



## Heart of Wisdom Institute

### **Psy-Quintessentials On-Line Certification Training**

The online training comprises **5 sessions over a 5 week period** :

4 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
- Customer Service ☺

#### **Overview**

Session #1 : Coherent Breathing & Coherent Muscle Testing

Session #2 : VAKOG+E : Coherent & Effective Dream Building

Session #3 : Integrating & Transcending Emotional Difficulty

Session #4 : Integrating & Transcending Intention

Session #5 : 2 hours of Review, Feed-forwards and Supervision

- ❖ Length of sessions: 2 hours on Zoom – **Total 10 hours**

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

- “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 : 750 USD**