

# 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. Some Intensives will be broken down into three 1.5 hour classes.



**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.

# Exactly What is Included



- 11-Part Meditation Video
- 12 4-Hour Monthly Intensives (sometimes done as 4-hour classes, sometimes done as three 1.5 hour classes)
- 34 Meditation Classes
- 34 Breathwork Classes
- 34 Mantra Classes
- 34 Yoga Nidra
- 7 Chakra Classes
- 1 Family Constellations
- 2 2-Hour Retreat (at OHM)
- 2 3-Hour Retreats (at OHM)
- For Certification:
  - a. 3 Practice Teaching Classes
  - b. Self-Reflection Journal
  - c. 15-Page Paper with Thesis of Your Choice  
(Recommended for you to choose topic after 6 months of classes - the purpose of this is to help you go deeper in the exploration of some aspect of spirituality/energy that you are interested in)



# 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

# 200 Hour Program Cost:



	Monthly	Total
18-Month	\$250/mo	\$4,500
All Upfront		<b>\$3,950</b> \$550 savings

# 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](http://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 the Meditation Video! As soon as we know you have signed up, we will give you an access code.

**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

# Monthly Wisdom Training Intensives at Ohm:



- Initiating & Maintaining a Spiritual Practice
- Egyptian Mysteries
- Essentials of Hinduism
- Astrology Primer
- Basics of Buddhism
- Kundalini Yoga
- Past Lives & Karma
- Sacred Geometry
- Overview of Judaism & Christianity
- Vocal Training
- Arabic Mantra/Islam/Sufism
- Spiritual Art & Mala Making
- Zen Buddhism
- Death & Impermanence
- Prayer
- Lemuria
- Atlantis
- The Shadow & Spiritual Ego

# Monthly Wisdom Training Intensives at Ohm:



- Deep Dive into a Subject
- Topics Include: World Religions, Esoterica, Energy, Vocal Coaching & more!!
- Each retreat is punctuated with Mantra, Meditation & Breathwork
- Part of the 200-Hr Meditation Teacher Training
- Typically on Sundays 10am-2pm, check dates & topics
- Sometimes broken up into three 1.5 hour classes on Wednesday evenings.

## 4-Hour Retreats

...these classes are SO FUN that 4 hours goes by in a FLASH...!



**OHM CENTER**  
for Meditation & Healing

# 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**

