

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