



Presents:

### **Online 100 Hr Practitioners Program: 3 – 12 months**

Earth Tantra 100 hr Online Practitioner's Program is an up to 12 month **comprehensive** practice 100% virtual mentorship, study, research, service, earth based centered experience and personal growth pathway. This can be done as little as 3 months or as long as 1 year depending on time. Learn at your own pace for an intuitive and personal guided certification.

Practitioner programs do not support in learning how to guide or teach others. If you are interested in the 500 hr teacher certification course, connect with Tara to learn more. Or we can talk more if you decide to apply the practitioner's program toward the 500 hrs. The 500 hr teacher certification course is invitation only after attending a retreat, course or other program.

#### **Special Highlights Include:**

- 100% Virtual
- Optional one day five hour private zoom retreat
- Healing The Lower 4 Chakras 25 hr online learn at your own pace course + includes 3-30 min check ins
- Opening The Higher 3 Chakras 25 hr online learn at your own pace course + includes 3-30 min check ins
- 1 ten-hour required reading of Introduction to Tantra by Llama Yeshe 2/ guided questions + 2 check ins (OR book club with time alignment)
- Free link to Earth Tantra's guided meditation/ Raw & Real Talks video and growing library for lifetime
- Free access to any additional Earth Tantra's book club for 1 year
- Free access to an online course of your choosing for flex hours
- 1 one-hr graduation ceremony – invite anyone you'd like to witness and celebrate
- Design your personalized flex hours with Tara – see below.
- \$100 extension for up to 6 additional months if you're unable finish the program in 1 year. Beginning date starts the date of our first welcome and opening session + ceremony

Earth Tantra Teacher Certification & Mentorship program is open to applicants who:

- \* Are within the ages of 18-118, who feels the desire and feel the call to begin or expand your spiritual practices with the path of Tantra and earth based healing
- \* Already have an existing relationship with mother earth and experience her healing powers in both bliss and struggle
- \* Can make the commitment to expand Earth based practices within the program guidelines below

A personal note from Tara:

*“The Earth Tantra School is not birthed only from feedback of others who’ve been through other Tantra, Yoga & Meditation certification programs, but from my own personal Tantric certification journey AND many years as a teacher before finding Tantra. It is my purpose to provide each student with the skills and 1 on 1 guidance/mentorship to grow confidence, to enter your own practice. A tantric life is an ever evolving one. I hope to support you in your path of truth and mentorship” – Tara L. Skubella*

## PRACTITIONERS CERTIFICATION REQUIREMENTS, PROGRAM EXPECTATIONS & SUPPORT

### Core Curriculum:

Offering	Hrs	Dates	Location	PreReq
Welcome Session + Opening Ceremony	2	TBD	Zoom	None
Develop a home or travel altar & devotional home practice space	1	TBD	Home	None
Healing The Lower 4 Chakras (HL4C) + Elemental healing. Includes 3 thirty-min check ins w/Tara	25	Learn at your own pace – 5 week course. Approx 5 hrs per week devotion	Virtual	None
Opening The Higher 3 Chakras (OH3C) Includes 3 thirty-min check ins w/Tara	25	Learn at your own pace – 5 week course. Approx 5 hrs per week devotion	Virtual	HL4C
Check In Sessions w/ Tara	8	TBD	Zoom or phone	None
Check In Session w/ 500 hrs teacher in training for another perspective	2	TBD	Zoom or phone	None
Personalized home practice assignments & developing daily/ weekly practices	10	Own pace	Home Practice	None
Introduction to Tantra by Llama Yeshe + Book Report	10	Own pace	Home	None
Service hr – look at service hr sheet	2	Own pace	Online or Home	None
Closing Ceremony + Graduation	1	TBD	Zoom	None
Flex hours – other Earth Tantra online courses or 5 hour ½ day retreat. You’ll work with Tara to pick and choose which classes you’re most drawn to and area of focus	14	Online courses, workshops, books, Earth Tantra meditation library and more.	Online or Home	None
<b>Core Hours Total</b>	<b>100</b>			

### \*\*SEE BELOW FOR DEDUCTIONS IN PROGRAM

\$1,222.00

Options to pay once at \$1,222 via check, zelle, credit card or paypal

OR

Pay monthly 3.8% rate at \$1268 /4 months = \$317 X 4 months

**\*Understand** there are no refunds and we ask that you commit to the duration of the program.

**\*\*IMPORTANT!** Price & hour credit adjustments will be available for students in the final invitation and student (applicant) & teacher/ guide (Tara) after submitting the application – for applicants who’ve already attended ANY of the above mentioned curriculum required – For example, if you attended HL4C for \$69 and Book Club for \$26, \$122 will be subtracted from \$1,222. Your previous time financial investments count toward this program at the current base rates. Investments of upgrades do not apply. This applies to couples retreats and couples workshops – meaning half the amount paid for Earth Tantra’s sign up fee will go toward the investment since couple’s retreats are for 2 people and this program is designated per person.

- What is not included? Books, ceremony supplies, ceremonial clothing, study supplies, zoom accounts, etc
- What does your investment include outside of the items listed above?
  - Entrance to online basic track courses (not teacher cert tracks) you choose to incorporate into your flex hours beyond our 1<sup>st</sup> welcome ceremony + session zoom call
  - Earth Tantra Swag, hour tracking sheet, Earth Tantra’s private video library on dropbox and public youtube library.
  - Online optional graduation – possibly solo or in a group.
  - Other resources and items as they present themselves

#### **Plan Of Action:**

- 1) Sign Up and schedule your 1<sup>st</sup> 1 hour welcome session with Tara. This is not your ceremony, that will be next. The link to schedule your welcome session is included in the link after your 1<sup>st</sup> payment. We will develop your fluid itinerary and timeline and make a course agreement.
- 2) After those items are finished, we will officially begin your program journey with a online ceremony following.
- 3) After the ceremony, you’ll begin your course work. If a course is being offered live before our initial meeting, you’ll have the opportunity to join that course right away.

FYI

Tara’s Professional Qualifications:

BA in Secondary Earth Science Education from Northwest Missouri State University – emphasis in Geology

Public School Earth Science & Geology Middle & High School Teacher – 1 year

Wilderness Therapist for adjudicated youth and young adults - 3+ years

Wilderness Survival Teacher and Leave No Trace Master Educator at Red Rocks Community College – 3 years

Outdoor guide for youth, families, and college students - 2+ years

US Forest Service Visitor Center daily manager & Informational Specialist - 3 years

Social Skills Teacher for incarcerated males - 1 year

Boys & Girls Club Coordinator and started a national award-winning model family program – 3 years

Boys & Girls Club Director founded an award winning backpacking program for youth – 3 years

Mentor Program Manager for high risk youth prevention services – 3 years

Nurturing Parenting Program Teacher – 2 years

Post Family Adoption services – 3 years

General survival skills teacher for youth and adults – 8+ years

Wilderness First Responder - Current

Tantra Teacher Certification – Tribal Tantra Month Immersion Program in Thailand (Level 4 – 400 hrs)

Tantric & Kundalini Yoga Certification (YA certified) – 200 hrs w/ Samadhi Yoga Ashram + World Peace Yoga school in Rishikesh, India - Guru Vishnu

Integral Relationship Coach Certification w/ Martin Ucik

Death Doula Certified – Earth Traditions (Dec 2019)

Wedding & Rites of Passage Officiant – United Nations since 2018

Informally mentored by Rahi Chun, somatic sex educator & more, for professional legal guidance

Studied with Tantrica Dawn Cartwright for 6 months in various programs and Tantric Master Course (50 hrs)

Mentored by Suzi Zobrist women's sexual health specialist & founder of Orcas Mandala Yoga & Bodyworks

Studied Green Tara with Vejra Vidya Buddhist Center in Crestone, CO (30 hrs)

Mantak Chia Taoist Courses, Santa Monica, CA (30 hrs)

Studied with Applebranch Pagan Ministry Program Hekate Tribe (60+ hrs)

Teaching Tantra since November 2015 – started off teaching only women

Founder of Naked Earth Tantra/ now Earth Tantra – birth date June 1, 2016

#### Other Personal Influences and Experiences

Hiking most of the Colorado Trail (solo)

Survival experience 21 days naked in a jungle with limited food and resources

Experienced a highly intense 2-week spiritual awakening in 2015 after Naked & Afraid Challenge

Has lived (nearly) off-grid and maintaining a simple life style close to earth for almost 20 years

Sat with multiple self-vision quests and has led over 10 vision quests for teens and adults

Participated in many rituals and ceremonies including sweat and plant medicines

Burlesque and exotic dancing

Starting a polyamory western slope of Colorado meet up group

Practiced 2 ten-day silent meditation retreats with Vipassana and served at a 3rd

Spiritual, Tantra & Sacred Sexuality Influences include: Margot Anand, Taoist Master Mantak Chia, Hekate, David Deida, Goddess Green Tara, full life cycle – including passage of death, Earth based ceremonies and rites of passage, Goddess Parvati & Quodoushka.

Multiple contributions toward publications and interviews in New York Times, Parade Magazine, Bustle, High Times, Kaleidoscope Magazine, ROAR Magazine, Mashable and various podcasts and more on relationships, meditation, off-grid living, spiritual awakening, survival and more. Click here for Tara's media page: <https://www.earthtantra.com/media>

Other influences – history, travel, crafting, rocks/minerals/fossils, hiking, climbing & presenting/public speaking

\*If you'd like to know more or specifics, please connect with me.