

HAPPY
BLUE
MARBLE



Happy Blue Marble

TRAINING & MENTORSHIP GUIDE

*Personalized paths for personal growth,
spiritual development, and professional training.*

Which Path Is Right for You?



Every path is unique. Here's a quick guide to help you choose what fits where you are and where you're going.

Each offering is designed to support you at a different depth and level of commitment. Whether you're just beginning your journey or ready to step into professional practice, there is a path here for you.

1

THE ART OF HOLDING SPACE



Build your foundation

An 8-week private program to help you ground, align, and build a consistent spiritual practice that supports your next steps.

2

INNER CIRCLE MENTORSHIP



Deepen your practice

A 6-month mentorship offering personalized guidance as you grow your skills and expand your confidence in your healing work.

3

INNER CIRCLE APPRENTICESHIP



Become the facilitator

A 6-month apprenticeship that provides hands-on training, professional development, and the tools to step into your role as a facilitator.

4

PRIVATE TRAININGS



Learn what you need

One-on-one private trainings tailored to your goals and interests—designed to support your growth and expertise.



THE RIGHT PATH SUPPORTS YOUR JOURNEY

Whether you're building your practice, expanding your skills, or stepping into your next level of purpose, there's a path here for you.

THE ART OF HOLDING SPACE

AN 8-WEEK PRIVATE JOURNEY BACK TO YOURSELF

We meet one on one for two hours each week at Happy Blue Marble.

This is a private eight-week experience designed to help you reconnect with yourself through practical, embodied work. Between sessions, you'll leave with personalized practices and reflections that help the work continue throughout the week.

This is not about becoming someone new.
It's about remembering who you are underneath the noise.

THROUGHOUT THE PROGRAM YOU'LL LEARN TO:

- Build a personal altar and create supportive daily rituals
- Understand your nervous system and recognize your body's signals
- Practice meditation, breathwork, and somatic movement
- Learn the difference between intuition and fear
- Recognize patterns that pull you away from yourself
- Clear what isn't yours and release stored emotional weight
- Strengthen healthy boundaries and take your "no" back
- Build a relationship with your emotions instead of avoiding them
- Trust yourself again and discover what truly feels aligned
- Understand your chakras as a practical tool for self-awareness
- Create a steady spiritual practice that supports everyday life
- Integrate what you learn between sessions through personalized weekly practices

BY THE END OF EIGHT WEEKS...

You'll understand yourself more deeply.

You'll know how to recognize your body's wisdom instead of second guessing it.

You'll have practical tools to regulate your nervous system, navigate difficult emotions, and make decisions from a place of clarity rather than fear.

Most importantly, you'll know how to hold space for yourself with compassion, presence, and confidence.

INVESTMENT

\$2,888

EIGHT PRIVATE TWO-HOUR SESSIONS

INNER CIRCLE MENTORSHIP

6 MONTHS OF PERSONAL TRANSFORMATION AND SPIRITUAL DEVELOPMENT

This six-month private mentorship is designed to guide you into deeper healing, clarity, and alignment.

We meet one on one for two hours, once a week (24 sessions total).

Between sessions, you'll receive personalized lessons, resources, and practices to support your growth and integration.

INCLUDES EVERYTHING IN THE ART OF HOLDING SPACE

PLUS A CUSTOMIZED PATH DESIGNED FOR YOU

Together, we'll create a plan that may include any of the following:

- Meditation and breathwork
- Somatic movement
- Reiki and intuitive energy work
- Crystals and crystal energy
- Sound healing
- Crystal bowls and Tibetan bowls
- Tuning forks and chimes
- Percussion and drums
- Tarot and oracle cards
- Pendulum work and runes
- Lunar living and moon cycles
- Ritual and ceremony
- Altar creation
- Sacred-space design
- Intuition and energetic awareness
- Energy clearing and chakras
- Relationships and boundaries
- Grief, life transitions, and purpose
- Personal spiritual practice

THIS MENTORSHIP IS FOR YOU IF

- You're ready to go deeper and want personalized support every step of the way.
- You want to understand yourself, your patterns, and your purpose on a soul level.
- You're healing old wounds and creating new, healthier ways of relating—to yourself and others.
- You're committed to building a consistent spiritual practice.
- You're navigating a life transition or feeling called to more.
- You want tools, insight, and guidance to live in alignment and with intention.

IN THIS 6 MONTH JOURNEY

You'll receive the support, guidance, and tools you need to transform old patterns, deepen your spiritual practice, and create a life that feels aligned, fulfilling, and true to you.



INNER CIRCLE APPRENTICESHIP

SIX MONTHS OF PERSONAL TRANSFORMATION AND PROFESSIONAL TRAINING

Anyone can learn techniques. Few people learn how to hold space.

In this apprenticeship, you learn how to hold space for yourself and for others with depth, presence, and integrity.

You'll develop the skills to support people through emotion, uncertainty, grief, transformation, or breakthrough without needing to fix, rescue, or rush their process.

We meet privately for two hours each week for six months (24 sessions total), with personalized practices, resources, feedback, and support between sessions.

BUILD YOUR OWN CERTIFICATION PATH

*Choose the modalities you'd like to
become certified in.*

*Your apprenticeship is personalized to
your goals and may include:*

- Reiki I & II
- Intuitive Energy Work
- Meditation Facilitation
- Breathwork Facilitation
- Somatic Movement
- Crystal Bowl Sound Healing
- Tibetan Singing Bowls
- Full Spectrum Sound Healing

*You choose your path.
We guide you every step of the way.*

YOU'LL ALSO LEARN

- How to hold space for individuals and groups
- Trauma-aware and nervous-system-informed facilitation
- Creating emotional and physical safety
- Professional ethics and healthy boundaries
- Reading the energy of a room
- Supporting emotional experiences without taking them on
- Designing private sessions, ceremonies, and transformational experiences
- Group facilitation and container management
- Client communication and expectations
- Pricing, packages, marketing, and business foundations
- Observation, supervised practice, and personalized feedback
- Developing your own authentic facilitation style

BY THE END OF YOUR APPRENTICESHIP

You'll leave with your own combination of professional certifications, practical facilitation experience, and the confidence to begin offering transformational work in a way that is authentic to you.

**You don't just learn tools.
You become someone who can hold safe, supportive,
and powerful space for others.**

24 PRIVATE TWO-HOUR SESSIONS

PRIVATE TRAININGS

REIKI & INTUITIVE ENERGY WORK

PERSONAL. POWERFUL. TRANSFORMATIONAL.

One on one trainings are designed around you, your pace, your path, and your purpose.

You'll receive personal attunements, hands on practice, and the confidence to use these powerful tools for yourself and others.

All trainings include practices, manuals, and ongoing support.

REIKI I

\$1,111

6 hours

One 6-hour day or
two 3-hour sessions.

*Includes 21 days of guided
assignments and check ins.*

REIKI II

\$1,222

6 hours

One 6-hour day or
two 3-hour sessions.

*Includes 21 days of guided
assignments and check ins.*

INTUITIVE ENERGY WORK

\$2,222

8 hours

One 8-hour day with lunch
or

Two 4-hour sessions

or

Four 2-hour sessions

Learn to work confidently with:

- Intuition
 - Energy awareness
 - Crystals
 - Rune energy work
 - Pendulums
 - Grounding
 - Boundaries
 - Discernment
 - Ethical intuitive practice
 - Trusting your own guidance
-

PRIVATE TRAINING FOR TWO OR SMALL GROUPS

Reiki and Intuitive Energy Work training is also available for two people or private groups of up to 20 participants.

Contact us for group training options and pricing.

PRIVATE TRAININGS

Sound Healing, Breathwork & Meditation



PERSONAL. POWERFUL. TRANSFORMATIONAL.

One on one trainings are designed around your goals, your pace, and your purpose.

You'll receive personal guidance, hands on experience,
and the confidence to lead and facilitate with skill and integrity.

All trainings include practices, manuals, and ongoing support.

CRYSTAL BOWL FOUNDATIONS

\$1,111 ♦ 4 hours

Learn the foundations of creating a crystal singing bowl sound bath including bowl selection, care, playing techniques, room setup, energetic flow, and how to confidently guide a simple sound journey from beginning to end.

TIBETAN SINGING BOWLS

\$888 ♦ 3 hours

Learn proper striking and playing techniques, on body placement, chakra applications, and how to create a complete Tibetan bowl experience.

BREATHWORK FACILITATION

\$777 ♦ 4 hours

Learn breathing techniques, safety, nervous system awareness, class structure, and how to confidently guide a complete breathwork experience.

MEDITATION FACILITATION

\$777 ♦ 4 hours

Learn to write and guide meditations using grounding, visualization, pacing, voice, and thoughtful class structure.

FULL SPECTRUM SOUND HEALING

\$3,333

♦ 8 hours

One 8-hour day with lunch

or

Two 4-hour sessions



Learn to confidently create and facilitate a complete sound healing experience using multiple instruments with intention, confidence, and flow.

TOPICS INCLUDE:

- Crystal singing bowls
- Tibetan singing bowls
- Tuning forks
- Chimes
- Gong
- Drums and percussion
- Voice and mantra
- Building a complete sound bath
- Room setup and creating an intentional space
- Creating a supportive and welcoming environment
- Guiding participants through a complete sound journey
- Creating flow from beginning to end
- Holding space through sound
- Safety, ethics, and professional considerations

Sound Healing, Breathwork, and Meditation trainings are also available for two people or private groups of up to 20 participants.

Contact us for group training options and pricing.

Your Journey Starts Here

If you've made it this far, thank you.

It means so much that you've taken the time to learn about the work I offer.

Whether you're beginning a personal journey, exploring a new direction, or preparing to support others, I hope these pages have given you a sense of what we can create together.

Every person arrives with a different story, different experiences, and different goals. There isn't one right place to begin. Together, we'll discover the path that best supports where you are today and where you'd like to grow.

It would be an honor to be part of your journey.

I look forward to hearing about your goals, answering your questions, and creating a training experience that feels meaningful, supportive, and personalized to you.

With gratitude,

Elizabeth ♥

Founder, Happy Blue Marble

QUESTIONS?

If you have any questions or would like help choosing the training that's right for you, please reach out.
I'd be honored to help.

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