

## Do You Feel Called?

Do the chakras speak to you as a life-affirming, transformational path? Do you feel that your work with others would be enhanced by using the chakra model? Do you wish to find a path of service that integrates the spiritual with the practical, speaks to both mind and body, and offers profound guidance to others? Are you a yoga teacher, psychotherapist, or other kind of healer that wishes to take your work to a new level? Then we invite you to join us!



## Sacred Centers Co-Heart

**Co-Heart Certification** offers a guided pathway through chakra study and personal growth. This level lays the ground work for continued study in the **Sacred Centers Certification Program** as well as in your life. Students gain skills and principles for manifesting their visions as well as tools for balancing their chakras. Co-heart graduates report accelerated life fulfillment!

### **Co-Heart Requirements** (Introductory Level)

*Must complete the following courses:*

- 101- Seven Windows to the Soul
- 102- Energy Awareness I: Awaken Your Untapped Mind
- 103- Chakra Awakening Intensive
- 104- Creation is Ecstasy: Manifestation Workshop
- Reading assignments as appropriate
- Personal interview with a Sacred Centers staff teacher

*Students receive guidance throughout the program, priority consideration to assist courses, and connection to the Sacred Centers community of students and staff.*

## Professional Specialization Tracks

**Professional Certification** provides training for professionals to expand expertise, develop mastery, and apply this material to their scope of practice. Students complete the Co-Heart curriculum and choose a specialization track: *Sacred Centers Teacher* or *Sacred Centers Healer*. Students will confer with the **Certification Coordinator** concerning foundational training required, such as yoga teacher training for the teacher track, or psychotherapy training for the healing track. *Choosing one track does not exclude a student from studying in other tracks.*

## Sacred Centers Teacher

### **200 SERIES: SACRED CENTERS TEACHER**

*Sacred Centers Teachers* have the ability to carry this work into the world and teach the core curriculum on their own. This requires the ability to teach yoga asanas and pranayama, conduct guided meditations, handle group energy effectively, conduct basic ceremonies, and be well versed in the material and able to communicate it effectively to others. *Sacred Centers Teachers* are expected to walk their talk and conduct themselves in a manner that reflects well on the work - in mind, body, and spirit. Prerequisites for the Teaching Track include competency to teach yoga asanas through certification in an approved yoga teacher training or suitable equivalent at the 200 hour level.

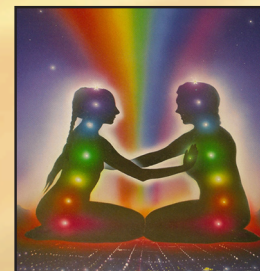
### **Teacher Requirements** (Professional Level)

*Must complete the following courses:*

- Completion of the Co-Heart Requirements
- 201- Chakra Yoga Teacher Training
- 202- Guiding the Journey

### **Other Requirements:**

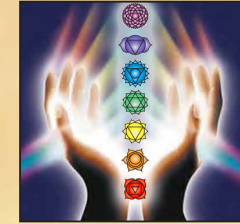
- Assisting at Seven Windows to the Soul
- Assist one other class of your choice
- Attend at least one IMMERSION
- Demonstrate ability to teach material
- Reading assignments as appropriate
- Supervision where appropriate
- Finances up to date



## Sacred Centers Healer

### **300 SERIES: SACRED CENTERS HEALER**

*Sacred Centers Healers* are skilled and effective practitioners who integrate the chakra system into their healing modalities as psychotherapists, bodyworkers, energyworkers, and healers of all kinds. Graduates learn to work with clients using disciplines that span body, mind, and spirit, within their existing scope of practice. Students immerse themselves in both *Sacred Centers* and other relevant trainings.



### **Healer Requirements** (Professional Level)

*Must complete the following courses:*

- Completion of the Co-Heart Requirements
- 301- Techniques of Mind-Body Integration: Level 1
- 302- Mind-Body Chakra Therapy: Level 2
- 303- Supervision

*Completion of one of the following classes:*

- 304 – ChakraBody Works: The Fundamentals
- 305 – Energy Awareness II: Living the Energy World
- 306 – Exploring Psyche & Soma: Creative & Healing States of Consciousness
- 307 – Sacred Leadership

### **Other Requirements:**

- Assisting at Seven Windows to the Soul
- Assist one other class of your choice
- Attend at least one IMMERSION
- Demonstrate Clinical Expertise
- Reading assignments as appropriate
- Supervision where appropriate
- Special project of original work
- Finances up to date

**www.SacredCenters.com**

Pacific Time office:

415-234-6338

## Application Process and Fees

Sacred Centers Courses lead to **Co-Heart** and **Professional Certification** and are sponsored by leading organizations nationally and internationally, and given at different times and locations throughout the year. Students begin certification through an application process and proceed at a pace that suits their location, finances, and professional needs.

**Co-Heart Certification:** Prospective students fill out a short application and pay \$49.

**Professional Certification:** If you are accepted into the program, the one-time fee is \$500. Payment plans are available.

*Course fees* vary according to the sponsoring institution, but generally compare in price to workshops of a similar nature. Students complete courses one by one at the locations most accessible to them. Books and materials vary and are the responsibility of the student.

*Supervision* is available to you as a student, as needed, to support your learning process, for a fee separately negotiated. The amount of supervision required will vary depending upon your background, skills, & goals.

**CEU's:** All *Sacred Centers* courses have been pre-approved in California for **Continuing Education Credit** for MFTs and LCSWs. We give a certificate of attendance for each course, stating the hours and title, which usually suffices for CEU credit in other states or categories. Some sponsoring institutions may manage the dispensation of these credits.

## How You Will Benefit

**Sacred Centers Graduates** integrate their learning into their professional lives as yoga teachers, psychotherapists, bodyworkers, and coaches. Graduates can advertise their practices on our referral page, list their classes under graduate events, and publish articles on the website. In addition, each student becomes part of an ongoing community of **Sacred Centers Co-Hearts**, connected through periodic conference calls, meetings, and collaboration on projects. This powerful connection to the Sacred Centers community deepens students' engagement with the chakra model, assists them in their unfolding mission in the world, and provides an opportunity for inspiring and empowering each other.

Each Professional Track Student receives initial and ongoing personal guidance throughout the program and priority consideration to assist in Sacred Centers courses.

Completing the Sacred Centers Certification Program is an organic process that offers profound personal growth. As you integrate the wide range of learning and wisdom of the chakras into your own inner development, your ability to teach and guide others grows exponentially. *Expect to be transformed!*

## Faculty

**Anodea Judith, PhD**, founder of Sacred Centers, has spent 35 years combining Eastern & Western disciplines for healing & personal growth. She authored many books on the chakras, & produced the award winning video, *The Illuminated Chakras*. She has a Masters in Clinical Psychology, a Doctorate in Mind-Body Health, 500 hr yoga certification & additional training in bio-energetics, trauma recovery, hypnotherapy, shamanism, & many other healing modalities.



**Selene Vega, PhD, LMFT**, is a psychotherapist, teacher, & coach. Since 1972 she has been combining movement, hypnotherapy, & other centering and transformative techniques to assist people in being fully awake & conscious on their path through life. Her current research concerns the integration of workshop experiences. Selene has been teaching with Anodea since 1985.

**Glenn Hartelius, PhD**, is a master healer & scholar. Glenn holds an M.A. in religion, and a PhD in East-West Psychology, and has particular expertise in the anatomy & disorders of chakras. As a somatic counselor and practitioner, he has treated more than 10,000 clients during 27 years of private practice.



**Lynne Michelson, MSW, LCSW, CPCC**, is a psychotherapist & relationship coach who has taught meditation, awakening practices & transformational psychology for over 15 years as a workshop facilitator, national speaker, & non-profit director. She is committed to fostering community, & helping her clients & students discover the sacred within.

**Jason Auer-Sears** completed his schooling at Eastwind School of Holistic Healing in Iowa City. As creator of Chakra Body Fusion & a student of Anodea Judith, Jason integrates manual therapy, stretching, vocal toning, visualization & bioenergetic concepts with the wellness model of the seven chakras.



**Nini Gridley, MA**, is a Kripalu Yoga Teacher, workshop leader & holistic healer, with expertise in chakras & child development. Nini has been offering individual sessions, meditations & workshops on the chakras through her private practice, Full Spectrum Healing™, since 1995. She has an M.A. in Education & a B.A. in Child Development & Education.

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## CERTIFICATION PROGRAM

**The Sacred Centers Certification Program (SCCP)** trains individuals in a thorough understanding and application of the chakra model for personal and professional development. SCCP empowers spiritual catalysts to carry this work into the world. Graduates of SCCP translate the chakra model into diverse professional settings in the service of healing and awakening.

**We invite you to become a Certified Sacred Centers:**

- **Co-Heart (Introductory level)**
- **Teacher (Professional level)**
- **Healer (Professional level)**