

Courses Start 2nd Week of Jan., March, May, July, Sept., and Nov.

Empatharian Course 1: 10 weeks, 1 hour per week plus readings,,,,,,,,,,,,Monday 12 EST

- Breath and Energy-
- Posture/ Alignment and Energy
- Grace, Strength and Sexuality
- Sensing- Walking meditation
- Sleeping Wellness
- Eating energy hacks
- Electronic energy protections
- Using Discomfort to eliminate pain

Empatharian Course 2: 10 weeks, 1 hour per week plus readings...Wednesday 12 EST,

Psychology of Empatharian – Healing and Strengthening the Self with Sacred Nature.

- Emotion and Empathy –
- The Nature of Being –
- Dialogue on Stories
- Family constellations
- Child Development
- Natural learning pathways
- Imagination and Creativity
- Embodying Basics

Empatharian Course 3: Whole Unleashing Potential Training – 12 Sessions, 1.25 hour/ week,,,,,,,,,Pre-requisites Course 1 & 2 - Call for schedule in your hemisphere.

1. Awareness – Remember Your Special Place
2. Passion – Finding Your Purpose
3. Acceptance – Getting Real With Yourself
4. Confidence – Reality Check
5. Truth – Facing Your Fears
6. Fearlessness – Embracing Your Vulnerability
7. Joy – Basics of Personal Boundaries
8. Forgiveness – Letting Go of the Past
- 9,. Simplicity – Looking Through Rose Colored Glasses
10. Respect – Appreciation, Kindness
11. Compassion – Seize Your Potential – Be a Candle to the Wind
12. Love – Spending Time on What Matters Most

Empatharian Course 4: Whole Training for Trainers ,,,,,,,,,, Call for schedule

- Tailoring For Your Community: Needs Identified
- Target group for training
- How to market your training in the community
- Using the resources of Empatharian America for your group.