



## **50-Hour Energy + Sound Healing Practitioner Training February 2024 - April 2024**

Unlock your innate healing gifts and learn to facilitate transformation through energy and sound healing. Sankofa Yoga's comprehensive virtual training modules and experiential in-person weekend will provide you with a strong foundation to share your innate talents with your community.

With five live virtual modules concluding in an in-person weekend led by our expert teachers, Dr. Tamisha Ponder and Shawn Moore, you'll gain proficiency in techniques like Reiki, chakra balancing, and sound healing. Additional topics cover holding space, structuring sound healing sessions, discovering your style, and embodying the principles of energy healing in order to create safe, impactful sessions that align your community and clients with their unique inner resonance.

As you progress through the training, you will cultivate a deeper understanding of your own practice and gain the skills and confidence to lead both energy and sound healing sessions. This training weaves time-honored techniques with trauma-sensitive frameworks for safe, resonant spaces of care.

### **By investing in the training, participants will:**

- Explore the foundational principles of energy and sound healing, fostering a deeper connection to their personal practice and well-being.
- Develop the skills and confidence to lead embodied energy and sound healing sessions, utilizing a variety of techniques and instruments to create powerful and healing experiences for themselves and others.
- Gain insights into creating safe and trauma-sensitive spaces during healing sessions, fostering an environment of trust, belonging, and compassion for optimal healing experiences.

In addition to bi-weekly training sessions, students are also required to commit to a daily healing practice, complete reading assignments, meet asynchronously with fellow trainees, and attend meditation and yoga classes at Sankofa Yoga; there are no additional fees.

Upon completion of the coursework and evaluation, participants will receive a certification of completion. For those that are Yoga teachers this will then enable you to register with Yoga Alliance for Continuing Education Credits (YACEP).

### ***Who is this training for?***

The training is open to anyone who has an ongoing personal healing practice of at least one year, with at least a commitment of three to four self-healing practices a week. With a consistent healing practice, this training welcomes those who wish to become certified energy and sound healing teachers, as well as for those who simply wish to deepen their own personal practice. Our program is perfect for yoga teachers, healthcare professionals, body workers, reiki practitioners, therapists, or anyone who is interested in incorporating energy and sound healing practices into their work or personal life.

**Our training program is not an immersion or workshop; rather, a training course for those with the intention to complete all requirements for certification.**

# COURSE SCHEDULE & DATES

The training course is taught in five live virtual sessions, with a required in-studio closing weekend. This format supports students having time to integrate the material, meet independently with cohort-members between live virtual sessions, complete homework assignments, and prepare for assigned practice sessions. All content will be housed within Thinkific, an online learning platform.

## Virtual Synchronous Date

### *Training Orientation & Compliance Meeting*

Sunday, February 4: 12 p.m. - 1:30 p.m. EST

*(Mandatory for all trainees, non-negotiable)*

### *Module 1 | Introduction to Energy Healing*

Monday, February 5: 6 p.m. - 9 p.m. EST

### *Module 2 | Introduction to Sound Healing*

Monday, February 19: 6 p.m. - 9 p.m. EST

### *Module 3 | How to Hold Space for Ourselves and Others*

Monday, March 4: 6 p.m. - 9 p.m. EST

### *Module 4 | Instrument Exploration and Structuring Healing Sessions*

Monday, March 18: 6 p.m. - 9 p.m. EST

### *Module 5 | Chakra Balancing Techniques; Honing In On Your Preferred Niche and Healing Modalities*

Monday, April 1: 6 p.m. - 9 p.m. EST

## Optional Office Hours via Zoom (Dates are tentative and subject to change)

- Monday, February 26: 6 p.m. - 7 p.m. EST
- Monday, March 25: 6 p.m. - 7 p.m. EST

## IN-PERSON CLOSING WEEKEND/GRADUATION: April 19 and 20, 2024

- Friday, April 19: 5:00 pm – 9:00 pm | Practice Clinics and Feedback
- Saturday, April 20: 10: 9:00 am – 5:00 pm | Group Community Class, Closing Ceremony + Attunement

*Additional Coursework Hours: reading, homework assignments, journaling, meditation practice*

*The closing weekend will be held in-person at our studio, 302 Main Street, Laurel, MD, if health and safety conditions permit. We are in accordance with Prince George's County Executive Orders. In the event we must pivot, livestream/online learning will be set in place via Zoom.*

## TUITION & REGISTRATION

The tuition for our 50-hour EST is \$1099. The early bird investment of \$999 is available for those that pay in full by Friday, January 5, 2024. Registration closes on Sunday, January 21, 2024 or when the program is full.

Applicants will be required to submit an information form and pay the non-refundable \$300 deposit to gain entry into the 50- hour Teacher Training Program.

Final invoices will be emailed two weeks before the start date of training. An early bird rate of \$999 is available for those paying in full by Friday, January 5, 2024. Payment plans are available upon request.

### PAYMENT PLAN OPTION:

Tuition of **\$1099** payable as follows:

- \$300 non-refundable deposit due upon registration
- Followed by 3 equal monthly payments of \$270 due on February 1, \$270 March 1, \$270 on April 1.

### TUITION & REFUND POLICY

If an applicant withdraws from the program after acceptance/deposit, but before the program starts, \$300 from the applicant's deposit amount will be retained by the program. However, such an amount can be applied towards a future training program.

- If an applicant withdraws during the program, the applicant is still responsible for the remaining balance.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort, the applicant is responsible for the difference of tuition for the new training cohort.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort and did not complete full tuition payment, the applicant is responsible for paying the previous remaining balance and the forthcoming tuition amount.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

**If you are returning from another program, any questions regarding tuition balance, please contact [marcus@sankofayogacenter.com](mailto:marcus@sankofayogacenter.com)**

# ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training.

In the case of any **emergency absences**, please notify the program director immediately. If a student has **planned absences** that conflict with attendance in the program, please contact the program director prior to enrollment to discuss options. Students may miss only ONE live virtual session, and must watch the replay prior to the next live session. **Attendance to the live closing weekend in full is MANDATORY, no exceptions.**

Options may include apprenticeship, a group study-session, use of our buddy system, etc. If the options discussed with the program director does not work with the student's schedule, students must pay an additional cost for private make-up sessions with a teacher. Please discuss attendance concerns with Shawn Moore at [info@shawnjmoore.com](mailto:info@shawnjmoore.com) prior to enrolling.

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

We employ a **camera on** policy. No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students. If the removed student is on the payment plan, the student will still be responsible for the remaining tuition.

## REQUIRED RESOURCES

1. **The Subtle Body: An Encyclopedia of Your Energetic Anatomy** by Cyndi Dale
2. **Living the Reiki Way** by Penelope Quest
3. **The 7 Secrets of Sound Healing Revised Edition** by Jonathan Goldman
4. **The Mysticism of Sound and Music: The Sufi Teaching of Hazrat Inayat Khan** by Hazrat Inayat Khan
5. **The Healing Power of Sound: Recovery from Life-Threatening Illness Using Sound, Voice, and Music** by Mitchell L. Gaynor M.D.

## Suggested Resources

- **The Architecture of Sound and the Alchemy of Transcendence** by Jarrod Byrne Mayer
- **Reiki for Life (Updated Edition): The Complete Guide to Reiki Practice for Levels 1, 2 & 3** by Penelope Quest
- **Tuning the Human Biofield: Healing with Vibrational Sound Therapy** by Eileen Day McKusick
- **The Singing Bowl Manual: Sound Massages, chakra healing and other sound therapies** by Sylvain Porté
- **Opening to Spirit : Contacting the Healing Power of the Chakras and Honouring African Spirituality** by Caroline Shola Arewa
- **Chakra Deck for Inner Exploration & Daily Sadhana** by Shawn Moore  
<https://www.shawnjmoore.com/shop>



## 50-Hour Energy + Sound Healing Practitioner Training

February 2024 - April 2024

### Certification Requirements

*In addition to attending all training sessions, there are few other certification requirements:*

- **Written hOMework and Reading Assignments**
- **Two Recorded Healing Sessions**
- **Attend Meditation and Yoga Classes** (*Tracked via Google Form*)
- **Practice Lead 6 Sessions** (*Feedback sent via Google Form*)

---

#### QUESTIONS?

Contact us:

**Email:** [info@sankofayogacenter.com](mailto:info@sankofayogacenter.com) and [info@shawnjmoore.com](mailto:info@shawnjmoore.com)

**Phone:** 240-786-7182