



36 Years of Excellence
Professional Massage and
Holistic Healing Arts
Optimum Health and Lifestyles
Since 1980
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Energy Healing and Somatics Program – 790 hours

Powerfully Practice and Integrate the Energy Healing Arts into Modern and Traditional Massage and Bodywork Therapies

The 790-hour Energy Healing and Somatic Program (ESM) is a highly advanced and extensive program using the energy healing and somatic (mind/body) techniques currently in great demand at healing and destination spas and in successful private practices.

It is designed for those special individuals who want to expand their professional skill sets to include energy and somatic healing technologies or who are clear of their desire to focus on energy medicine either vocationally or as a source of personal development and mind-body-spirit integration.

In the ESM Program you will become proficient in a wide range of powerful therapies that integrate our understanding of healing traditions such as the chakra and meridian systems with the contemporary scientific principles of cellular biology, quantum physics, energy healing and vibrational and somatic massage.

Vibrational Healing Massage Therapy,[®] Levels 1-4 **Our Specialty in Energy Massage** *Energy and Deep Structural Bodywork for Amazing Results for the Whole Family!*

Continuing Education: Courses may be taken separately!

This special program in energy medicine is particularly popular amongst bodyworkers with basic massage therapy training and health practitioners who want to expand the scope and success of their current healing offerings.

Other Career Certification Options

- California Holistic Massage Practitioner (CMP) - 250 hours
- California Holistic Massage Therapist (CMT) - 500 hours (Includes CMP)
- Energy Healing Somatics Massage Program (ESM) - 790 hours (Includes CMT)
- Holistic Life Coaching Program (HLC) - 500 hours
- Holistic Health Wellness Program (HHWP) - 1,142 hours
- Holistic Teaching, Training & Coaching Leadership (TTC) - 500 hours
- Holistic Health Wellness Leadership Program (HHWL) - 1,642 hours

Please see the reverse side of this flyer for the courses and their vast content.

ENERGY HEALING AND SOMATIC PROGRAM – 790 HOURS

Graduates Share of their Positive Experiences

This program has greatly increased my own confidence in my abilities as a leader and a health practitioner. I really believe that the dreams and imaginings that seemed out of reach before are totally possible. Thank you all.

– Ann Marie Lawrence, Graduate

My new confidence will make any dream come true. Doing my life's work will make me and others happy. We all make a difference everyday and everywhere.

– Jane Treckeme, Graduate

I love my life now and enjoy fully all it has to offer with my new eyes. Thank you so! –Kate Kelly, Graduate

Self-acceptance and self-awareness is a focus of the World School. They helped me find myself and see myself clearly through my eyes. – Karen Aquino, Graduate

Taking this program has made me become more aware of the reasons why things happen in my life, what they mean, and how it can impact others. I have become aware of the fact that there is a reason for everything that happens.

– Kristi Friesen, Graduate

I now realize that I am powerful, capable, loveable, and I am responsible. – Holly Heilman, Graduate

ENERGY HEALING AND SOMATIC PROGRAM (ESM) CURRICULUM – 790 HOURS

Anatomy and Kinesiology 1	44 hours
Anatomy and Kinesiology 2	40 hours
Aromatherapy	5 hours
Business and Ethics 1	18 hours
Business and Ethics 2: Entrepreneurship	22 hours
Clinic, Health and Hygiene	8 hours
Coaching Assessment Sessions ESM	4 hours
Contraindications	13 hours
Crainial-Sacral Balancing Massage	38 hours
Deep Tissue Massage	38 hours
Integrative Massage Therapy ESM	70 hours
Introduction to Healing 1: Thank and Be Wealthy	22 hours
Introduction to Healing 2: Your Power to Create	28 hours
Pathology	40 hours
Physiology	16 hours
Structural Foot Balancing	30 hours
Swedish Massage	38 hours
Vibrational Healing Massage Therapy®1 (VHMT 1)	44 hours
Vibrational Healing Massage Therapy®2 (VHMT 2)	55 hours
VHMT 3®, Part 1: Energy Bodies Awakening	34 hours
VHMT 3®, Part 2: Sound Healing	10 hours
VHMT 3®, Part 3: Integration Levels 1-3	26 hours
VHMT 4®, Part 1: RePatterning- Pre and Peri-natal Trauma	40 hours
VHMT 4®, Part 2: RePatterning- Pre and Peri-natal Trauma & Shock	30 hours
VHMT 4®, Part 3: Life Regression	20 hours
VHMT 4®, Part 4: Integration of VHMT Levels 1-4 - Family Services: Babies, Children, Teens, Elders, Pets, Athletes, Severely Injured	52 hours



Elsa Gomez, graduate at the World School San Francisco, doing deep structural neck bodywork and chakra clearing combined: Vibrational Healing Massage Therapy, Level 3.