

ASSISTING YOUR CLIENT'S EVOLUTION

TRANSFORMATION FACILITATOR ONLINE TRAINING

TRAINING DETAILS

November 2022 - March 2023

5 Months

6 Modules

7 Live Sessions

60 YA cont'd education hours

Hybrid Training Format:

Pre-recorded Modules

Practical Homework Assignments

Live Zoom Sangha Circles

Online Group Forum

WHAT YOU'LL LEARN

Developing Intuition

Emotional Body + Its Relationships

Chakra Health + Impact on Personality

Art of Listening

Facilitating Shadow Work

Building Rapport

Trauma Sensitivity

Creating + Honoring Boundaries

Being a Leader in Transformation

Presenting Yourself + Your Services

Soul-honoring Pricing + Self Value

Intake Forms, Disclosures, & Disclaimers

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SCHEDULE

Live Sessions Tuesdays 3pm - 4:30pm EST

Sangha Circles are 1+ times a month & recorded.

Nov 8: LIVE Launch: Initiation Meet up

Nov 15: Module 1, Building Relationships

Nov 22: Worksheet release

Nov 29: LIVE Sangha Circle

Dec 6: Module 2, Conscious Communication

Dec 13: Worksheet release

Dec 20: LIVE Sangha Circle

Dec 27: Holiday Break

Jan 3: Module 3 (part 1) Yoga Psychology

Jan 10: Module 3 (part 2) Chakras + the Mind

Jan 17: LIVE Sanga Circle

Jan 24: Module 4, Nuances of Deep Inner Work

Jan 31: Worksheet release

Feb 7: LIVE Sangha Circle

Feb 14: Module 5, Marketing + Legalities

Feb 21: Worksheet release

Feb 28: LIVE Sangha Circle

March 7: Module 6, Being a Leader for Change

March 14: Worksheet release

March 21: LIVE Sangha Circle

March 29: LIVE Graduation Ceremony (60m)

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DETAILED CURRICULUM

MODULE 1: BUILDING RELATIONSHIPS

- + Serving with authenticity
- + Being present to develop trust
- + Keys to facilitating transformation
- + Gifts of heart-centered work

MODULE 2: CONSCIOUS COMMUNICATION

- + Clarifying the intention
- + Creating and honoring safe, sacred space
- + Art of listening
- + Discovering the power of intuition

MODULE 3: YOGA PSYCHOLOGY

- + Reading and assessing energies (trigunas)
- + Chakra health and the impact on human personality and psychology

MODULE 4: NUANCES OF DEEP INNER WORK

- + Identifying trauma sensitivities
- + The power of the optimistic mirror
- + Working with your client and where they are at

MODULE 5: MARKETING + LEGALITIES

- + Presenting yourself, your services, and gifts
- + Writing copy that is true to you
- + Soul-honoring pricing and marketing self value
- + Intake forms, disclosures, and disclaimers

MODULE 6: BEING A LEADER FOR CHANGE

- + Embodying hope and healing
- + Facilitating shadow work
- + Inspiration for professional development



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WHAT YOU'LL WALK AWAY WITH

60hrs Yoga Alliance Continued Education

Transformation Facilitator, Certificate of Completion

- + Confidence to meet with people one to one, beyond asana.
- + Richer experiences with your clients and students.
- + Step by step strategies to increase your 1:1 business revenue.
- + Enhanced teacher training programs by supporting student's inner work.
- + Inspiration to take your clientele and business to the next level.
- + Increased client recommendations and return visits.
- + Knowledge of how to facilitate life-changing retreats.
- + Tips to leading sacred circles and holding community space.
- + Clarity of your role as a leader for personal transformation and healing.
- + Deeper understanding of how to apply yoga philosophy to your service work.
- + Guidance in how to use the Gunas & Koshas as frameworks in working with others.

... and so much more you'll have to join to discover.

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FOR YOU IF:

- You have, or are ready to receive, one to one clients.
- You feel like you've hit a glass ceiling with your clients.
- You teach asana classes and afterwards students talk to you about their life challenges and seek your advice.
- You host sacred circles, workshops, or retreats.
- You desire to be of service to your clients in the area of mental-emotional wellbeing.
- You wish to dive deeper into yoga psychology as a tool for personal transformation.
- You wish to learn more about shadow work and how to hold space for spiritual evolution.
- You are a yoga teacher, Reiki practitioner, massage therapist, lifestyle/business coach, or other professional looking for practical tools for supporting your clients through powerful transformation.

INVESTMENT

Space is limited to ensure it's a small group and you get the attention you deserve.

Apply on my website.

Transformation Facilitator Certificate
awarded at graduation.

\$1888 - Supportive

\$1555 - Standard

\$1111 - Supported



*\$222 deposit reserves your seat.
Payment plans as low as \$89 / month.*