



SEVEN SACRED BREATHS INTEGRATIVE HEALING
ACCREDITED WELLNESS WORKSHOPS
WWW.7SACREDBREATHS.COM



Usui/Tibetan Reiki Training

- **Level I (6 CEs)** – This class is ideal for those interested in sharing Reiki with friends, family, and animals. Includes class materials, Level I attunement, and certificate. *No experience required.*
- **Level II (6 CEs)** – Learn the three sacred symbols that address Mind, Body, and Spirit healing and techniques for effective distance healing, release mental and emotional blocks, and receive the Reiki II attunement. Reiki I required.
- **Advanced Reiki Training (ART) (6 CEs)** – Learn the Usui Master symbol, receive the Usui Master attunement, learn Reiki meditations that strengthen the mind and expand consciousness, learn how to make, charge, and use Reiki crystal grids, and learn psychic surgery.
- **Reiki III/Master Level (two-day training, 12 CEs)** – Learn the two Tibetan symbols that distinguish Usui/Tibetan Reiki from Usui Reiki; receive the Master-Level attunement, experience the Microcosmic Orbit Meditation, work with Hui Yin, and address the concept of mastery—what it entails, the inherent responsibilities, and what it means to be a “Master.”
- **Animal Reiki** – This class is ideal for pet owners, animal shelter and rescue volunteers, and those invested in the health and well-being of animals. This class focuses on using Reiki to help animals of all kinds heal, modify behavior, and transition peacefully.

Wellness Workshops

Bach and Beyond: An Introduction to Flower Essences (6 hrs/6 CEs)

This fun and informative workshop offers an intriguing look into flower essence therapy, first discovered by Dr. Edward Bach in the early 20th century. Based on the premise that all living botanicals contain healing properties, flower essences address emotional, mental, and physical issues on an essential, energetic level. Powerful yet gentle, flower essences can safely be taken in tandem with traditional and/or herbal medicine without side effects. In this workshop participants gain an understanding of essences and how they work, how essences differ from other plant-based modalities, and how they address our subtle bodies and the creation of disease. We will also review how to perform a flower essence assessment, how to use essences with animals, practice flower essence intuition, and how to create an essence ‘stock.’ Participants will create a custom blend to take home. *No experience required.*

Learning From the Ancients: Self-Wellness Using Reiki, Reflexology, and Shiatsu (2 hrs/2 CEs or 6 hrs/6 CEs)

A class during which participants learn basic reiki holds, acupressure points, and reflexology positions to address complaints such as insomnia, upset stomachs, and anxiety. *No experience required.*

Meeting the Earth: An Introduction To Crystals and Gems (3 hrs)

Also available as all-day interactive presentation

Full of practical information and exploration, this workshop provides hands-on experience with various kinds of crystals. **All students will choose seven semi-precious chakra gems to take home.** Activities include using crystals to strengthen the chakras, tasting hand-crafted elixirs, and incorporating crystals at home/work for harmony and abundance. Browse crystals, shells, and gems from Sylvia’s collection, including an ocean jasper sphere weighing over 25LBS. Other items available for purchase.



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Wellness Workshops cont.

Anxiety & Nutrition: Heal the Connection! (3 hrs)

Participants will learn about diet's impact on emotion, stress, brain chemistry, and how certain food choices can decrease anxiety and panic attacks. Learn how to sleep more soundly, avoid nightmares, and get the rest you need.

For Massage and Bodywork Professionals

Reflexology Basics (6 hrs/6 CEs)

A foundational class for massage therapists, bodyworkers, and energyworkers in which students learn "Zone Theory" and guiding principles of foot Reflexology in order to balance, relax, and trigger the body's natural healing mechanisms. Participants will learn a basic protocol for incorporation into a massage or energywork session.

Introduction to Shiatsu (6 hrs/6 CEs)

A class for massage therapists, bodyworkers, and energyworkers in which students learn about the meridians, acupressure points, and shiatsu holds to address common ailments, as well as a basic facial protocol for incorporation into a massage or energywork session.

EFFECTIVE TEACHING

Effective teaching includes more than providing handouts and delivering a lecture...my workshops address a variety of learning styles and often include hands-on 'table time' in which students may experience the material firsthand and/or practice what they have learned in a safe and secure environment.

I offer a wealth of experience to my participants; in addition to 20 years of higher education classroom experience in the Humanities, I have taught wellness workshops and provided Reiki training at retreat centers, yoga studios, conferences, and spas throughout Pennsylvania and New York. Because I am accredited by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a certified Continuing Education Provider, students with licensure needs, such as massage therapists, can earn CE credits.

Adult learners of all backgrounds and levels of expertise have enjoyed my classes: everyday individuals interested in natural wellness, yoga instructors wanting to enhance their students' experiences, massage therapists seeking state-mandated CE credits, holistic health providers inspired to learn different healing tools, and even LPNs and RNs seeking noninvasive approaches for working with special needs and geriatric patient populations.

It would be my absolute pleasure to work with your training needs and interests!

Sylvia M. DeSantis, M.A., R.M.T.

TESTIMONIALS

What a wonderful day...I feel very empowered! —Jen, CMT, RYT

It was an interesting experience and I did become more acquainted with what Reiki is. It is also obvious that you are committed to sharing Reiki and your manner is open and welcoming. Thank you.
—Joanna, RN

Thank YOU beloved Sylvia! It was a completely wonderful experience as I knew it would be.
—Karen, RYT

*Thank You for providing us with a wonderful training! You are truly a talented presenter! =)
I loved it...* —Meg D, MA

Your class was truly empowering and a lot of fun.:) Thanks for personalizing everything! —Sue

Thank you once again for a wonderful training experience. I've been searching for 17 years to find a wellness educator who could master content AND teach. You're the first educator I've met who can perform both of these tasks well. I can say without reservation that my money has been well spent!
—Dr. Mary Ellen, PhD, RYT

