

## Certificate in Holistic Studies

This course is divided into **7 modules** for you to explore various sections of holistic studies and then bring them together for your own unique experience. **Each module may be take alone as well.** Individual module segments may be taken alone if acceptable with Jenifer.

The cost of a printed certificate is included in the cost of this program. Certificates for individual modules (not module segments) may be offered for an additional fee of \$50 per certificate.

This is a **12-month course** taught both as a teleclass (beginning January 2007 – **this course is FULL**) and as self-study with mentoring (beginning May 2007). All Teleclasses will be held from 6-8pm EST. *Note that the codes after the courses are used as well to identify the individual courses.*

### Module 1 - Introduction to Holistic Studies - 1 month course

Includes the following courses:

- Introduction to Holistic Health - CI-IHH (1 week)
- Introduction to Holistic Psychology - CI-IHP (1 week)
- Introduction to Integrative Nutrition - CI-IN (1 week)
- 2 Hours with Jenifer or a Certified Mentor Teacher (you may request to work with Jenifer) assisting you in building your individual goals and planning your program.

### Module 2 - The Body - From Yoga and Pilates to Ecstatic Dance and Ritual. - 2 month course / each course 2 weeks.

Includes the following courses:

- How the Body Leads Us - C-HBL (2 weeks)
- Playing with Yoga and Pilates - C-PYP (2 weeks)
- The Dance of Life. - C-DL (2 weeks)
- Using the Body to go Beyond. - C-UBB (2 weeks)

### Module 3 - Energy - From Reiki and Matrix work to Tapping and Meridian Therapies. - 2 month course / course lengths are stated. For those interested in more chakra work, an eight-week intensive is also offered as an option. The chakra course will be run during the same time period on a different day/ evening.

Includes the following courses:

- Introduction to Energy Therapies - CI-IET (1 week)
- *Introduction to the Chakras - CI-ICHK - OPTIONAL - (8 weeks)*
- Meridian Lines, Nadi's and Chakras - C-MNC (3 weeks)
- Matrix Work - C-Matrix (1 week)
- Acupressure for Health and Emotional Well-Being - C-ACU (3 weeks)

#### **Module 4 - The Mind - From NLP and Regression/ Hypnotherapy to Gestalt and Parts**

**Therapies.** - 3 month course / course lengths are stated.

Includes the following courses:

- Introduction to Hypnotherapy - CI-IHYP (1 week)
- Introduction to NLP - CI-INLP (1 week)
- Introduction to Yoga Philosophy - CI-IYPH (1 week)
- Introduction to Yoga Psychology - CI-IYPS (2 weeks)
- Introduction to Meditation - CI-IM (1 week)
- Gestalt Therapy and Parts Therapy - C-GP (2 weeks)
- Regression of the Present, Healing the Child Within - C-REG (2 weeks)
- Regression of the Past, Healing Past Lives - C-PLR (2 weeks)

**Module 5 - The Soul Connections - From Shamanism and the Moon to Karma and Destiny.** - 2 month course / course lengths are stated.

Includes the following courses:

- Introduction to Shamanism - CI-IS (1 week)
- Karma, Destiny and Life - C-KDL (2 weeks)
- Guides, Angelics, Developing Sensitivity - C-GADS (1 week)
- Power, Safety, Releasing Fear - C-PSR (2 weeks)
- The Power of the Moon - C-POM (2 weeks)

**Module 6 - Nutrition and Supplements - From vitamins to Homeopathy.** – 1 month course / course lengths are stated.

Includes the following courses:

- Introduction to Integrative Nutrition - CI-IN (1 week)
- Supplements - Over the Counter, Under the Table - C-SUP (1 week)
- Herbal Lore and Remedies - C-HLR (1 week)
- The Power of Homeopathy - C-HO (1 week)

**Module 7 - Bringing it all Together - The Body, Energy, Mind and Soul connections.** - 1 month course / course lengths are stated.

Includes the following courses:

- Living Empowered, Becoming Whole. - C-EMP (2 weeks)
- Learning to heal, live and grow holistically. - C-HLG (1 week)
- Final Course – bringing it all together - C-FC (1 week)

**The cost of this program** is \$1795 for the entire year OR \$35 per course credit (1 week = 1 credit) and \$90 per hour for mentorship. *(Save over \$200 when you sign up for the full program)*

*\*Note: Additional question and answer sessions will be added throughout the program as required.*