

YOGA WITH SHAWNA

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AROMATHERAPY

certifications

Trainings can be taken in person or online.



3 different certifications

- Certified Aromatherapist
- Certified Master Aromatherapist
- Certified in Distilling + Production



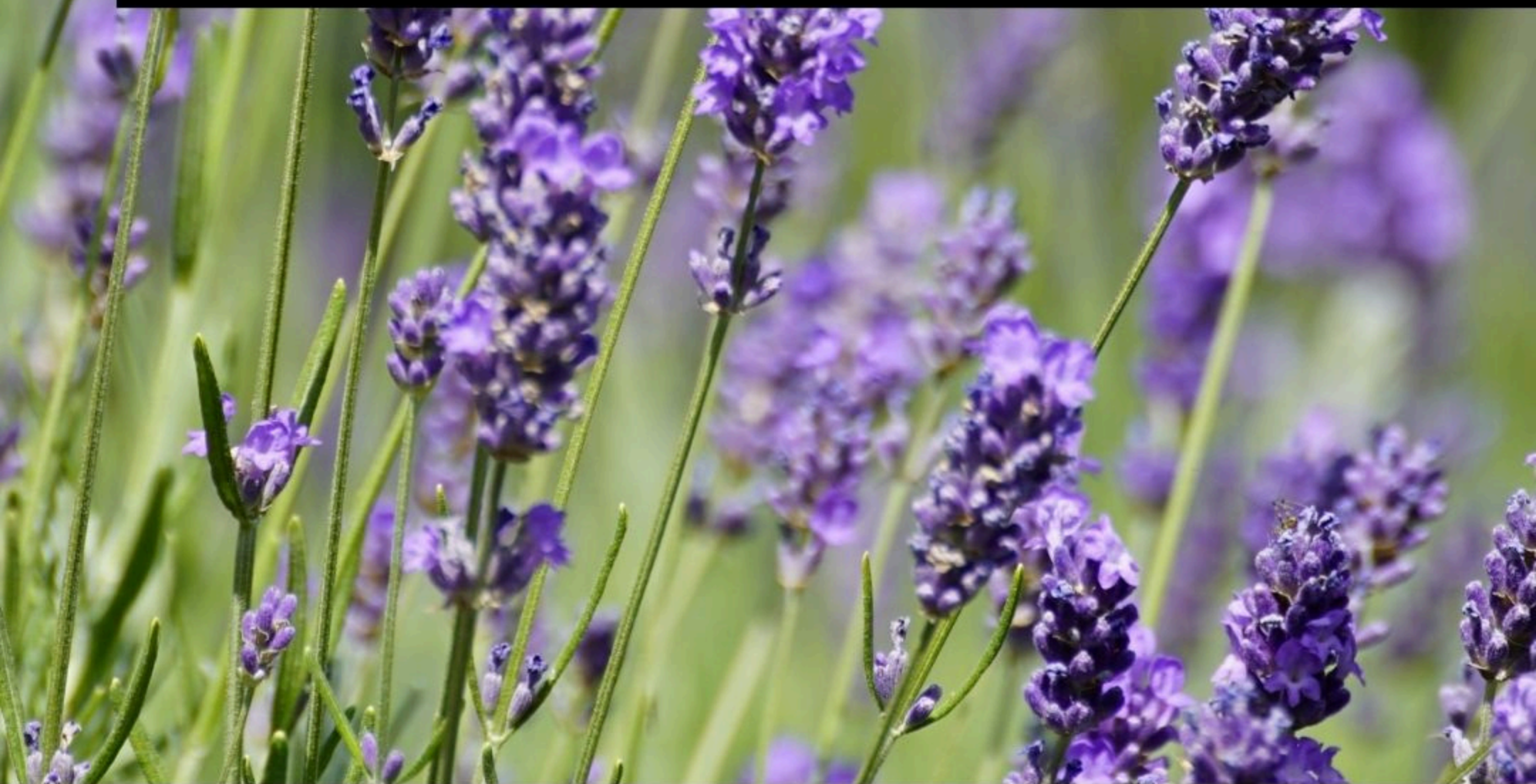
Certified Aromatherapist

The course asks you to tap into the subtle energy of the plants and explore the effects of plant medicine on your mind, body and soul. From this place, you will be able to become friends with the plants and trees and co-exist with them through wisdom to use them for your own healing. As the coursework progresses, you will not simply understand how to use aromatherapy for your own healing; you will become deeply connected to the sacredness that is plant medicine and develop a respectful, safe and meaningful relationship with the plants and trees to help expand yourself and others. In this program you will gain a solid foundation of aromatherapy and be prepared to prepare aromatherapy treatments for yourself and others. Curriculum includes 45 hours of coursework plus a 5 hour practicum to practice exposing and instructing students and clients on how to use essential oils for their own well being.

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PREREQUISITE

Nature speaks to those who listen. You need not take both levels. This course is open to those looking to listen. There is no prerequisite for this training. There is no minimum or maximum age requirement or experience needed. No experience needed.



The background of the entire page is a close-up, high-resolution photograph of numerous orange slices. The slices are arranged in a dense, overlapping pattern, showing the vibrant orange color of the pulp and the lighter, fibrous texture of the pith. The lighting is bright, highlighting the natural texture and color variations of the fruit.

Techniques, Training + Practice

30 hours

- interaction with various essential oils
- understanding the benefits and uses of the oils
- safety and plant medicine, self responsibility and wisdom with plant use
- how aromatherapy is made

Preparation + Choosing Plants

10 hours

- understanding various application methods
- choosing essential oils for yourself + others
- proper use and "prescribing" of the plants

Anatomy + Physiology

5 hours

- the understanding of the plant systems and body systems and how they work together and affect each other

Certified Master Aromatherapist

In this course we build on the foundation that was built in the Certified Medical Aromatherapist Program and go deeper with the consciousness of plants. Here you will engage with the essential oils you have been working with but go deeper and also work with different oils: those that are rare and not commonly heard of through the general public. These are not the aromatherapy bottles you can purchase at a grocery store. The course will also cover the chakras and using essential oils for chakra health. You will tap deeper into making aromatherapy medicines, sacred anointing, pendulum testing and tapping into the energy of plants for others. You will further your knowledge of applicational methods and how plants work in comparison to man-made medicines. We will cover common ailments like depression, anxiety, weight loss, immune disorders, and respiratory health along with tapping into using essential oils for beauty and emotional health. We will meditate and work with them to hear their messages. We will go deep with the frequency of the plants. These are sacred plants and trees that speak to the depths of our makeup

PREREQUISITE

Nature speaks to those who listen. This is the second of a two part program. You must have completed the first program to enroll into this second program or be Certified Medicinal Aromatherapist through an accredited institution

Like an onion, each of the 2 Levels of the course work peel back the layers of the divine simplicity yet power of plants as medicine. In the same, the coursework peels back layers of your soul and entire being as you work with these sacred teachers.

techniques, training + practice 30 hours

- interaction with a variety of unique and rare essential oils
- understanding the benefits and uses of the oils
- connecting with the consciousness of the plant
- experiencing the art of making plant medicine with essential oils

preparation + choosing plants 10 hours

- meditation with the plants
- working with plant frequency
understanding various application methods
- tapping into the energy of plants / pendulum use for plant prescriptions
- sacred anointing + ritual with the plants

anatomy + physiology 5 hours

- the energy of the plant + the body: the chakras + essential
- advanced application methods
- specialized use for common ailments like depression, anxiety, weight loss, immune disorders, and respiratory health along
- emotional health + essential oils
- beauty + essential oils (facials, hair care, skin care)

Distilling + Production Certification

This course focuses on using and creating your own blends, along with distilling oils + the possibility of creating your own essential oil + product line. This course focuses on how to use and make essential oils to help others. The course focuses on various safe plants used to help the body, mind and soul and connecting with them through the form of essential oils. Learn how to collect + distill oil, make freshly distilled oil through a professional distillation system and through a maceration process. We cover making labels + bottling your own, selling oils through a retail + wholesale + even start your own brand or making your own blends and products like candles, body butters + lotions, bug spray, medicinal perfumes + more.

This program teaches a sacred way to connect, understand, work with, distill, sell, heal and improve your health with + guide others. It is done through understanding how to distill essential oils + make your own; create your own scents, blend, create a brand, product, or wholesale account to get medicinal and mindful oils out to the public and generate supportive income for yourself while learning how to make a variety of products including but not limited to candles, wellness sprays, air fresheners and car fresheners, bug spray, lotions + body butter, jewelry + more. . Curriculum includes 45 hours of coursework plus a 15 hour practicum.

PREREQUISITE

A prerequisite is not necessary but it is strongly encouraged that you have background the basics of essential oils + know how to use them as this information will not be taught in the course.



techniques + practice

10 hours


- understanding how to use specific essential oils + their benefits in terms of using them for healing + ritual
- engaging in a regular meditative + contemplative practice with essential oils
- making products with essential oils including but not limited to: lotions+ body butter, candles, jewelry, car fresheners, wellness sprays, bug spray, medicinal perfumes + personal blends



ethics + business

15 hours

- respecting the plants + learning how to source plants properly to be used for distribution
- exploring the possibility of creating your own essential oil, brand, and/or line and making additional income through mindfully + respectfully selling essential oils
- knowing the difference between medicinal grade oils + the others
- Wildcrafting or growing + distilling your own oils in a mindful + respectful way



distilling + distributing

15 hours

- collecting plant material
- distilling essential oils with our still
- making macerations
- bottles, labels + more



A curriculum that goes beyond the classroom

This comprehensive program takes you on an explorative journey into the deeper layers of aromatherapy + essential oils. It is empowering, awakening teaching showing you various levels of understanding of essential oils to how they work and how to use them to providing healing sessions + "prescriptions" for others making your brand and distilling your own oils. The training offers a blend academic study and practical, hands-on learning. Whichever training you take, you will interact in way with the plants you have not before.

Unique from most trainings, this training also includes opportunities for real-world application through internship and mentorship practicums. These experiences allow you to embody and practice the concepts discussed in the coursework, preparing you to use your certification(s) in an effective and purposeful way.



"The investment in this training is so little compared to what you get. My business has doubled in income, my practice has doubled in spirituality + commitment + my happiness + well being has more than doubled. I am forever grateful."



Why this program?

- 3 different certificate opportunities so you can do all three or just pick and choose what topics you want to study and learn
- Discounts on essential oils for your own use or for resale
- Wholesale opportunities to build your own essential oil company and make income through resale
- the rare opportunity to distill our own oil and learn how to do so with a professional system
- Healing from the plants themselves
- Internship + job opportunities
- Learn from the owner of a very succesful, international essentail oil company

Internship Program

This training supports + encourages you to bring what we discuss out into the world. This educational internship experience will have you teaching distributing + facilitating the use of essential oils to others by applying the lessons learned directly to students in real life.

Commitment is 24 credit hours and you will have the opportunity to do one or more of the following:

- intern at a successful yoga studio leading your own plant bath classes
- intern at successful yoga studio offering one-on-one plant consults as an official Master Aromatherapist + Essential Oil Facilitator
- create + lead workshops, and/or retreats that implement the studies and wisdom gathered in the training
- create a real life opportunity to speak about the concepts you are learning and help your students embody them further advancing their practice
- experiment with bringing yoga out there in "new ways"
- raise funds for yoga teacher or student scholarships
- bring yoga experience bigger than you have in the past
- collaborate with successful holistic health businesses to add aromatherapy to their offerings
- build an essential oil brand
- sell essential oils for profit through creating and implementing a successful marketing plan
- wildcraft or grow and then distill your own essential oil for resale and use

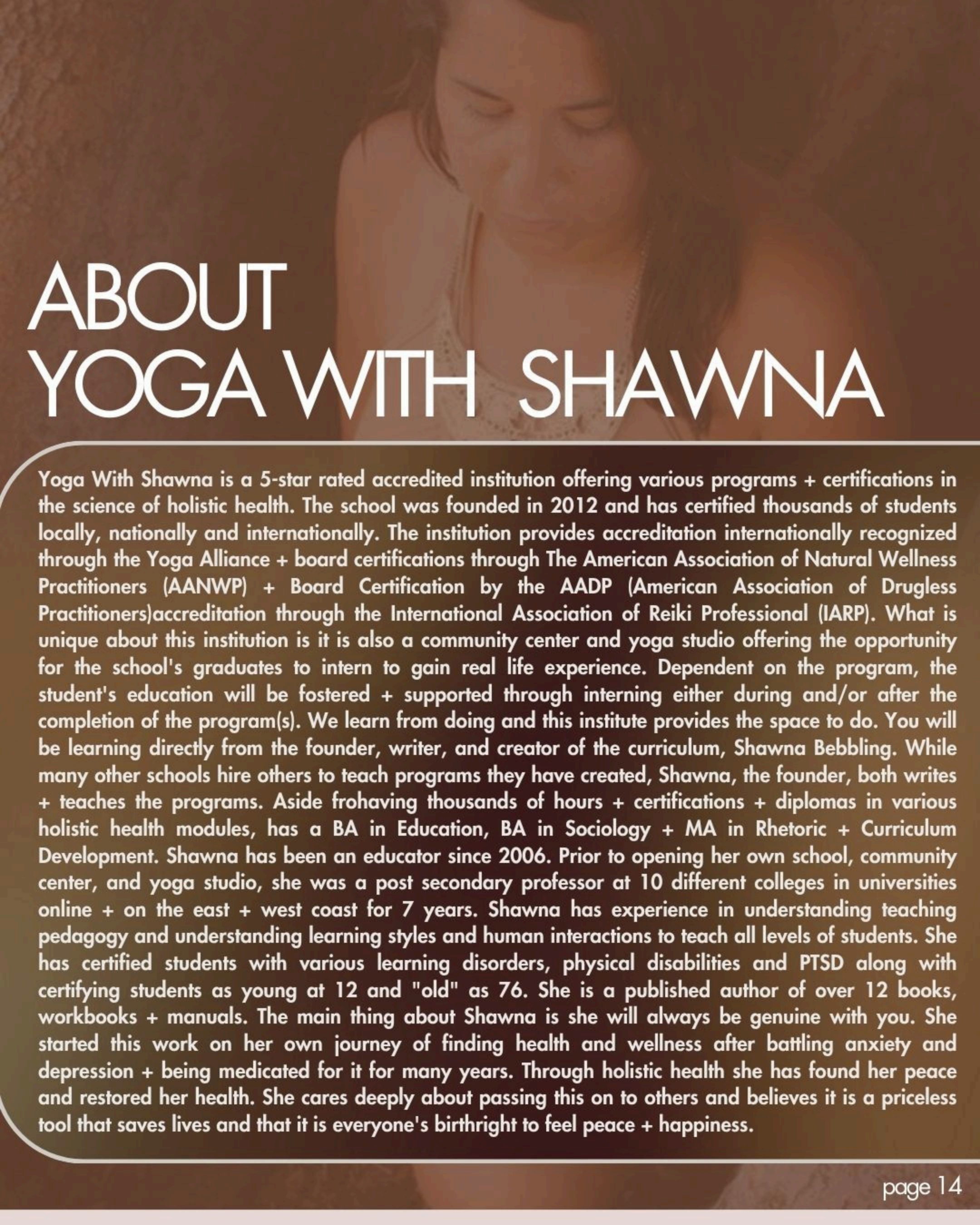




Accreditation

This is an official, multi-accredited certification.

- Internationally Accredited 145 Hours through the Yoga Alliance (YACEP)
- Board Certificated through The American Association of Natural Wellness Practitioners (AANWP)
- Board Certification by the AADP (American Association of Drugless Practitioners)
- Course is a part of the 1000 HOURS Holistic Health Practitioner Program but can be taken a separate certification
- Course led by founder of Yoga With Shawna, Yosemite Yoga + Wellness, Desert Dimension, San Diego Yoga Festival + The Holistic Health Institute of San Diego, Shawna Schenk who has over 20 years of teaching experience, two Bachelor Degrees, one Master's Degree + over 25,000 hours of yoga teaching experiences + certifications



ABOUT YOGA WITH SHAWNA

Yoga With Shawna is a 5-star rated accredited institution offering various programs + certifications in the science of holistic health. The school was founded in 2012 and has certified thousands of students locally, nationally and internationally. The institution provides accreditation internationally recognized through the Yoga Alliance + board certifications through The American Association of Natural Wellness Practitioners (AANWP) + Board Certification by the AADP (American Association of Drugless Practitioners) accreditation through the International Association of Reiki Professional (IARP). What is unique about this institution is it is also a community center and yoga studio offering the opportunity for the school's graduates to intern to gain real life experience. Dependent on the program, the student's education will be fostered + supported through interning either during and/or after the completion of the program(s). We learn from doing and this institute provides the space to do. You will be learning directly from the founder, writer, and creator of the curriculum, Shawna Bebbling. While many other schools hire others to teach programs they have created, Shawna, the founder, both writes + teaches the programs. Aside from having thousands of hours + certifications + diplomas in various holistic health modules, has a BA in Education, BA in Sociology + MA in Rhetoric + Curriculum Development. Shawna has been an educator since 2006. Prior to opening her own school, community center, and yoga studio, she was a post secondary professor at 10 different colleges in universities online + on the east + west coast for 7 years. Shawna has experience in understanding teaching pedagogy and understanding learning styles and human interactions to teach all levels of students. She has certified students with various learning disorders, physical disabilities and PTSD along with certifying students as young at 12 and "old" as 76. She is a published author of over 12 books, workbooks + manuals. The main thing about Shawna is she will always be genuine with you. She started this work on her own journey of finding health and wellness after battling anxiety and depression + being medicated for it for many years. Through holistic health she has found her peace and restored her health. She cares deeply about passing this on to others and believes it is a priceless tool that saves lives and that it is everyone's birthright to feel peace + happiness.

Investment

\$1999 [discounted rate, paid by first day of school]

2 payments of \$1019.50

3 payments of \$686.33

apply:

