



*Blue Star*

*Trinidad & Tobago*

# SCHOOL OF HOLISTIC STUDIES

## SELF-TRANSFORMATION FOR PRACTITIONERS

**Virtual 4-Week Diploma Programme** Facilitated by  
**Dr. Padmini D. Naraine, Ph.D**

Board Certified Holistic Health Practitioner (AADP, AMDA) Holistic World of Healing and Wellness

The Blue Star Holistic School offers, for a second time, the successful 10-Module specialized diploma program in spiritual development. This unique program brings you to your own empowerment on the path of self-discovery, healing and transformation.

Completion of this program is necessary for practitioners who would like to register for the upcoming 2-Year Holistic Wellness Practitioners Program, tentatively scheduled to begin March 2022.

Begins: **February 2022**

Full Programme Cost: **TT\$4,000**

Classes on **Tuesdays & Thursdays plus on Monday 21st and Monday 28th February**  
Time: **6:00-9:00 pm**

**Educational Requirements: Secondary School Completion & Computer Literacy**

**MORE INFORMATION AND/OR REGISTRATION**

**Divya Waveny Adimoolah**, The Administrator,  
Blue Star School of Holistic Studies

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# SELF-TRANSFORMATION FOR PRACTITIONERS 2022

## COURSE MODULES

### **1.0 Introduction to Meditation and the Chakras**

- Explore the fundamentals of the chakra system. Learn key techniques on each chakra and its role in an effective meditation practice.

### **2.0 Spirituality and Higher Self**

- Higher Self is an expansion of Consciousness. Explore integrative practices that facilitate a greater expansion of Consciousness.

### **3.0 Spiritual Healing & Energy Transfer**

- A greater sense of spiritual awareness opens the gateway to the non-physical world. Introduction to energetics and how they play in the physical experience.

### **4.0 The Path of Emotional Healing**

- The human experience is full of emotional turbulence. Learn how to access the heart's portal of energy and embrace the nourishment that it offers.

### **5.0 Spiritual Healing and Energy Transfer**

- All of life is energy in one form or another. We are beings of energy. Explore ancient healing modalities and energy work.

### **6.0 The Intuitive Arts**

- Intuition plays an integral part in harmonious living. Introduction to the tools of greater intuition, and a deeper inner connection.

### **7.0 Meeting your Inner Selves**

Explore the process of shifting consciousness. Learn how to accept all that you are, revealing a greater sense of your whole self.

### **8.0 From Child to Adults**

Discover and reveal expressions of your inner child through greater creativity, balance, and joy in your life now.

### **9.0 Living your Higher Self**

Seeking to align to your life purpose; learn key techniques on creating harmony with life.

### **10.0 The Healing Power of Sound**

Explore how sound resonates within your being. Through use of different sound instruments, facilitate alignment of body, mind and spirit.

It is mandatory to attend all classes. If any class is missed, the student will need to do a make-up in order to pass. Classes should be completed sequentially.

**Course modules: 3 Hours.**