

# InnerTuning® Training Programs

## (1 - 4 week) Programs

*Note: Next group training is from Oct. 13 - Nov. 8, 2011*

*Personal Program: By Arrangement*

These programs are designed to deepen psycho-spiritual growth. Sri Shyamji Bhatnagar will impart the subtlest aspects of the InnerTuning® System. Participants will undergo intensive training, to preserve the authenticity of the Microchakra Psychology theory and InnerTuning® practices. There are three programs each of which combines on-site training at the InnerTuning® facilities in New Hope, Pennsylvania with one or more methods of distance learning (including video-conferencing).

Students who earn certification as Facial InnerTuning Practitioners or InnerTuning® Specialists will be listed on the InnerTuning® web site.

### **Professional Programs**

#### **Facial InnerTuning Practitioner**

*work with head, neck and shoulder*

*learn to provide deep cellular relaxation by connecting with the subtle body*

- ◇ A two year program. Four repetitions of the cycle of one on-site month followed by five off-site months.

#### **InnerTuning Specialist**

*help oneself and others to grow mentally and spiritually*

- ◇ A four year program. Each year there are two repetitions of the cycle of one on-site month followed by five off-site months.
- ◇ Program description by request

### **Personal program**

#### **Ego Refinement for Psycho-spiritual Growth**

- ◇ An ongoing program which works with the ego of each of the seven chakra minds
- ◇ by arrangement

All programs are offered using individualized and group formats. Topics covered include a) microchakra dynamics, b) touch development, and c) advanced breathing techniques.

## **Microchakra Dynamics**

- ✧ Study the causes and effects of openings and blocks in the microchakras
- ✧ Understand the significance of the solar and lunar paths
- ✧ How to use your own microchakra chart to understand your behavior
- ✧ Patterns of microchakra activity
- ✧ The power of “witnessing” to unblock microchakras

## **Touch Development**

Everybody has the potential to become aware of subtle energies flowing within them, particularly in their fingers. They can also learn to increase its intensity. This part of the program will teach:

- ✧ Increasing sensitivity from shoulders to elbows; elbows to wrist
- ✧ Controlling the release of energy through the fingers
- ✧ Recognizing subtle energies within and between the hands
- ✧ Exercises and movements for experiencing special energy in the fingertips.
- ✧ Caring for the hands
- ✧ How to transfer energy to a client

Participants will practice on each other

## **Advanced Breathing Techniques**

Knowledge of the breath is a frontier in spiritual development that has numerous aspects. The InnerTuning® method includes:

- ✧ Recognizing the subtle elements in your breath
- ✧ Practices based on the elements in the breath
- ✧ Balancing vatta, pitta and kapha (the tridoshas of Ayurveda)
- ✧ Understanding the role of inhalation and exhalation in administering healing energy
- ✧ Subtle pranayama exercises

**Cost:** \$1,140 per week on site: (Includes tuition, educational supplies, organic meals and lodging)  
Off-site instruction by telephone, mail, e-mail or video conference may be arranged as needed.

**Prerequisites:** Applicants for the professional program must have sound sensitivity. All students must complete a Three Body Purification no more than 6 months prior to the start of training. (See this website for schedule of purifications in Europe and America).

**Further information:** [admin@innertuning.com](mailto:admin@innertuning.com); **Application Form:** *available from home page*