



EGYPTIAN/ESSENE HEALING TECHNIQUES

LEVEL 1 - Diploma course 2021 - TUTOR: Maria Pareo

This EEHT course takes great inspiration from the teaching of Bernard Rouch, Daniel Meruois and Annie Givaudan. The training is open to everyone whatever their background, profession, experience, family status or religious beliefs. The participants will learn and experience theoretical and practical notions about the Egyptian/Essene therapies alongside other holistic, energetic, and counselling skills.

We suggest arranging also private 121 sessions to better assimilate and integrate the course experience.

WHAT YOU WILL GET:

- Professional Diploma course Insurance eligible
- FREE final individual assessment
- Printed Diploma
- 1.5 day mini-courses modules per 10 consecutive months (week ends)
- 20 hours of supervised practice (to be arranged)
- 2 hand made Oils for therapy
- Pdf printed notes material with folder
- Snacks and tea
- 10% discount on private sessions

What to aspect:

The aim of the course is to provide a strong foundation for holistic therapist to be, a variety of healing tools that can support and can be integrated with any other modalities the attendee may already practice and to provide a safe and genuine space to explore the self authentically.

We take this training very seriously, aiming to support real integration and transformation for those there are truly motivated in learning this sacred and ancient healing approach. The purpose of our work is to be at service of a higher wisdom with compassion and integrity to help you find the perfect balance between discipline and intuition.

It is important for all the participants to be aware that this path cannot be approached with superficiality. Every time we open our doors to 'change' we generate movement inside and outside us. I invite you to be aware and open to welcome with compassion all the understanding that may manifest along the way.

PLEASE NOTE: All the EEHT material provided during the course is translated and graphically designed by Maria Pareo. The original contents belong to Daniel Meruois which is the owner of the therapies copyright, extra notes content belongs to Bernard Rouch and Maria Pareo.

About Your Tutor:

Maria is a fully qualified Egyptian/Essene therapist and assistance, she has attended the 3 years basic training with Bernard Rouch plus advanced training. She is also a Holistic counsellor, reiki practitioner and visionary artist. Please visit www.mariapareo.co.uk.

Fees and application form:

- Pay £300 Initial deposit by the 22nd of December 2020 + £120 direct payment for 10 months.
BANK DETAIL: ACCOUNT: 21977925 SORT CODE:23-69-72 REFERENCE: EEHT DEPOSIT
- Download the assessment form from the website and send it by email to egyptianessene@mariapareo.co.uk
- You will be contacted by phone to discuss application with Maria.

Refund POLICY & TERMS and condition:

Once you are on the course and have paid the initial deposit (£300) there will be no refunds if your circumstances do not allow you to complete the course. Furthermore it will always be assumed (unless we have been told otherwise in advance) that you will attend each subsequent module in your given schedule.

In order to qualify and accumulate required hours you must take at least 9 of the 10 modules.

Missed modules can be taken at the retake fee, which is £65.

Final assessment and Diploma:

At the end of the course if you wish to receive your diploma and be fully qualified as an holistic therapist you need to provide a minimum of 10 case study and an Essay (max 10000 words) based on your own experience during the training. There will also be an individual exam and demonstration (to be organized individually). At the end of the course all students who have successfully completed the course and assessment receive one Diploma certificate at no charge. Replacements for lost / extra certificates will incur a £7.90 admin fee.

Course Calendar:

- 9/10 January
- 13/14 February
- 13/14 March
- 10/11 April
- 15/16 May
- 12/13 June
- 10/11 July
- 28/29 August
- 5/6 September
- 3 October

FULL PROGRAMME

Weekend 1 | 9/10 January

DAY ONE

- 13:00 Welcome & Sharing
- 13:30 The journey begins, Initial meditation
- 14:00 Introducing the Egyptian/Essene healing techniques (slide)
- 14:30 Exercise with the stones

15:00 Break

- 15:30 Activating and exploring the subtle healing hands
- 16:00 Solar Nadi circulation exercise
- 16:30 Densifying the healing energy
- 17:00 Finding Atman and grounding final meditation

DAY TWO

- 10:00 Welcome & Sharing
- 10:30 Listening, counselling exercise
- 11:00 Boundaries exercise

11:30 Break

- 11:45 What are Boundaries? (empathy, resonance and compassion).
Who is the therapist? Who is the Patient? (Slide)
Initial Assessment and professional Boundaries
- 12:30 Boundaries group exercise

13:00 Lunch

- 14:00 Yoga Exercise "Mudra of the heart"
- 15:00 The importance of the sacred space
- 15:30 Consecration of the space | Silent time
- 16:30 Final blessing

Weekend 2 | 13/14 February

DAY ONE

- 13:00 Welcome & Sharing
- 13:15 The importance of Prana & conscious breathing
- 14:00 Stretching technique, harmonisation and subtle body scan with a patient, demonstration.

15:00 Break

- 15:30 Practicing with a partner + Sharing
- 16:30 Introducing the importance of the oil
- 17:00 Consecration of the oil + Mudra for consecrating the oil

DAY TWO

- 10:00 Welcome & Sharing
- 10:30 Etheric balsam, the song of Prana meditation
- 11:00 The dropper, grid and brush techniques demonstration

11:30 Break

- 12:00 Practising with a partner

13:00 Lunch

- 14:00 Introducing the healing sound
- 14:30 Practical experience on the self (The Navel Sound)

15:30 Break

- 16:00 The healing sound part 2
- 16:30 Practising with a partner/group
- 17:00 Grounding

Weekend 3 | 13/14 March

DAY ONE

- 13:00 Welcome & Sharing
- 13:30 The Astral hand explanation + Exercise
- 14:00 Introducing the Chakras (Slide)

14:45 Break

- 15:15 Feeling the Chakras on the self
- 15:45 Rebalancing the chakras demonstration
- 16:30 Practising with a partner + Sharing
- 17:15 Final Blessing

DAY TWO

- 10:00 Welcome & Sharing
- 10:30 Feeling the subtle bodies exercise
- 11:00 Realigning the subtle bodies demonstration

11:45 Break

- 12:00 Practicing with a partner + Sharing

13:00 Lunch

- 14:00 The importance of communication
- 14:30 Counselling exercise

15:00 Break

- 15:30 Ishtar, Ankh and others Archetypes demonstration
- 16:30 Practising with a partner
- 17:00 Final blessing + Body scan

Weekend 4 | 10/11 April

DAY ONE

- 13:00 Welcome & Sharing
- 13:30 Conscious and unconscious relationships
- 14:00 The Nadis (slides)

14:30 Break

- 15:00 The Serpentine demonstration + Questions
- 15:40 Practicing with a partner + Sharing
- 17:00 Sharing & Final meditation, red and blue sphere

DAY TWO

- 10:00 Welcome & Sharing
- 10:30 Feeling the Hook and the Flail (with ourselves and others)

11:30 Break

- 12:00 The diagonals demonstration + Questions

13:00 Lunch

- 14:00 Practicing with a partner + Sharing

15:30 Break

- 16:00 Final meditation "The river"

Weekend 5 | 15/16 May

DAY ONE

- 13:00 Welcome & Sharing
- 13:30 The emotional, psychological and spiritual aspects of the Heart.
- 14:00 Subtle heart's wounds
- 14:30 Energy healing techniques for the heart demonstration + Questions

15:00 Break

- 15:30 Practicing with a partner + Sharing
- 16:30 SPECIAL GUEST
- 17:30 The Lotus meditation

DAY TWO

- 10:00 Welcome & Sharing
- 10:30 The parallel & The brushing techniques demonstration + Questions

11:30 Break

- 12:00 Practicing with a partner + Sharing

13:00 Lunch

- 14:00 Psychic development & Aura tuning demonstration
- 15:00 Group exercise

15:30 Break

- 16:00 The Amplification techniques + Questions
- 16:30 Practising with a partner + Sharing
- 17:00 Final blessing

Weekend 6 | 12/13 June

DAY ONE

- 13:00 Welcome & Sharing
- 13:30 The liver anatomy, Chinese medicine
- 14:15 Extraction and etheric incision demonstration + Questions

15:30 Break

- 16:00 Practicing with a partner + Sharing
- 17:00 Final meditation and the S sound

DAY TWO

- 10:00 Welcome & Sharing
- 10:30 Feeling the 3 energetic cuts exercise
- 11:00 The Granthis of existence

11:30 Break

- 12:00 The Stream therapy demonstration + Questions

13:00 Lunch

- 14:00 Practicing with a partner + Sharing

15:30 Break

- 16:00 Final meditation: unifying the 3 energetic cuts

Weekend 7 | 10/11 July

DAY ONE

- 13:00 Welcome & Sharing
- 13:30 EMO - tions
- 14:00 Emotional Counselling: what to do when the patient is overwhelmed by the emotions.

15:30 Break

- 16:00 SPECIAL GUEST
- 17:00 Self treatment for the control of deep emotions and the sound M

DAY TWO

- 10:00 Welcome & Sharing
- 10:30 The Spleen and its functions in Chinese medicine
- 11:00 Feeling the cocoon couple exercise

11:30 Break

- 12:00 Dynamization of the spleen demonstration + Questions

13:00 Lunch

- 14:00 Practicing with a partner + Sharing

15:00 Break

- 15:30 EFT Emotional Freedom techniques
- 16:00 Group practice
- 17:00 Final blessing

Weekend 8 | 28/29 August

DAY ONE

- 13:00 Welcome & Sharing
- 13:30 The importance of grounding + exercise
- 14:00 Heel and knee therapy demonstration + Questions

15:00 Break

- 15:30 Practicing with a partner + Sharing
- 16:30 Q&A
- 17:00 Final blessing

DAY TWO

- 10:00 Welcome & Sharing
- 10:30 Exercise "the spiral of life"
- 11:15 Re-centering the energies within the body demonstration + Questions

12:30 Lunch

- 13:30 Practising with a partner + Sharing

15:00 Break

- 15:30 SPECIAL GUEST
- 17:00 Final meditation

Weekend 9 | 5\6 September

DAY ONE

- 13:00 Welcome & Sharing
- 13:30 The Kidneys, water and fire functions
- 14:45 Cleaning the kidneys therapy demonstration + Questions

15:30 Break

- 16:00 Practicing with a partner + Sharing
- 17:00 Healing the path meditation
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DAY TWO

- 10:00 Welcome & Sharing
- 10:30 Feeling the energy leaks of the shoulders
- 11:00 Energy leaks explanation

11:30 Break

- 12:00 Shoulder leakages + Vitality therapy demonstration + Questions

13:00 Lunch

- 14:00 Practicing with a partner + Sharing

15:30 Break

- 16:00 SPECIAL GUEST 17:00 Final meditation

Weekend 10 | 3 October

DAY ONE (Sunday)

- 10:00 Welcome & Sharing
- 10:30 The seeds atom
- 11:00 Camino de vida\stress therapy demonstration + Questions

12:00 Lunch

- 13:00 Practicing with a partner + Sharing
- 14:00 Recap and considerations
- 15:00 Final blessing + party!