Chakradance™ Accredited Facilitator Training Program

Welcome. We invite you to discover what thousands of others have found through Chakradance™: a deeper connection to your true, authentic self, the unravelling of blocked energy, and the feeling of coming home.

Chakradance™ is a form of nourishment for your true self, for your soul. Dancing freely to specific chakra-resonant music, Chakradance™ will free the energy in your body, help you release old emotional wounds, and open you to a deeper experience of life.

In a darkened room, lit only by candle-light, we move with our eyes closed, and our attention turned inwards, for unlike most other dance practices, Chakradance™ is about making a connection with our inner world – the world of our imagination, feelings, intuition and senses.

There are no set-steps. You don't need to be a good dancer. It's not about 'performance' in any way. Each class is more like a series of dynamic moving meditations.

The experience is like a waking dream – we dance up forgotten parts of ourselves, and release the memories stored in our muscles. Our aches and pains reveal their stories and our hidden fears unmask themselves. The experiences are deeply personal, yet at the same time we tap into the collective heights and depths of human experience.

Drawing on the wisdom of Jungian Psychology, Chakradance™ is a dance for healing and self-discovery. Each dance gives rise to different insights and feelings... and we use the creation of personal ‘mandala art’ as a way of anchoring our experiences back into our conscious world. Each dance leads us closer to the person we are truly meant to be.

Welcome to Chakradance™. Come and and explore. Have fun. Find meaning. Let go. Come and look deeper into each chakra, each part of you, and experience more within the dance that is uniquely yours.
Share the freedom of Chakradance™

Our mission for Chakradance™ is to bring healing to the world through dance, music, mandalas and the chakras, and we need your help! If Chakradance™ resonates with you and you are called to facilitate healing in others, then training to become an accredited Facilitator may be for you.

All the training is home-practice based, using downloads of guided classes for you to dance, and workbooks packed with info and exercises, so it can be done from anywhere in the world. The training is in two steps.

**Step One** is the short introductory Discovery course, which gives you enough of a taste of Chakradance™, and of this training, to see if it feels right for you.

**Step Two** is the twelve-week Accreditation course, which picks up from where Discovery leaves off, and covers everything you need to know to become accredited as a Chakradance™ Facilitator.

Chakradance™ is recognised by the International Institute for Complementary Therapists as a healing modality, and Chakradance™ pty ltd is an IICT Approved Training Provider,
Benefits of being a licensed Chakradance™ Facilitator

As an Accredited and Licensed Chakradance™ Facilitator you will enjoy....

• Everything you need to run successful classes in this gentle yet powerful "sister of yoga" holistic healing modality;
• All the music and course notes for your intro classes and initial 9-week cycle;
• The benefits of our well-respected global brand, endorsed by people such as Deepak Chopra, Mark Metz of Conscious Dancer magazine, and Tami Simon at Sounds True;
• Exposure to our 185,000+ Facebook followers;
• Your own page on the Chakradance™ website to promote yourself and your classes;
• A comprehensive marketing toolkit, including logos, images, ads, press releases, leaflets, brochures, and tips on how to use them and how to promote your classes;
• Ongoing support from Natalie and our Head of Facilitator Support, Jenny Curtis;
• Membership of the wonderful private circle of 400+ Facilitators worldwide on Facebook;
• Access to professional membership of the International Institute for Complementary Therapists (IICT)... which also helps you gain insurance as a Chakradance™ Facilitator;
• You will have learned to feel, heal and balance your own chakras, greatly assisting your own healing and personal growth; and
• You will enjoy the satisfaction of bringing healing to your community whilst supplementing your own income and having fun!
STEP ONE

CHAKRADANCE™ DISCOVERY COURSE

Doing this introductory course will deepen your connection with your own chakra system, and accelerate your own inner healing. At the same time, it will give you an insight into the techniques involved in being an accredited Chakradance™ Facilitator. The course (which takes 4-6 hours in total, for you to complete at times that suit your schedule) includes:

• An introductory e-book (packed with info on the chakras, and everything that goes into Chakradance™)
• A one hour mp3 of a guided Chakradance™ Introductory Class (to bring your chakra system back into a state of balance and harmony)
• An e-book on the base chakra (filled with activities and guidance on ways to activate your base chakra)
• A one hour mp3 of a guided Chakradance™ Base Chakra class (to deepen your connection with your instincts while also giving you an experience of how the deep-dive chakra-specific classes work).
• A series of three videos by Natalie.

Cost of Discovery Course

This initial Discovery course costs just USD $75.

GET STARTED

“Thank you so much! Chakradance™ is already helping me shift through some pretty old & stubborn blocks and I just know this is going to be the acceleration and continuation of an awesome journey”

Josie (Week 1 of the Discovery Course)
STEPTWO

CHAKRADANCE™
ACCREDITATION COURSE

In this 12 week course, which picks up where Discovery leaves off, we will guide you in detail on every aspect of becoming an accredited Chakradance™ Facilitator. Each week, you are free to do the work (it takes about 4 hours per week) at whatever times suit you - there are no ‘set-time’ webinars.

The training also includes membership of that term’s private worldwide discussion group on Facebook (for you to share experiences and ask questions, of us and of each other) and covers everything you need to know to run your own Chakradance™ classes and courses. The private discussion group is hosted and personally led by Chakradance™ founder Natalie Southgate so you will have direct access to Natalie throughout the 12-week course. It includes:

The Chakradance™ Practice

Including the two already covered in Discovery, you will be provided with nine mp3s, each taking you on a guided Chakradance™ journey. Each week, experience a full length class at home, beginning with the introductory workshop, a class on each of the seven chakras, finishing with an integration class. These at-home classes will activate your own healing process and at the same time you will be learning the structure and content of the classes that you will be facilitating in the future.

The Chakra System

You will be provided with a series of Chakradance™ e-books offering you practical and experiential ways of exploring each of the chakras. Discover how dance, music and archetypes all affect the chakras, and explore how different symbols and correspondences act as gateways into each chakra. Use your creative and self-reflection skills to fully experience your own chakra system, while at the same time gaining a wealth of knowledge to prepare you for running classes.

"I'm amazed that a private online group can feel so alive, so real and present".

Eva Day, Chakradance Trainee
Energy Exercises
As a Chakradance™ Facilitator part of your role will be what we call “holding the energy” of the class. To do this it is important to develop your sensitivity and intuition to energy. Through a series of exercises, the training will help to heighten your sensitivity to energy and begin to prepare you for your role as a Facilitator.

The Roots of Chakradance™ - Jungian Psychology
The work of Carl Jung weaves through and underpins the whole of the Chakradance™ experience. Throughout this course, we will introduce you to the basics of Jungian Psychology and how it connects to Chakradance™. You will become more aware of experiences that are emerging in your everyday life in relation to Jungian theory, and be ready to integrate the Jungian philosophy into your Chakradance™ classes.

Principles of Chakradance™
Chakradance™ is built upon a set of principles, which form the foundation of our work. We have seven principles based on the chakras. They are deep fundamental truths that are woven tightly into the Chakradance™ experience.

Throughout the course you will explore these principles in preparation for becoming a Facilitator.

Your Role as a Chakradance™ Facilitator
You will learn all aspects of facilitating a Chakradance™ class, including preparing the setting and personal preparation. We will also introduce you to a range of group leadership skills and a code of conduct to work within. We will provide you with a downloadable video which will visually show you all aspects of running a class from beginning to end.

Chakradance™ as a Business
The training will guide you in running Chakradance™ as a healing business, or as part of one, and includes creating a business plan, marketing, and information regarding professional memberships and insurance.
Chakradance™ Accreditation

To gain accreditation, you must facilitate an introductory Chakradance™ class and video it for your final assessment. Upon successful completion you will be able to purchase a Chakradance™ Facilitator Licence and will be listed on the Chakadance™ website as an accredited Facilitator. You will have your own dedicated page on the website to promote yourself and your Chakradance™ schedule. You will be provided with all marketing materials and a full suite of music files and facilitators’ notes to enable you to run Chakradance™ classes, workshops and retreats for the public.

Cost of Accreditation Course

The Accreditation Course costs just USD $1,450 and you may be in time, depending on when you download this pdf, for an Earlybird Discount as well - please check our website.

Additional Costs

Our annual licence fee is USD $145 or $14 per month (this is our only recurring charge). With your initial licence you will receive the mp3 files and scripts to run the core 9 week ‘Awakening’ cycle and three different Introductory classes of varying lengths. Other courses are available, ranging in price from USD $49 to USD $74.50, but these are optional. You will need to rent studio space in which to hold classes (unless you are fortunate enough to have your own studio already); to pay for your own local advertising (although you will immediately benefit from a page with your schedule on the main Chakradance™ website, and a suite of templates for ads, press releases, email campaigns etc); and depending on where in the world you live and work, you may need to take out insurance, and in some countries you might have to pay a small fee for a performing rights music licence if your venue does not already have such a licence.
### Overall Training Program Schedule

<table>
<thead>
<tr>
<th>Accred Course Week</th>
<th>Your Work Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Discovery Introduction</td>
</tr>
<tr>
<td></td>
<td>Base (Muladhara)</td>
</tr>
<tr>
<td>1</td>
<td>Base (Muladhara) - Revisit</td>
</tr>
<tr>
<td>2</td>
<td>Sacral (Svadhisthana)</td>
</tr>
<tr>
<td>3</td>
<td>Solar Plexus (Manipura)</td>
</tr>
<tr>
<td>4</td>
<td>Heart (Anahata)</td>
</tr>
<tr>
<td>5</td>
<td>Throat (Vissudha)</td>
</tr>
<tr>
<td>6</td>
<td>Third Eye (Ajna)</td>
</tr>
<tr>
<td>7</td>
<td>Crown (Sahasrara)</td>
</tr>
<tr>
<td>8</td>
<td>Integration</td>
</tr>
<tr>
<td>9-10</td>
<td>Your Role / Business Plan</td>
</tr>
<tr>
<td>11-12</td>
<td>Demo Preparation and Video</td>
</tr>
</tbody>
</table>

You can commence the training with the initial "Discovery" course at any time that suits you. But the rest of the training (the Accreditation Course) is structured into 12-week terms. This is to help you to complete the training at the pace that experience has taught us works best, and to get the most out of the Facebook discussion group.
Frequently Asked Questions

HOW MANY HOURS WILL I NEED TO COMMIT TO THE TRAINING EACH WEEK?
Approximately 4 hours each week will be required to dance and complete the exercises plus however long you wish to spend each week in the private facebook discussion group.

DOES THE TRAINING BEGIN ON SPECIFIC DATES?
You can begin with Step One - Discovery Course at any time. Step 2 - Accreditation is run in 12-week terms, with three start-dates per year. The state-date for next term can be found on the Facilitator Training page of the website, www.chakradance.com.

CAN I TAKE LONGER TO FINISH THE TRAINING?
We try to be flexible in accommodating late-comers during the first week or two of each term, as most people find they can catch up quite quickly.

And we typically allow a week or two's 'grace' at the end of the training if people need a little more time to organize their 'demo' class for submission.

But we do expect trainees to stick as closely as possible to the term's timetable. Experience has taught us that the training works best when you maintain a regular momentum. Even if you feel "stuck" in a particular chakra, it is best to move on, as work on any one chakra has impacts on all the others too - the whole chakra system is inter-connected.

Occasionally people are unable to complete the training within the term's time-frame. In these cases we allow people to pick up where they left off in the following term's training, but no later than that. Any later, and you would need to start again, at an additional cost of one-third of the full training cost, plus any payments outstanding from the original term.
The Chakradance™ Story

Chakradance™ was founded in London in 1998 by Sydney-born Natalie Southgate, who combined her training and expertise in dance, in psychology, and in chakra healing, to create this new fusion of ancient wisdoms. Natalie refined her classes and workshops in London for three years, before moving back to Sydney in 2001.

In November 2004 Natalie was invited to run Chakradance™ classes at the Chopra Center as part of Deepak Chopra's "Seduction of Spirit". Her first book, "Chakradance™: Rhythm for Your Soul" was published by Hay House in 2007, and the CD and DVD versions of "7 Keys to Freedom" were taken on by Sounds True in 2015. Her latest book on Chakradance™ is due for release by Hay House in October/November 2018.

Natalie had always been drawn to the power of chakras through her work as a trained healer. By 1998 she was also studying Jungian psychology at the Society for Analytical Psychology and Healing. She continued to let her interest guide her and in the process she rediscovered her joy in dance (she had studied and practiced dance throughout her childhood). This led her to connect now to alternative and shamanic dance. Ultimately, she headed to Paris from London to take a course in spontaneous dance therapy.

All the elements of Natalie’s homecoming were starting to coalesce – the study of the chakras, the interconnections between mind, body and spirit, and the various effects of music and dance. Then, one night she turned off the light in her living room. Music filled the darkness and her movements started to guide her into the inner power ignited within her chakras. She began to notice certain music carried a unique resonance with different chakra centers. Free flowing movements born in spontaneity brought her home into her inner dance of her true self.

This experience led Natalie into the realisation that a person can find another way to enter a deeper relationship with the chakras. She had already begun co-teaching a beginners’ healing workshop on the chakras, but she felt she had discovered a method to experience what can’t be taught, and this experience could be felt by anyone. Today, Chakradance™ is welcomed as a wonderfully healing dance practice wherever it goes. So, as Natalie says, "we continue to develop new workshops, support our facilitators, create new chakra-resonant music, and run more trainings. We are expanding rapidly now through Europe and Asia, across the United States, Canada, South America, Africa - wherever the work leads us. If we have learned one thing, it is this: wherever Chakradance™ goes, it will feel like coming home."
“I’ve just finished the Integration Dance in my training and I couldn’t stop the tears from falling... of sheer gratitude for finding the magic of Chakradance... thank you infinitely.”

Susie

“Training to become a Chakradance facilitator is more than just finding a career. It’s a journey. I have not only transformed on a personal level but have received the gift of spiritual dance to take back to the world. Chakradance training is more like receiving your own little baton of light to spread throughout the world... what an incredible experience.”

Rebecca

“Chakradance is the most gentle (and fun) way of doing inner work I’ve come across. Through the classes and facilitator training I have experienced profound personal changes on physical, emotional and spiritual levels. My Chakradance journey has truly been one towards wholeness.”

Toni