

KUNDALINI MASSAGE



CERTIFIED PRACTITIONER TRAINING

www.KundaliniMassage.Com



Institute of Awakening

CERTIFICATE IN KUNDALINI MASSAGE

Certificate in Kundalini Massage (Level 1)

Kundalini Massage as taught by the Institute of Kundalini Therapy is an 8 step training in Kundalini Energetics 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, Pranayam, Mudra, Mantra, Bhandas, Psychoanalysis and neuroscience. The program is non erotic and has no elements of sexual stimulation or touch and is a foundational training to more advanced and master classes in Kundalini training.

Level 1 is a 3 module program designed for practitioner to offer this service to the novice 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.

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Professional Training

This training certifies practitioners of the Institute of Kundalini Therapy (IKT) professional certification in Kundalini Massage.

3 Days (8 hours each day) Face to Face Training and 2 Days (6 hours) of home study. Total 30 Hours.

Module 1: Introduction to Kundalini Massage. Full body Massage and a diagnostic of energetic Blockages. Marma Point therapy, Energetic point work in the body. Functional Diagnostics

Module 2: Focus on Base. Analysis of Family, Religion & Culture in the energetic body

Module 3: Focus on Sacral. Analysis of Sexuality in the body

Module 4: Focus on Solar Plexus. Analysis of Confidence and Self Esteem in the Body

Module 5: Focus on Heart. Analysis of Love and relationships in the body

Module 6: Focus on Throat. Analysis of communication aptitude in the body

Module 7: Focus on Brow. Analysis of Knowledge and Intuition in the body

Module 8: Focus on Crown. Analysis of Source of Self in the body

Each module includes relevant pranayam, Mantra, Mudra and Bhandha as well as the sequenced bodywork as it expands the energy of the body.

Description of Training

This course prepares practitioner to teach the foundational teachings of Kundalini Diagnostics to 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.

These are taught by attending the training with a 'Model" or 'Body" in which this is practiced on throughout the training. The Face to Face training involves the somatic hands on training and home study includes self experience. The learning is individual rather than as a group. There is no sharing or exchange of energy in the training. Each student brings their own participant for the training with whom they have discussed boundaries with and home study is with who they choose to participate with. The students do not touch each other in the training – this is a strict boundary.

The Training involves group training on their massage table in all the elements of the bodywork. There is an extensive 200+ page professionally written Manual in full color including over 15 handouts. There is also slides, and extensive exercises and written references and materials to read and study over the training period.

Students are supervised for 3 sessions. 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

Students complete a minimum of 6 hours of Kundalini Massage sessions with their 'Model" and, if possible, with another student in order to polish and learn the program and experience it for themselves also. The supervision involves 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 has an effect on 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, mudra, mantra, kriya, bhanda and self love.
- 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 the area of 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 in order 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 (IKT)

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 and sexual orientation. Your intention is to provide a therapeutic and educational service to clients. Your 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 \$949. 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. Non refundable \$349 fee secures your place.

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 Trybooking link found on www.KundaliniMassage.Com.

Refund Policy

There is a non refundable deposit of \$349 which secures your spot in this training.

Faculty

Jaida Simone BA, B.Litt, MA, PhD

Jaida Simone

Registered and Licensed Psychotherapist, Published Author, TEDx speaker, workshop facilitator and Teacher Trainer.