



You are cordially invited to ...

Transform Your Life... Personally & Professionally

*OxyGenesis Institute's
Personal & Professional Training
in Transformative Breathwork™
and Emotional Freedom Techniques*

Trainer: [Lois Grasso](#)

Hartford Area program meets in Meriden, CT

There is, perhaps, no more satisfying career than to assist others in reclaiming their access to Joy, their Divine Inner Presence, and the inherent power to create the life they really want to live!



Of course, doing so is only possible when you have claimed yours! This program is a rare opportunity to do just that! Shred the old fear-based rule book and align yourself with timeless spiritual principles that really work. Fall in love with *who you really are* underneath it all. And if it feels right for you, learn how to make a truly fulfilling living, guiding others to do the same!

Over the course of 10 to 18* months, the OxyGenesis Institute's Training Program delivers intensive personal transformation, followed by practitioner training, and finally a professional internship. **Participants do not have to be on the professional practitioner track to attend, and the program is available on a pay-as-you-go basis.**

Even if you've been through years of therapy and/or holistic healing modalities, this training will expand your world of possibilities dramatically. All the wisdom you have acquired on the conscious level will become integrated into your subconscious mind, as we safely release suppressed emotions and update what we call your "personal operating system" to support current goals and values.

Being a joyful person -- and a successful healing practitioner -- requires authenticity, emotional clarity, and a sense of ease in loving (instead of judging) yourself and others.

Together, Transformational Breathwork™ and Emotional Freedom Techniques provide state-of-the-art tools that empower us to achieve this state of being.

Breathwork is a direct doorway between the conscious and subconscious aspects of our minds. It allows us to clear the negative emotional charge of unresolved trauma and painful experiences from childhood, which formed the foundation of the personal operating system.

Unless we change the breathing patterns which support that old, outdated system of beliefs and emotional reactions, we're stuck with it.

EFT also expedites this process, and is more easily accessible than Breathwork to some clients, early on in their healing process.

Here's how Jonathan said it, after his second private session:

"Thank you for helping me learn how to just be. Thank you for helping me put myself aside to receive God, and embrace the God in me at the same time. I feel like I've already made tremendous breakthroughs in self acceptance and expression. You probably already know this, [Lois], but your work really does awaken souls :)"

Program Overview

The Initial Training Program consists of six, 6-week modules, which take place over the course of 10 - 12 months. The first three Modules focus on transforming inefficient patterns of breathing, thinking, communicating and behaving into effective and joyful ways of being.

You will also master the skills needed to facilitate your own Transformational Breathwork and EFT sessions for further personal development throughout your lifetime.

Because of the non-linear nature of this segment, some individuals who are interested in the professional training track may be admitted into the program during Modules 2 or 3. They will simply make-up the missed module(s) during the following year's program to complete the full course requirements.

Modules 4 - 6 will take you deeper into the experience of yourself as a powerful and compassionate creator, while giving you the skills, knowledge, and confidence to facilitate sessions effectively for others. These modules must be attended in their proper sequence.

Finally, during a period of Professional Internship, serious practitioner candidates will review and reinforce much of the material covered in the Initial Training, while acquiring sufficient hands-on experience to satisfy certification requirements. Most importantly, they will feel fully qualified as a Professional Practitioner of Transformative Breathwork and/or Emotional Freedom Techniques (EFT).

If you have questions after reading the following details about the program, costs and timelines, please feel free to call 860-796-1480 or email info@oxygenesis.org.

Personal Training Modules 1, 2 & 3

Prerequisite: At least one private session with Lois Grasso, or several sessions with another practitioner of conscious connected breathwork.

Over the course of three weekends, approximately six weeks apart, we will journey together through an intensive process of personal discovery and deep emotional healing. Supported by staff and fellow members of the group, you will have an extraordinary opportunity to experience the power of self-acceptance, and how it sets you free to change according to your true heart's desire.

As the powerful tools of Transformative Breathwork and EFT help to neutralize the negative emotional charge from past hurts, deep-seated beliefs about yourself will change to reflect the true Divine nature of your being. Your experience in the world will become one of safety and belonging. Your connection with the present moment will bring timeless spiritual principles into tangible expression.

"I don't even recognize myself today, compared to when I began my six-month journey into Breathwork and EFT with [Lois]! I want to jump up and down and tell the world about this!"

~ Susan McBride

In addition to the enormous physical, emotional and spiritual benefits of this program, you will become able and willing to use EFT and Transformative Breathwork, as needed, to further support your spiritual journey throughout your lifetime. We will also learn ways in which to nourish and support our bodies, so that they can more gracefully support our emotional and spiritual objectives.

All weekend intensives include healthy & delicious lunches, made with whole, organic foods. Overnight accommodations are available for a limited number of participants at an additional cost of \$40.00 per night.

Personal Training Tuition is \$475 for each module, which includes a weekend intensive workshop plus an afternoon workshop with breath session and one Private Session with Lois Grasso.

Paid in advance, this section is only \$1325 for all three modules (save \$100). Monthly payment plans are available upon request.

The components of each Module (1-3) are also available on an a la carte basis, if space is available. The weekend intensive may be taken as a stand-alone for \$295. The afternoon workshop may be taken alone for \$75, and private sessions are always available for \$105 / 90-minute session. Only Professional Certification candidates are required to attend all three during each of six modules.

Hartford Area Weekend Intensive Dates:

Module 1: October 30 - November 1, 2009

Module 2: January 29 - 31, 2010

Module 3: March 13 - 15, 2010

Weekend Intensive Hours:

Friday, 7:00 pm - 10:00 pm

Saturday, 9:00 am - 6:00 pm

Sunday, 10:00 am - 5:00 pm

Afternoon Workshop dates TBA

Professional Training Modules 4, 5 & 6

Prerequisite: Successful completion of Modules 1, 2 & 3

(Special permission is required for late entry into the program)

Want to change careers and make a delightful living as a practitioner? Want to add these amazing tools to your current practice? Not sure? If you know you want to go deeper into Self-empowered Oneness, Transformative Breathwork, EFT, and the wonderful people from modules 1-3, will be here for you.

In addition to setting yourself free and raising your vibration to easily access joy, you will learn how to facilitate others in doing so. While the personal growth continues and your Divine Inner Presence permeates more of your reality, your ability to be a clear channel for unconditional love will expand as well. This is what it takes to truly guide and support others in their own deep healing process.

“Before today, I did not even think there was a God. But after this [my first group breath session with Lois], I know God.”

~ Bojin, Boston, MA

In addition, our focus will gradually shift toward developing the skills and understanding necessary to meet clients where they are, communicate in terms they'll understand, and bring them along gently and efficiently to their own authentic experience of Self-empowerment and Joy.

Graduates will also have a strong understanding & experience of how nutrition, exercise and personal care contribute to spiritual and emotional well-being, and vice versa. Most important, graduates will enjoy greater access to joy and be actively embracing thoughts, words and actions that help manifest their authentic joyful mission on Earth.

Modules 4-6 include slightly longer weekend intensive workshops every six weeks, a Saturday workshop scheduled midway between weekends, plus two one-hour online Video Conferences.

Tuition for each of the three Professional Training modules is \$575.00. If paid in full on or before the start of Part 4, it's only \$1550.00 for all three modules.

Weekend Intensive Dates:

Module 4: Module 5: May 28 - 30, 2010

Module 5: June 4 - 6, 2010

Module 6: TBA

Weekend Intensive Hours:

Friday, 4:00 pm - 10:00 pm

Saturday, 9:00 am - 6:00 pm

Sunday, 9:00 am - 4:00 pm

Saturday workshops dates: TBA

Note: Dates & hours are subject to change. You will be notified in plenty of time.

Total Tuition for the Initial Personal & Professional Training program is \$3150.00 if paid as you go or with a monthly credit card payment plan. Pay in full by the end of Module One for a total Tuition Cost of \$2777.00.

Professional Internship & Certification

Prerequisite: Successful completion of Modules 1 - 6

The Internship aspect of the Certification Process fully prepares students to run a successful professional practice. Just a few months of hands-on practice, and diligent graduates will be ready to earn a good income offering Transformative Breathwork™ sessions, EFT Therapy and Spiritual Life Coaching.

*Interns will repeat at least four of the six Initial Training Modules as facilitators for the next class of students. In addition to the benefits of reviewing and reinforcing the material from a deeper level of understanding and perspective, you will now be able to:

- ~ facilitate during two group breath sessions during each weekend
- ~ receive two group breath sessions during each weekend
- ~ assist the trainer and staff in various roles
- ~ receive extra coaching during special Intern Meetings
- ~ gain real experience in marketing your services

Requirements/Guidelines for Certification

Interns will facilitate at least 40 breath sessions, taking into consideration the following:

- ~ Each group session at which you co-facilitate counts as two sessions
- ~ Up to 20 of your 40 sessions can be group session co-facilitations
- ~ The 20 Individual Sessions must be balanced equally between facilitating at

least 5 different Interns/students in the program and 5 different “Consenting Clients”

~ Consenting Clients must be informed of the Intern’s status, and have no serious illnesses nor prior or current mental disorders.

~ Consenting Clients must agree to have their identity and contact information shared with the trainer and staff, so that follow-up surveys may be completed.

~ You may not charge for sessions during internship

Upon completion of all practical requirements, certificate recipients will receive professionally produced marketing material templates, which can be customized with their own bio and contact info. They will also be listed with bio and photo on the OxyGenesis Institute website.

Tuition for Interns is only \$225 per Module repeated. However, you will then be qualified to earn Tuition Credits worth \$100 for each new participant that you recruit into any Part One Module of the Initial Training Program for which you are Interning. You will also receive \$25 in Tuition Credit for each additional Module attended by students you’ve referred.

For example, if you recruit a new student who completes the entire first year of training, you will earn a total credit of \$225, which will be applied to your Intern Tuition. Therefore, if you recruit four new students into the next years’ class, your tuition as an intern will be waived entirely. If you recruit three new students, you will pay only \$225 to repeated your four Modules.

This Tuition Credit program is designed to reward your development of practical marketing skills (covered in Module 5), which are key to establishing and maintaining a successful professional practice once you are certified. It also supports the Institute by reducing marketing costs and helping to screen new students for suitability.

Notes about Tuition Credits Program

1) Applies to the recruitment of full-paying new participants only. In the event that we establish a scholarship program for financially challenged individuals or youngsters, adjustments to credits will be made accordingly.

2) Work-study. There may be opportunities for students and interns to reduce tuition in exchange for their skills and assistance in certain areas of business. Tuition credits for Referring Interns **may** be reduced if their Referred Students participate in the Work-Study Program.

3) Tuition Credits have no cash value. They can only be applied toward group programs or private sessions offered by OxyGenesis Institute, and received by

the Intern who earned it.

How to register for the program:

There is limited space available. If you would like to register or discuss further questions you may have, please contact Lois Grasso at 860-796-1480 for a brief interview.

We look forward to playing, growing and working with you!

In Joy,
Lois Grasso, Director
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