

wild NURTURER

WELLNESS ACADEMY

300HR INTEGRATIVE WELLNESS & YOGA TRAINING

CLASSES MEETINGS - IN PERSON SCHEDULE

Meetings held at Purple Lotus Yoga Studio,
Mentor

- 12-5pm Sat & Sun
- October 14 & 15
- November 11 & 12
- January 27-28 - 2024
- February 24-25 - 2024

Virtual Meetings Fridays

- Oct 6 6-8pm
- Nov 3 6-8pm
- Dec 1 6-7:30pm
- Jan 12 6-7:30pm
- Feb 10 6-7:30pm

COURSE DESCRIPTION:

EARN 3 CERTIFICATES

STUDENTS RECEIVE A CERTIFICATE OF COMPLETION TO TEACH & PRACTICE:

1. Restorative Yoga - Certified Yoga Teacher
2. Trauma-Informed Yoga - Supplemental Certificate
3. Aromatherapist Certificate - 50 Hour NAHA Approved

COURSE OVERVIEW:

RESTORATIVE YOGA CERTIFICATE

- Restorative Yoga Methodology & Practicum
- History of Yoga
- Psychology of Yoga
- Applied Yoga Anatomy & Body System Exploration
- Biomechanics of safe movement
- Anatomy of Respiration
- Creating Safe Joint Stability
- Somatics of Movement
- Basics of Energy Anatomy
- Pranayama Explanation, Practices & Technique
- Practice teaching your skills in front of a supportive network of teachers and classmates

AROMATHERAPIST CERTIFICATE

- Essential Oil Materia Medica of the 20 Oils provided in your aroma tool kit
- Physiological & Psychological Effects of Oils
- Subtle Aromatherapy
- How to create a simple & effective blend
- Basics of Carrier Oils
- Essential Oil Safety
- Debunking the Myths of Aromatherapy
- Ethical Use & Practice
- Contraindications of aroga, immune systems & pregnancy
- Proper labeling of products

- Storage & Shelf-life
- Chakra Psychology & Behavioral/Integrative Mental Healthcare

TRAUMA-INFORMED YOGA CERTIFICATE

- Trauma and the brain
- Trauma and the nervous system (Vagal System/Theory/Embodiment)
- Yoga Philosophy & Trauma
- Holding space in your classes
- Yoga Nidra for Trauma
- Sequencing for Trauma-informed class
- Do's and Don'ts of Trauma-informed Yoga (language, playlists etc)

STUDENT REQUIREMENTS:

- Access to home computer to access the online classroom and complete assignments.
- Access to audio & video equipment to create assignment recordings & zoom meetings.
- Be able to learn & study on your own during your online self-practice sessions, and hold yourself accountable to meet due dates
- Devote on off weeks 8-12 hours a week to your assignments, including reading, written assignments, watching demonstrations and creating your own classes & audios
- Purchase books and restorative yoga props for the purpose of your program by September start date

TUITION: PIF EARLY BIRD BY JULY 31ST \$3699 | \$3899 AFTER

DEPOSIT OPTION: \$997 DOWN BY JULY 31ST | \$2899 FINAL PAYMENT DUE SEPT 1ST

PAYMENT PLAN: \$699 DOWN BY JULY 1ST | 5 PAYMENTS AFTER AUG-DEC

5% discount on any option using cash|check