

KUNDALINI MASSAGE



CERTIFIED PRACTITIONER TRAINING

www.KundaliniMassage.Com



KUNDALINI MASSAGE PROFESSIONAL PRACTITIONER TRAINING

CERTIFICATE IN KUNDALINI MASSAGE

Certificate in Kundalini Massage

Kundalini Massage is a 3-level training in Kundalini Massage, Body psychoanalysis and Somatic Therapies.

The teaching involves both theory and experiential training which includes touch, Massage, bodywork, chakra diagnostics and mapping, education in Body Energetic, breath work, Pranayamas, Asana, Psychoanalysis, and neuroscience.

The program is designed for practitioner to offer this service in Kundalini energetics who are curious and want to learn more. This is a modality offered to the beginner. Practitioners who are trained in this modality are also working from an ethical framework and code of conduct outlined in the training to work from a space of education and therapy. The Training is not a method to awaken or activate the Kundalini Energy, but rather a method to assist in recognizing and working through blockages of the Energy Channels that inhibit the Kundalini energy from reaching its potential.

CERTIFICATE IN KUNDALINI MASSAGE

Professional Training

This training has 15 modalities to the training.

Module 1: Course Intro

Module 2: About Kundalini

Module 3: Sushumna, ida & Pingala

Module 4: Prana

Module 5: The Fundamentals

Module 6: The Chakras

Module 7: Guided Meditations

Module 8: The Massage

Module 9: Session 1: Diagnostics

Module 10: Session 2: Bioenergetics

Module 11: Session 3: Integration

Module 12: Starting your practice

Module 13: Resources

Module 14: Final Assessment

Module 15: Completion and Certification

Description of Training

This course prepares practitioners to offer Kundalini Massage to their clients who are curious and want to learn more about their body and experience an alternative way to approach their kundalini energy. Teaching Baseline Kundalini theory, participants learn a variety of Bodywork techniques that are presented to their clients including Chakra Diagnostics, Energy Movement, Pranayama, Body dynamics, sublimation, Psychoanalysis, Bio hacking, neuroscience – Namely Neurogenesis, Energy Controlling Techniques and spirituality.

The learning is individual rather than as a group as a self-paced online course.

There is an extensive 200+ page professionally written Manual in full color including over 15 handouts. There is also slides, and extensive exercises, videos and downloadable forms and written references and materials to read and study over the training period.

There is also a 3-month period of after study assistance, supervising and mentoring offered to the students for when they begin to offer sessions or want to practice further to polish their skills. We welcome diversity in age, culture, background, life experience, sexual orientation and gender identities, characteristics, or expressions.

Course Structure

Supervised Practicum upon completion.

After the completion of the course and as part of their final assessment, students will need to film the 3 level session and send it in for assessment and feedback. Each session should be a maximum of 2 hours and a minimum of 1 hour session. Students will need to complete a minimum of 6 hours of Kundalini Massage sessions with their 'Model' and, if possible, with a non-paying client for practice to polish and learn the program. The supervision involves a filming of their sessions and a report on their experience of the practice sessions and any questions that arose during this session. Including the psychoanalysis of the client in which to better ask the right questions and open and close the energetics of trauma, PTSD, personal experiences, Shadow work and unconscious programming. Students can arrange a mentorship program for 3 months with their facilitator to better perfect their leanings and teachings in Kundalini Massage fundamentals.

Course Learning Objectives

- Kundalini teaches us that the most profound way of learning is through self-education and understanding of the Self. The self as a larger component of the universe and the universe within the self. This will enable the students to be able to teach baseline Kundalini principles to clients who are new to Kundalini exploration.
- Participants learn to practice touch, energy exchange and movement through powerful breath work and a deeper understanding of how the chakra system works.
- Participants learn to understand more of the self through a deeper psychoanalysis of the energy systems of the body.
- Participants learn powerful breathing techniques and how these breaths benefit the body and brain.
- Participants learn the difference between eastern and western influences and the difference between classical yoga and modern yoga.
- Participants learn fundamentals of healing and therapy by understanding how neurotransmitters work and how neuroscience influences how we think and function in the world.
- Participants learn to understand how bio hacking is a powerful tool to accomplish outcomes in shorter amounts of time
- Participants learn how the nervous system works and the difference between the sympathetic and parasympathetic nervous system
- Participants learn to encompass a deeper empathy to all humans.
- Participants learn how to teach others about chakras, pranayama, movement, touch, sound, awareness, consciousness.
- Participants learn how to structure sessions by time keeping, intake forms, clarifying objectives, client communication, and ongoing training of the practitioner to their clients.
- Participants learn how to help clients with psychosomatic disorders that other professionals may not be able to assist with especially in diagnostics.
- Participants learn how to begin a successful Kundalini massage professional practice.
- Participants can learn the baseline practices of Kundalini and teach this to their clients to prepare them for more advanced or master classes of Kundalini Massage.
- Participants are involved in the upgrade and enhancement of their clients lives through personal self-development utilizing skills, tools, techniques, and practices
- Participants learn the importance of boundaries, consent, and professionalism in therapeutic practices
- Participants learn the importance of marketing and advertising and the power of social media in promoting their work as well as marketing skills.
- Participants are offered association membership which enables further education and support as well as insurance cover for their Kundalini massage practice for added peace of mind.

CERTIFICATION

Upon completion of all requirements students are awarded the Certificate in Kundalini Massage.

Prerequisites For Enrollment

The training is designed for individuals who have a deep interest in helping others. You are not judgmental or prejudice and accept all humans from all walks of life. Your intention is to provide a therapeutic and educational service to clients. You're interested in Eastern practices and have has some understanding of Kundalini, Yoga and Energy Centers of the body and want to add to and improve this understanding through a sequenced professional program or you want to add this as a modality to a new practice or a current practice.

Course Fees

The course fees are \$999. This is the lowest fee we can offer to assist people to grow their practice in this area as we feel this is an important program for human development. Normal price is \$1800. At times, an introductory price of \$749 will be offered and a referral discount for friends/colleagues of those who have already done the course.

Enrollment

Please email any questions not already outlined on the website www.KundaliniMassage.Com that you may have and once you choose to, Enrollment can be done via the Eventbrite of Try booking link found on www.KundaliniMassage.Com.

Refund Policy

The training is non refundable. Once you join the online course, the course fees are non-refundable.