



# EARTH TANTRA

Presents:

## **75 Hr. Tantric Breath Teacher 2 Part Certification Program**

### **Part 1: Healing The Lower 4 Chakras/ Basic Tantric Breath**

### **Part 2: Opening The Higher 3 Chakras/ Advance (Full) Tantric Breath**

This VIP 75 Hr certification program is created to share and spread the arts of tantric breathing with others. If you'd like to sign up for each course separately, you may do that as well. However you will be missing out on extra 1 on 1 check ins with Tara, graduation, gentle plant medicine & essence support for each chakra.

Include for each course (double the time for a total of 75 hrs)

- 7 hrs of pre-recorded guided meditations
- 14+ hrs of home practices, curriculum (weaving into daily life, altars, 4 directions, elemental healing, crystal work, foods, vibrations, custom homework, personal study and more)
- 1+ hrs additional information on gentle plant medicine & essence for chakra support
- 4 hrs one on one private check ins with Tara (broken into 30, 45 OR 60 min increments)
- 3+ hrs of shadow work journaling
- 2 hrs hour personal 1 on 1 guided meditation journey
- 4 hrs of practicum
- 1 pdf copy of Earth Tantra's shadow work journal (or you can purchase hard copy via amazon)
- 3 Page guiding sample outline and tips template in pdf and word
- 1 hr graduation (could be solo or with other students - TBD)
- Learn at your own pace: 3 to 6 months per course
- Unlimited emails
- Learn the art of #stopconnectlisten trust as you deepen your inner guru
- 2 official graduation certificates (38 & 37 hrs for course part 1 and 2)
- You will have access to the pre-recorded meditation links and curriculum for the lifetime of Earth Tantra or youtube or wix platform.

What is NOT included

- Any plant oils, dried herbs, medicine, etc. It is not required to purchase any of these. We will cover the content.
- A hard copy of the shadow work journal, however a pdf version is supplied for free
- Supplies – for example, but not limited to home altar items, additional personal study practice supplies, foods, crystals, etc

Program is open to

- Ages of 18-118. Youth can apply with prior approval through parent and Tara
- Guides who are ready to support others through tantric breath work, chakra healing, elemental connection, mindfulness, meditation and connecting with the inner guru
- People who can commit to finishing the each course part within 3 to 6 months \* (see below).
- Students who are able to weave breathwork into near everyday life, even if in microdoses (3 minutes to 30 minutes daily).

#### **PROGRAM INVESTMENT**

**One \$70 discount payment of \$634.00 via zelle, paypal or credit card.**

OR

**6 payments of \$124.45 = \$718.00 (standard price) via zelle, paypal or credit card.**

**\*Important: There are no refunds and there is an understanding to commit to the duration of the program. If you can't complete the 2 parts course within 1 year due to unforeseen circumstances, you may extend the course for an additional 6 months for a \$50 extension fee.**

**No Application Required. Sign up when ready.**