

Holistic Healing Apprenticeship Program **Full Curriculum**

Each session of the Holistic Healing Apprenticeship Program consists of 3 components:

1. [Acupuncture](#)
2. [Health Coaching](#)
3. [Contemplative Training](#)

Please click on each component for more details about that treatment modality.

Proficiencies

These are the proficiencies developed over the course of the 1 year program. 3 and 6 month programs will focus on the areas most needed for the individual.

Feng Shui: Clutter Clearing

- De-clutter all areas of:
 - House
 - Office
 - Car
 - Yard
- Create organization systems and routines
 - Detox house cleaners and beauty products
 - Get water filter

Feng Shui: Finances

- Set monthly budget for expenses and income
- Track monthly expenses and income
- Create clear and transparent communication around financial issues
 - within intimate relationship (spouse/partner/girlfriend/boyfriend)
 - with family members

Time Management

- Contemplate life goal: “What do I really want, most of all?”
- Create yearly, monthly, weekly goals
- Implement daily prioritization lists
- Explore time management systems
 - Eg., pomodoro system
 - Identify and plug “time leaks” and “energy leaks”
 - Create and implement a daily schedule including:
 - Sleep
 - Meals
 - Work hours
 - Exercise
 - Learn and implement sleep hygiene practices

Exercise

- Learn and experiment with the 6 types of exercise:
 - Cardio
 - Weight-bearing
 - Breathing
 - Alignment
 - Stretching
 - Qi-based

Diet

- Body awareness during and after eating
- Learn about and implement:
 - Identifying and buying “Real” food
 - Cooking meals in 45 minutes
 - Weekly meal planning
 - How to shop for “Real” foods
 - Eating Real foods at economic prices

Meditation

- Identify your personal goals for meditation
- Learn about the meditation styles that interest you
- Pick a style to experiment with and learn in greater depth
- Find resources: a local meditation group, books, cd’s, videos, etc
- For those that choose to learn the meditation style that I teach:
 - Learn central theory behind this style: Allowing things to be just as they are, and Welcoming reality, just the way it is
 - Begin to practice allowing and welcoming negative emotions and thoughts
 - Learn and practice strategies for working with negative emotions and gaining insight into their underlying causes

Self Inquiry: The Work

- Learn the theory and practice of the self-inquiry approach called “The Work”
- Learn to practice The Work at home
- Learn to practice during the workday
- Learn to practice in the moment of stress or negative thinking

Self Inquiry: Non-duality

- Learn theory behind non-dual self-inquiry
- Find resources: retreats, local groups, books, cd’s, videos
- Learn to practice non-dual self-inquiry at home, and then in daily life

Relationship Skills

- Learn to apply The Work to relationships
- Study, learn, and practice other relationship and communication methods