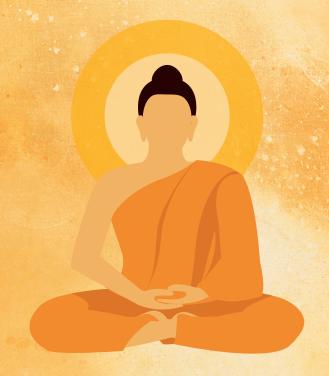
# Welcome to OHM's 200-Hr MEDITATION TEACHER TRAINING!!



In-Person or Online, you choose!



## Created by Ohm Founder. Suzanne M. Hill



- A licensed acupuncturist, Suzanne has been teaching meditation, energy and spirituality to others since 1996.
- Blending decades of experience in healing and wellness with a deep understanding of meditation, she offers practical wisdom that can be applied to all aspects of life.
- In 2019, she opened Ohm to help her patients and others cultivate self-discipline of the mind, enabling them to develop a meaningful spiritual practice that supports their daily lives.





# Who is this Program For?

- Meditation Enthusiasts, who want to guide and teach others
- Individuals exploring <u>spirituality</u>, <u>religion and the Divine</u>
- Anyone "trying to find yourself" but aren't sure how to do that
- Individuals <u>struggling with anxiety and/or depression</u>
- Those interested in <u>energy</u>, <u>healing</u>, <u>magic</u> and things existing in the subtle realm
- People who want to <u>study with Suzanne</u>
- Anyone desiring deeper fulfillment and happiness!





## What You Will Gain



**Deep Immersion:** 136 practice classes, Monthly 4-Hour Wisdom Intensives, Specialty Workshops & Retreats

<u>Chakra Mastery</u>: Solid foundation of this energy system

Real Teaching Experience: Lead classes & refine your skills

Personal Growth & Mastery: Deepen your own practice while learning to teach

<u>Certification Available</u>: Stand out as a professional meditation teacher. Ohm is recognized for excellence.

# Time Required



## 18-Month Track:

- Rolling Start start any time!
- Pay over 18 months
- Take up to 2 years to finish classes

## OHM offers 2 Options for Learning

### **In-House:**

Most classes can be taken in person, with online option available when needed.



or



All online, either live-streamed, or watch the recordings!





## Modules for Course



Intro to Meditation Video: To give you a solid foundation to approach this whole training. Newbies love it. More advanced students will still gain insight.



Weekly Practice Classes: 136 training classes: Meditation, Mantra, Breathwork, Guided Relaxation (Yoga Nidra), min. 2/wk



4-Hour Monthly Wisdom Intensives: Experience a deep-dive immersion into various topics such as World Religions, Astrology, Vocal Training, etc. that give you a solid foundation in this realm. All help you link the spiritual & material worlds.



Family Constellations: This is an important modality that helps people awaken their compassion & acceptance of self and others.

Retreats: 2-hour & 3-hour retreats help you deepen your practice.

**Practice Teaching:** Gain experience by giving meditation classes to others.

Self-Reflection Journal: Catalog your growth and development, you will cherish this when you finish.





# 18-Month Track:

\$250/mo. in-house In-house or online

#### Each month you need to complete:

- 2 Practice classes/week = 8 per month [Meditation / Breathwork / Mantra / Yoga Nidra]
- 1 Four-Hr Wisdom Training Intensive every other month
- 1 of the following: Chakra Class / Family Constellations
   / Meditation Retreat (2 or 3 hr)
- Listen to 1 Healing Podcast
- 2 Self-Reflection Journal Entries

#### At the end, complete:

- 3 Practice Classes where you teach
- Complete a paper for official Certification topic chosen under supervision of Suzanne
- \* Program comes with 2 complimentary Sound Baths.

# 200 Hour Program Cost:



	Monthly	Total
18-Month	\$250/mo	\$4,500
All Upfront		\$3,700 \$800+ savings

\* Each program comes with 2 complimentary Sound Baths.



# Why Choose OHM's Program?

- No Pre-requisites or Prior Experience Necessary anyone can join!
- 35 Flexible Learning Options in person, online, or hybrid.
- Engaging & Transformational "A-ha!" moments in every class, as you develop your understanding of meditation and the world around you.
- Structured for Mastery Ohm will leave you well-prepared to be a strong teacher, well-versed and knowledgeable
- High Standards with a Supportive Community Learn from experienced teachers, while staying curious and inspired.



## Benefits of Certification?

- Stand Out as an Expert: Distinguish yourself as a professional meditation teacher. Ohm trainings are recognized for excellence and high standards,
- Maintain Discipline: Ohm's well-structured and comprehensive program will keep you on track to grow profoundly in your practice!
- Go Deeper into Your Own Practice: This program will challenge you in a wonderful way, and Ohm can take you where you need to go. The more you commit, the more exciting and engaging your experience!
- <u>Career & Business Opportunities</u>: As Wellness Programs grow and society is recognizing the importance of self-development in this way, you will have many job opportunities.
- <u>Community & Networking</u>: Connect with like-minded individuals, mentors and wellness prefoessionals, expanding your support system and opportunities.



## How to Get Started!

You can start this training at any time.

- Go to www.ohmcenter.com, click Join Meditation Teacher
   Training [it will be right up at the top when you open the page]
- Take classes weekly: You have up to 2 years to complete.
- Choose the method of learning: In-House or Online?
- Contract: Read over and sign Meditation Teacher Training Enrollment Contract
- Pay in full or pay your first month you will automatically be billed monthly thereafter
- Start your journey today with immediate access to the Meditation Video!

Reserve your spot now and begin transforming lives—including your own!





# CERTIFICATE

**OF COMPLETION** 

## 200-Hour Meditation Teacher Training

This Certificate Is Presented To

Your Name Here

This is to certify that you have completed all the requirements for OHM Center's 200-Hour Meditation Teacher Training.



Date



Suzanne M. Hill, M.Sc., L.Ac.
OHM Founder, President

# OHM CENTER (3)

I am thrilled to be able to transfer everything I have learned over the last 40 years to you...see you soon!

xo Suzanne

