Sat Jan 13<sup>th</sup> 10-2pm**
  - This module revolves mostly around completion of your client practice sessions, audios and utilizing full Inner Wisdom® Toolbox of techniques to hold space and guide clients smoothly through their sessions and receiving feedback for these sessions
  - Mentorship

## MODULE 5 – PINNACLE PROJECT & GRADUATION - 4 WEEKS

- April 1<sup>st</sup> – April 29<sup>th</sup> - 4 Weeks - \$229 Course Graduation
  - **Final Meeting – April 29<sup>th</sup> 6-8pm**
  - This module focuses on business, ethics and a final pinnacle project
  - Business Tools & Mentorship
  - Pinnacle Projects include short essays and client creation packs

### TOTAL TUITION IN MODULE PAYMENTS: \$2924

- Module payments will be due 14 days prior to module start date, and billed 30 days prior
- First module payment is due April 1<sup>st</sup> to reserve your seat in training

### PAID IN FULL TUITION: \$2699 OR CASH DISCOUNT \$2564 (NO CC FEES)

Required Texts: Anatomy of the Spirit, Eastern Body Western Mind, The Body Keeps Score, The 4 Agreements, and Radical Acceptance.