

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 spirituality, religion and the Divine
- Anyone “trying to find yourself” but aren’t sure how to do that
- Individuals struggling with anxiety and/or depression
- Those interested in energy, healing, magic and things existing in the subtle realm
- People who want to study with Suzanne
- Anyone desiring deeper fulfillment and happiness!



What You Will Gain



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



Chakra Mastery: 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



Certification Available: 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

On-Line:

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?

- ॐ No Pre-requisites or Prior Experience Necessary - anyone can join!
- ॐ Flexible Learning Options - in person, online, or hybrid.
- ॐ Engaging & Transformational - “A-ha!” moments in every class, as you develop your understanding of meditation and the world around you.
- ॐ Structured for Mastery - Ohm will leave you well-prepared to be a strong teacher, well-versed and knowledgeable
- ॐ 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!
- **Career & Business Opportunities:** As Wellness Programs grow and society is recognizing the importance of self-development in this way, you will have many job opportunities.
- **Community & Networking:** Connect with like-minded individuals, mentors and wellness professionals, 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

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

xo Suzanne

