



# 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.	<p>8:30 a.m.-9:00 a.m. Registration 9:00 a.m.-9:10 a.m. Welcome &amp; Orientation</p> <p><b>Morning Movement</b> <b>Mind Is the Builder:</b> <b>The Healing Power of Consciousness</b> Cayce's Holistic Philosophy Guided Meditation Restorative Breathwork Brainwave Analysis</p>	<p><b>Morning Movement</b> <b>Good Vibrations:</b> <b>Electromagnetic Healing</b> Cayce's Electro Therapies Mechanical Treatments Energy Healing Earthing/Grounding</p>	<p><b>Morning Movement</b> <b>Holistic Herbal Healing</b> Cayce's Herbal Tonics Cayce's Herbal Teas Potato Poultice Grape Poultice Onion Poultice Mullein Poultice/Stupe Turpentine Stupe</p>	<p><b>Morning Movement</b> <b>How to Live Forever:</b> <b>Current Research on Longevity and Immortality</b> Healing Past, Present, and Future Hypnotherapy Past Life Regression Future Life Projection</p>
10:30 a.m.-10:45 a.m.			Energy Break	
10:45 a.m.-12:00 p.m.	<p><b>Cayce's C.A.R.E Method</b> Setting Ideals for the Body/Mind/Spirit</p>	<p><b>Cayce's Radiac appliance,</b> <b>Tesla's Violet Ray,</b> <b>UV &amp; Green Light Therapy</b> Biofield Energy Balancing</p>	Glyco/Alkacare Pack Castor Oil Pack	<p>Guided Meditation Holistic Karmic Healing Finding Our Life's Purpose</p>
12:00 p.m.-2:00 p.m.			Lunch	
2:00 p.m.-3:30 p.m.	<p><b>The Beautiful Body Temple</b> Cayce's Holistic Diet Nutritional Healing Holistic Weight Loss</p>	<p><b>Cayce's Holistic</b> <b>Massage &amp; Manual Therapy</b> Swedish Massage Techniques Spinal Massage Patterns</p>	Epsom Salts Pack Apple Cider/Salt Pack Atomidine Support	
3:30 p.m.-3:45 p.m.			Energy Break	
3:30 p.m.-5:00 p.m.	<p>Natural Beauty &amp; Skin Care Holistic Exercise Plans Cayce-based Detox Plans</p>	<p>Joint Mobilization Holistic Hydrotherapy Lymphatic Drainage Techniques</p>	<p><b>How to Make Tinctures</b> <b>How to Infuse Oils</b></p>	<p>Schedule is subject to change.</p>