



THE REGENERATIVE HEALER

Leading Through
Nature, Energy
& Sound

A 75-Hour Certification in Energy & Sound Facilitation

Course Syllabus - Spring/Summer 2026

For questions, please contact info@sankofayogacenter.com

COURSE DESCRIPTION

Rediscover your deep connection to the natural world and its timeless wisdom through this immersive certification in energy and sound facilitation. As we face increasingly complex challenges, this training invites you to return to the profound intelligence that resides in both nature and our own beings. Our comprehensive training provides a container for you to remember and strengthen your innate capacity to facilitate healing, while deepening your relationship with the regenerative patterns of the natural world.

With five live virtual modules concluding in an immersive in-person weekend led by our expert teachers, Dr. Tamisha Ponder and Shawn Moore, you'll gain proficiency in energy and sound healing, nature-based practices, and transformative leadership. Additional topics cover group facilitation, session design, and creating trauma-sensitive spaces that foster both individual and collective healing.

As you progress through the training, you will cultivate a deeper understanding of your own practice while developing the leadership presence to guide powerful healing experiences. This certification bridges time-honored techniques with trauma-sensitive frameworks for creating safe, regenerative spaces of transformation.

PROGRAM BENEFITS

By investing in the training, participants will:

- Master a versatile toolkit of energy and sound healing techniques grounded in nature's wisdom, with clear protocols for both individual sessions and group experiences. You'll learn to structure and facilitate experiences that honor each person's unique healing journey.
- Develop advanced facilitation skills to create deeply healing environments that transform individuals, teams, and communities. Through practical experience and mentorship, you'll build confidence in holding space for profound transformation.
- Learn to establish and maintain trauma-sensitive healing spaces that awaken each person's innate capacity for renewal while fostering collective wholeness. Our comprehensive framework ensures safety and effectiveness in all healing contexts.

PROFESSIONAL APPLICATIONS

This certification prepares you to:

- Lead individual energy and sound healing sessions
- Facilitate group sound baths and healing circles
- Create nature-connected healing experiences
- Guide organizational wellness programs
- Develop your own healing offerings or integrate these modalities into your existing practice

CORE COMPONENTS

The program curriculum includes:

- Energy and sound healing techniques
- Nature-based meditation and grounding practices
- Group facilitation and space holding methodology
- Individual session design and delivery protocols
- Trauma-sensitive frameworks for healing work
- Leadership development and presence cultivation

Our comprehensive approach ensures you graduate ready to facilitate powerful healing experiences that ripple from individual wellbeing into collective flourishing. Whether you plan to work with individuals, groups, or organizations, you'll have the skills and confidence to create transformative healing spaces.

Upon completion of the coursework and evaluation, participants will receive a certification of completion. For those that are Yoga teachers this will then enable you to register with Yoga Alliance for Continuing Education Credits (YACEP).

WHO IS THIS TRAINING FOR?

Ideal candidates have completed foundational training and certification in yoga, meditation, energy healing, or body work and are ready to extend their offerings with intentional, therapeutic practices. This training serves those who want to lead communities through regenerative-centered practices, with a focus on collective healing and resilience.

Participants should embody a strong personal practice in mindfulness or stillness, as it forms the essential base for guiding others in these practices. **Our program is not an immersion or workshop; rather, a training course for those with the intention to complete all requirements for certification.**

COURSE SCHEDULE & DATES

The training course is taught in five live virtual sessions, with a required in-studio closing weekend. This format supports students having time to integrate the material, meet independently with cohort-members between live virtual sessions, complete homework assignments, and prepare for assigned practice sessions. All content will be housed within Thinkific, an online learning platform.

Virtual Synchronous Dates

Training Orientation & Compliance Meeting

Friday, April 17: 12 p.m. - 1:15 p.m. EST via Zoom

(Mandatory for all trainees, non-negotiable)

Module 1 | Earth: Foundational Concepts of Energy + Sound

Wednesday, April 22: 6 p.m. - 9:15 p.m. EST via Zoom

Understanding the basics of energy healing and sound healing

Learning essential techniques for holding healing space

Module 2 | Water: Sitting in the Flow of Our Own Energy

Wednesday, May 6: 6 p.m. - 9:15 p.m. EST via Zoom

Practicing personal energy management and boundaries

Cultivating presence and authenticity in healing work

Module 3 | Fire: Stoking Our Inner Fire of Leading

Wednesday, May 20: 6 p.m. - 9:15 p.m. EST via Zoom

Awakening leadership presence and your unique voice as a healer

Building confidence in facilitation and understanding group energy dynamics

Module 4 | Air: Deepening Our Connection to Energy + Sound

Wednesday, June 3: 6 p.m. - 9:15 p.m. EST via Zoom

Advanced energy and sound healing techniques

Creating transformative sound experiences

Module 5 | Alchemy: Learning from Nature's Wisdom

Wednesday, June 17: 6 p.m. - 9:15 p.m. EST via Zoom

Working with nature's cycles of change and renewal

Weaving together elemental healing practices

In-Person Closing Weekend | Spirit: Integration & Embodying the Regenerative Healer

- Saturday, June 27: 10:00 am – 4:00 pm | Practice Clinics and Integration
- Sunday, June 28: 10:00 am – 4:00 pm | Community Class, Closing Ceremony

Optional Office Hours via Zoom

- As part of this training, two optional virtual office hours will be offered to support your learning, reflection, and integration. These gatherings are a chance to ask questions, share what's emerging for students, and receive guidance along the way. Dates and times will be shaped by the needs of the cohort and shared during the training.

Additional Coursework Hours: reading, homework assignments, journaling, meditation practice

The closing weekend will be held in-person at our studio, 302 Main Street, Laurel, MD, if health and safety conditions permit. We are in accordance with Prince George's County Executive Orders. In the event we must pivot, livestream/online learning will be set in place via Zoom.

LEARNING ENGAGEMENT & EXPECTATION

Our virtual learning experience requires full presence and dedication to ensure the most transformative outcomes for all participants. The following guidelines support an optimal learning environment:

Virtual Session Requirements

- Students must log in from a stable, quiet environment with reliable internet connection
- Cameras must remain on throughout all virtual sessions to maintain energetic connection and group cohesion
- Students should set up in a space that allows for movement and practice during sessions
- Technical requirements should be tested before each session (microphone, camera, internet)
- Login 5-10 minutes early to ensure proper setup and connection

Practice & Study Commitment

Expect to dedicate 3-5 hours per week outside of live sessions for:

- Reading assignments and written reflection

- Personal energy and sound healing practice
- Session preparation and practice teaching
- Homework completion and documentation

To support optimal learning and practice, students must create a dedicated practice space free from distractions where they can fully engage in the training. Students are expected to have all required materials readily available for each session and maintain strict confidentiality regarding personal shares and experiences within the group. Active engagement in discussions and practices is essential, as is completing all pre-session assignments to ensure full participation in group learning. This focused and prepared approach creates the foundation for deep learning and authentic practice development.

Your full engagement in both the virtual and practice components of this training is essential for developing the skills and understanding needed to become an effective energy and sound healing practitioner. This commitment supports not only your personal growth but contributes to the collective learning experience of the entire cohort.

TUITION AND REGISTRATION

The cost of our 75-hour Teacher Training is **\$1199**. Applicants will be required to submit an information form and pay the non-refundable \$300 deposit to gain entry into the 75-hour Training Program.

An early bird discount of 10% is available for those paying in full by April 14th. Final invoices will be emailed two weeks before the start date of training, for those who have selected the early bird discount.

PAYMENT PLAN OPTION

Tuition of **\$1199** payable as follows:

- \$300 non-refundable deposit due upon registration
- Followed by 3 equal monthly payments of \$300 due on April 15, \$300 on May 15, \$300 on June 15.

TUITION & REFUND POLICY

If an applicant withdraws from the program after acceptance/deposit, but before the program starts, \$300 from the applicant's deposit amount will be retained by the program. However, such an amount can be applied towards a future training program.

- If an applicant withdraws during the program, the applicant is still responsible for the remaining balance.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort, the applicant is responsible for the difference of tuition for the new training cohort.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort and did not complete full tuition payment, the applicant is responsible for paying the previous remaining balance and the forthcoming tuition amount.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

Questions regarding tuition balance, please contact
info@sankofayogaecenter.com

ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training.

In the case of any **emergency absences**, please notify the program director immediately. If a student has **planned absences** that conflict with attendance in the program, please contact the program director prior to enrollment to discuss options. Students may miss only ONE live virtual session, and must watch the replay prior to the next live session. **Attendance to the live closing weekend in full is MANDATORY, no exceptions.**

Options may include apprenticeship, a group study-session, use of our buddy system, etc. If the options discussed with the program director do not work with the student's schedule, students must pay an additional cost for private make-up sessions with a teacher. Please discuss attendance concerns with Shawn Moore at

info@shawnjmoore.com prior to enrolling.

We require **100% attendance** to graduate and receive a certificate of completion from our program. Attendance will be monitored throughout the training.

In the event of an emergency absence, students must notify the program director immediately. If a student has planned absences that may conflict with program attendance, they must contact the program director **prior to enrollment** to discuss available options.

Students are permitted to miss **only one** live virtual session but must watch the replay **before** the next live session. **Full attendance at the live closing weekend is mandatory—no exceptions.**

For any missed sessions, potential make-up options may include apprenticeship, group study sessions, or participation in our buddy system. If these alternatives are not feasible based on the student's schedule or progress in the training, private make-up sessions with the lead teacher(s) will be required at an additional cost. These sessions may be scheduled outside the original training time frame.

Regarding the **live closing weekend**, we acknowledge that emergencies may arise. If a student is in **good standing** and up to date with all assignments, potential alternatives may include private make-up sessions (**for an additional cost**), additional apprenticeship opportunities, asynchronous and/or synchronous work, or joining the next available cohort. **Depending on outstanding assignments, the student's progress and success will be evaluated by the program directors to determine the next steps.**

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

We employ a **camera on** policy. No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students. If the removed student is on the payment plan, the student will still be responsible for the remaining tuition.

REQUIRED RESOURCES

1. **The Subtle Body: An Encyclopedia of Your Energetic Anatomy** by Cyndi Dale
2. **Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants** by Robin Kimmerer
3. **The Mysticism of Sound and Music: The Sufi Teaching of Hazrat Inayat Khan** by Hazrat Inayat Khan
4. **Leading from the Roots: Nature-Inspired Leadership Lessons for Today's World** by Kathleen Allen
5. **Sound is My Sanctuary: A Practical Guide to Sound Healing as a Portal for Self-Exploration** by Shawn J. Moore <https://www.shawnjmoore.com/shop>

Suggested Resources

- **The Architecture of Sound and the Alchemy of Transcendence** by Jarrod Byrne Mayer
- **Reiki for Life (Updated Edition): The Complete Guide to Reiki Practice for Levels 1, 2 & 3** by Penelope Quest
- **Tuning the Human Biofield: Healing with Vibrational Sound Therapy** by Eileen Day McKusick
- **The Singing Bowl Manual: Sound Massages, chakra healing and other sound therapies** by Sylvain Porté
- **Opening to Spirit : Contacting the Healing Power of the Chakras and Honouring African Spirituality** by Caroline Shola Arewa
- **The 7 Secrets of Sound Healing Revised Edition** by Jonathan Goldman

CERTIFICATION REQUIREMENTS

In addition to attending all training sessions, there are few other certification requirements:

- **Written hOMework and Reading Assignments**
- **Two Recorded Healing Sessions**
- **Attend Meditation and Yoga Classes** (*Tracked via Google Form*)
- **Practice Lead 6 Sessions** (*Feedback sent via Google Form*)

QUESTIONS?

Contact us:

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Phone: 301-278-1864