



Holistic Wellness Practitioner Training

featuring Dr. Jean Paul (JP) Amonte, D.C.

Thursday, March 12		Friday, March 13	Saturday, March 14	Sunday, March 15
9:00 a.m.-10:30 a.m.	8:30 a.m.-9:00 a.m. Registration 9:00 a.m.-9:10 a.m. Welcome & Orientation	Good Vibrations: Electromagnetic Healing Cayce's Electro Therapies Mechanical Treatments Energy Healing Earthing/Grounding	Holistic Herbal Healing - Part 1 Cayce-based Herbs How to Make Tinctures, Teas, Tonics, Packs, Poultices, Stupes, and Oils	How to Live Forever: Current Research on Longevity and Immortality Healing Past, Present, and Future Hypnotherapy Past Life Regression Future Life Projection
	Mind Is the Builder: The Healing Power of Consciousness Guided Meditation Breathwork Brainwave Analysis Reprogramming Habits			
10:30 a.m.-10:45 a.m.	Energy Break			
10:45 a.m.-12:00 p.m.	Healing Past Trauma Setting Ideals for the Body/Mind/Spirit	Heart/Brain Coherence Biofield Energy Balancing Tai Chi Gong Exercises	Continuation	Guided Meditation DNA Research Holistic Karmic Healing Finding Our Life's Purpose
12:00 p.m.-2:00 p.m.	Lunch			
2:00 p.m.-3:30 p.m.	The Beautiful Body Temple Cayce's Holistic Diet Nutritional Healing Holistic Weight Loss	Cayce's Holistic Massage & Manual Therapy Swedish Massage Techniques Spinal Massage Patterns	Holistic Herbal Healing - Part 2 Application of Cayce based Herbs	
3:30 p.m.-3:45 p.m.	Energy Break			
3:30 p.m.-5:00 p.m.	Natural Beauty & Skin Care Holistic Exercise Plans Cayce-based Detox Plans	Joint Mobilization Holistic Hydrotherapy Lymphatic Drainage Techniques	Continuation	

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