

## Universal Energy – Everyone has it in them Course Outline



### Workshop Objective:

- The objective of this course is to invite a different perspective for participants to consider for one's life
- Leave participants feeling empowered, & with an increased understanding of their own life journey
- Introduce various techniques to practice seeing, feeling, and using Universal Energy
- Instill confidence, embrace strengths, and invite and encourage powerful skills we all have

### Workshop Description:

The workshop may include lectures, individual and group exercises, videos, and physical movement to open up discussion on a wide range of key topics. A Progress Summary Report can be made available to participants by request upon their completion. Information shared during discussion is considered confidential with exceptions noted in the confidentiality agreement, or as per a participants consent to release. Facilitators do not make any assumptions about alcohol/drug addiction regarding class participants, but focus on offering information, an experiential perspective, and a safe outlet for discussion.

### Course Delivery

Course content is non-denominational and can be adjusted and delivered to any age group

This is a 16-hour course with 7 modules that at maximum require approximately 2 hours each to complete. Course times can be broken up in a variety of ways. Evening classes would average one module per night from 6:00PM to 8:00 PM; for example, weekend courses would average 4 modules per day from 9AM to 5PM with a ½ hour lunch; weekday courses will average 3 modules per day from 9AM to 4PM with a one-hour lunch. 80% attendance is mandatory to complete the course.

### Course Content

Introduction of the Instructor  
Brief outline of programs and any program affiliates  
Course Expectations  
Participant Introductions  
Participant's Pre-workshop Documents (to be completed and returned)  
Workshop Evaluation  
Client Attendance Agreement  
Limits to Confidentiality  
Participant Background Information Form & Release (Confidential, unless participant otherwise requests)

### Modules

Yoga, Breath, and the Chakras (Training, Techniques & Practice Exercises- How is it all connected)  
Quantum & Universal Energy Principles & Practice: What is Universal Life Force Energy? What does it do? How does it work?  
Meditation: Principals and practicing various techniques  
Manifestation & Visualization: Introduction to the concepts and replacing any fears with the Science and enjoying various playful techniques to prove to yourself that when applying Metaphysical and / or Quantum Science principals and techniques we all have profound abilities.  
Self-Awareness – Considering the World with a different Perspective  
Goal Setting  
Resources & Reflection  
  
Course Summary and Evaluations