



## Heart of Wisdom Institute

### **Zen of mBraining Coaching Essentials On-Line Certification Training**

The online training comprises **9 sessions over a 12 week period** :

8 didactic and experiential sessions  
+ 2 hours of supervision

- Regular and reasonable email contact during the whole training
- Recordings of all the sessions
- Course materials (pdf)
- Certificate of Training : digital and postal formats
- Certificate of attendance

#### **Overview**

Session #1 : Metta-goals and Realization

Session #2 : The Vitality of the Autonomous Nervous System (ANS)

Session #3 : The Truth of the Heart

Session #4 : The Reality of the Head

Session #5 : The Depth of the Digestive System

Session #6 : Synthesis & Symbiosis

Session #7 : Full Integration (Practice and feedback)

Session #8 : Full Integration (Practice and feedback)

+ 2 hours : Recall, Feed-forwards and Supervision

❖ Length of sessions: 2 hours on Zoom – **Total 18 hours**

#### ***Recommended Tools (optional)***

- *Stethoscope*
- *“emWave 2” or “Innerbalance” (Heartmath coherence technologies)*
- *pens and felt markers*
- *« Post-it » notes*
- *Large sheet of paper*
- *Journal*
- *Mirror*
- *Hot water bottle*
- *Essential Oils : eucalyptus, peppermint, lavender, sweet orange*

❖ **Investment : 1350 USD**