



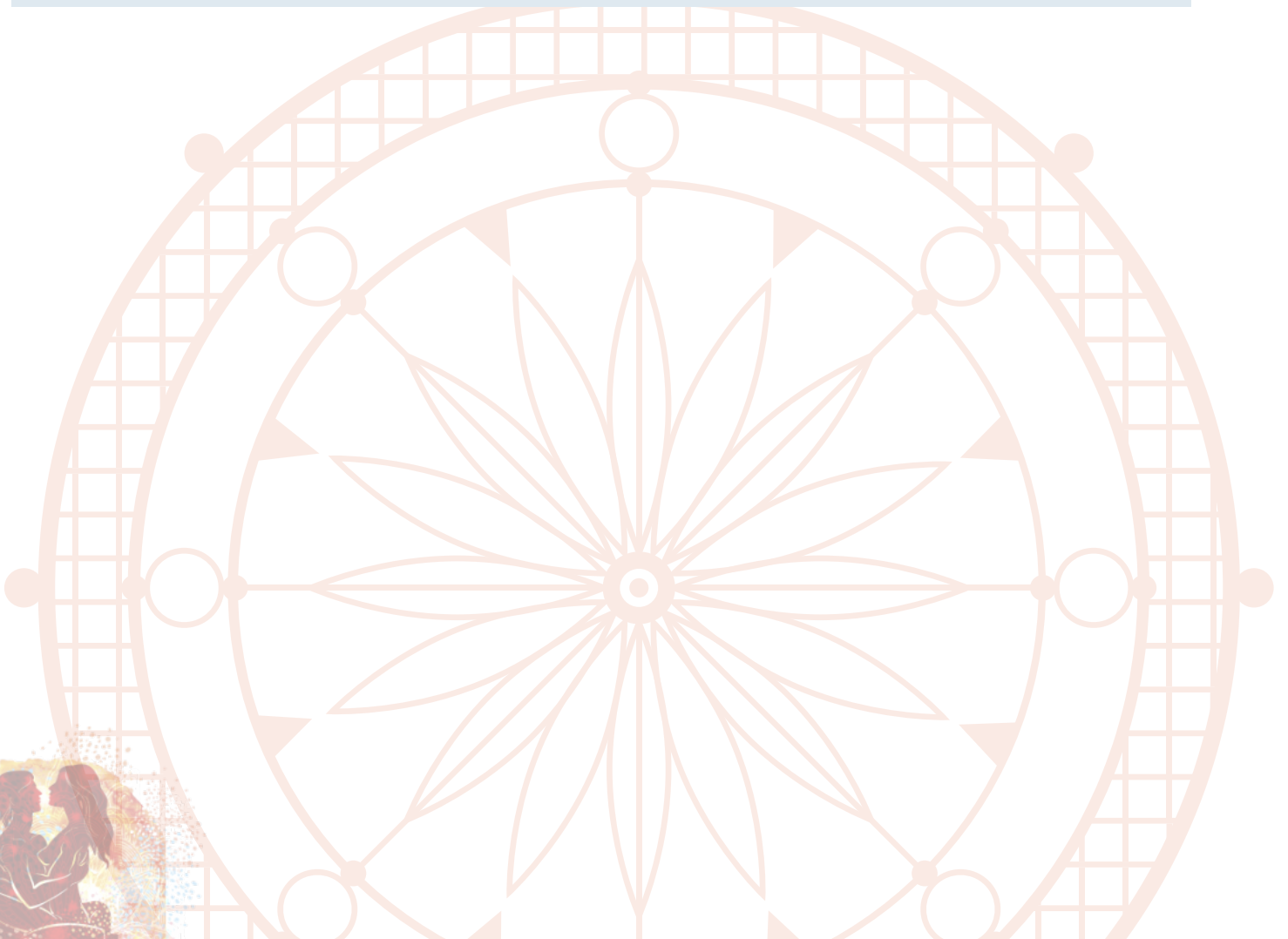
# BONUS

WORTH £420

## Introduction

### Part 1 – Preparing for Practical Emotional Detox through Bodywork

- o Lesson 1– Why Emotional Detox is Important
- o Lesson 2 – A Breathing Exercise
- o Lesson 3 – Automatic Writing for Emotional Release
- o Lesson 4 – Meditation for Release of Negative Emotions
- o Lesson 5 – The Art of Forgiveness
- o Lesson 6 – Tools to Help you as a Therapist
- o Lesson 7 – Preparing your Therapy Space
- o Lesson 8 – Understanding the Connection Between Bodywork & Emotional Release



## Part 2 – Preparing for Practical Emotional Detox through Bodywork

- o Introduction to Kundalini Energy & Meditation
- o Lesson 1 – What is Kundalini Energy?
- o Lesson 2 – What is Kundalini Meditation?
- o Lesson 3 – The Benefits of Kundalini Meditation?
- o Lesson 4 – How to Practice Kundalini Meditation

## Part 3 – Guided Meditations

- o Guided Chakra Meditation
- o Guided Meditation – Learn to Breathe

## Part 4 – Active Kundalini Meditation Practices

- o Understanding Active Meditation
- o Video Training – Osho Kundalini Dynamic Meditation
- o Osho Kundalini Meditation– Stage 1– Shake & Vibrate
- o Osho Kundalini Meditation– Stage 2 – Dancing
- o Osho Kundalini Meditation – Stage 3 – Stillness
- o Osho Kundalini Meditation – Stage 4 – Be Still
- o Step by Step Kundalini Meditation Practice
- o 1 Hour Kundalini Meditation Practice

## Part 5 – Emotional Detox Connection Rituals

- o Introduction
- o Connection Ritual – Video Training
- o Eye Gazing Ritual

## Part 6 – Emotional Detox Clothes on Bodywork Sequence Training

- o Introducing Emotional Detox Through Bodywork Sequence
- o Clothes on Back Bodywork Steps 1–5
- o Clothes on Front Bodywork Steps 6–10
- o Massaging the Pulse Points

## Part 7 – No Hands Deep Bodywork

- o Introduction to Hands-Free Massage
- o Part 1– No Hands Deep Bodywork Training – Using your body weight to massage
- o Part 2 – No Hands Massage Techniques – The Frame Massage

## Part 8 – Understanding Emotional Detox

- o Introduction
- o Lesson 1–What are Emotions
- o Lesson 2 –Energy In Motion
- o Lesson 3 –Every Emotion has a purpose
- o Lesson 4 –The Aura
- o Lesson 5 –The Meridian System
- o Lesson 6 –The Chakras
- o Lesson 7 –Bodywork and negative emotional release and further reading
- o Lesson 8 –Consent & Boundaries

## Part 9 – Recognising and Understanding Healing Crisis

- o Introduction
- o Lesson 1: What is a Healing Crisis?
- o Lesson 2: Why Does a Healing Crisis Occur – Releasing What Is No Longer Needed
- o Lesson 3: Understanding the Healing Crisis
- o Lesson 4: The Science of Emotions
- o Lesson 5: When is a Healing Crisis Likely to Occur?
- o Lesson 6: Helping Your Client Create an Emotional-Tool Kit to Aid Them through a Healing Crisis
- o Lesson 7: Advice for Surviving a Healing Crisis
- o Lesson 8: What You Can Do as a Therapist to Aid a Client Through the Healing Crisis
- o Lesson 9: How to Help Minimize the Effects of the Healing Crisis during Treatment
- o Lesson 10: The Importance of Consent and boundaries with the 7 Steps of Informed Consent
- o Lesson 11: Past Negative Events Transference – A Natural Response to Stress
- o Lesson 12: Conclusion

## Part10 – Understanding EmotionalDetox

### o Introduction

o Lesson 1: Preparing For Practical Emotional Detox Through Bodywork

o Lesson 2: Holistic Approach to Anatomy

o Lesson 3: Bodywork for Past Negative Events and Holistic Body Therapy

o Lesson 4: Past Negative Events & Natural Response

o Lesson 5: How Emotions are Stored in the Body

o Lesson 6: The Five Gateways

o Lesson 7: Releasing Negative Emotions

o Lesson 8: Understanding the Chakras

o Lesson 9: Breathing & Relaxation Techniques

o Lesson 10: Postural Observations, Grounding and Protection

o Lesson 11: A Bodywork / Emotional Detox Diary – Written by you to encourage reflection and growth as a therapist

o Lesson 12: Legal, Ethical & Professional Considerations

o Lesson 13: Branding & Tips on How To Promote Yourself & Launch Your Career as a Practitioner

o Lesson 14: Preparing For Practical Bodywork

o Lesson 15: Characteristics for Success

