

CONSCIOUS MOVEMENT

TEACHER TRAINING COURSE

Are you ready to come back home to your body?

To the place where your truth lives.

Where healing begins.

Where your power has always been waiting.

This isn't just a teacher training.

It's a sacred return. A journey of remembering.

A reclamation of your body as your greatest guide, your most honest mirror, and your deepest home.

This 3 week immersion invites you into a deeply embodied path.

Rooted in movement, breath, and presence. You will experience and learn the science and spirit of:

- Chakra balancing
- Embodiment work
- Somatic movement & emotional release
- Brainwave frequency exploration (alpha, theta, delta, gamma)
- Movement techniques /analysis (Flying Low, Passing Through, Contact Dance, Laban Movement, Improvisation Techniques, Spirit In Action Technique & Play Pause Puzzle By Rahula)
- Body-breath connection
- Yoga & Pranayama, Chanting, Toning, Affirmation Bodywork & Dance martial

This is for those who are ready to facilitate healing, lead with presence, and live with truth , through the body.





What You'll Experience

- 1 – A deeper balance of your masculine and feminine energies'*
- 2 – Nervous system regulation and access to parasympathetic healing states.*
- 3 – Activation of heightened brainwave frequencies (alpha, delta, theta, gamma)*
- 4 – A unified rhythm of breath and body as one*
- 5 – Liberation from suppressed energy, tension, and emotional blockages*
- 6 – Heightened postural awareness, observation, and sensory intelligence*
- 7 – Tools for emotional mastery and nervous system resilience*
- 8- A grounded sense of safety and deep presence within your body*
- 9 – Activation of creative abundance and soul-led expression*



RAHULA CONSCIOUS MOVEMENT

Rahula, founder of a transformative conscious movement modality, has devoted over two decades to the intricate tapestry of various movement disciplines. His approach intricately weaves threads of presence, polarity, pranas, the profound 5 elements method, heightened senses, and a deepened awareness towards mind, body, and spirit. Beyond this, he artfully integrates wisdom from Tantra, conscious connected breathwork, and yogic practices into the fabric of his work.

In his philosophical stance, Rahul asserts that the mastery of mind and body is the gateway to the elusive realm of the higher self. This profound perspective underscores his unwavering commitment to a holistic approach, transcending the ordinary and guiding individuals toward a profound journey of self-discovery.

CURRICULUM

WEEK 1: FOUNDATION & ELEMENTAL EMBODIMENT **Theme: Coming Home to the Body**

A journey into grounding, sensory awareness, and elemental connection.

Practices & Modules:

- Daily Yoga & Pranayama Series
- Elemental Embodiment: Earth, Water, Fire, Air, Space
- Movement Techniques: Flying Low (Level 1) & Play Pause Puzzle
- Chakra Activation through Sound, Voice, and Affirmations
- Foundations of Anatomy & Nutrition for Embodied Living
- Theoretical Introduction to Week 1 Modalities



WEEK 2: POLARITY & PRESENCE

Theme: The Dance of Masculine & Feminine Energy
Developing presence, power, and relational awareness through the body.

Practices & Modules:

- Animal Flow & Strength Conditioning
- Polarity Embodiment: Balancing Masculine–Feminine Energies through Chakra Work
- Movement Techniques: Laban Movement Analysis, Flying Low (Level 2), Passing Through (Introduction), Play Pause Puzzle
- The Facilitator’s Path: Building One-on-One Presence & Holding Space
- Theoretical Exploration of Week 2 Modalities



WEEK 3: SOMATIC INTELLIGENCE & FACILITATION MASTERY

Theme: Becoming the Mirror – Facilitating Transformation
Deepening somatic sensitivity and facilitation through presence, movement, and awareness.

Practices & Modules:

- Daily Yoga Flow & Advanced Pranayama
- Facilitation Practice: One-on-One & Group Work
- Somatic Exploration of Brainwave States & Sensory Intelligence
- Movement Techniques: Contact Dance, Passing Through (Level 2), Spirit in Action Method
- Theoretical & Practical Integration of All Teachings
- Closing Ritual, Sharing Circle & Certification



SESSIONS TIMING

SESSION 1
10:00 TO 12:00

SESSION 2
12:00 TO 1:00

LUNCH
1:00 TO 2:30

SESSION 3
2:30 TO 4:30

SESSION 4
4:30 TO 5:30





Who Is This For?

- This training is for those who feel the call to dive deep into bodywork, movement, and somatic healing.
- For space holders, teachers, coaches, and facilitators ready to lead from their bodies not just their minds
- For yogis, movers, and martial artists who want to root their practice in consciousness
- For those on a healing journey, seeking to embody their truth more fully
- For anyone who knows that their body holds the key and is ready to listen
- If you're ready to go deeper into the body, into presence, and into your own becoming, this is for you.



Prerequisite

This training is open to anyone who has already begun their healing journey or has experience in bodywork, movement, or somatic practices.

You don't need to be perfect.
Just honest. Present. Willing.

TRAINING FEES

2nd FEB to 21st Feb

Training Fee: USD 1,800

Includes:

- ✓ Full 3-Week Conscious Movement Teacher Training
- ✓ International Certification
- ✓ Training Sessions (Monday to Saturday)

Not Included:

- ✗ Accommodation
- ✗ Meals

Additional Info:

We recommend booking accommodation nearby through Airbnb or local guesthouses around the training venue.

Moksa Café, located at the venue, offers a 10% discount on meals for our participants.

If you prefer independent travel, you can rent a scooter for the 3 weeks—a great option if you're staying a little farther from the venue. Alternatively, you can use the Grab app to book affordable bike rides anytime.

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 **Flexible Payment Plan Available**

To make it easy and accessible for you, your booking can be completed in 2 & 3 simple installments



SPECIAL OFFER:

⚡ Quick Registration Discount:

Register within 7 days of receiving this information and get:
10% OFF your total course fee

+

🤝 Referral Discount

Invite a friend who joins, and receive an additional 5% OFF your own fee.

Limited to 15 Participants Only

We are accepting only 14 participants to keep the experience intimate and immersive.

Quick registration is highly encouraged - seats fill fast.

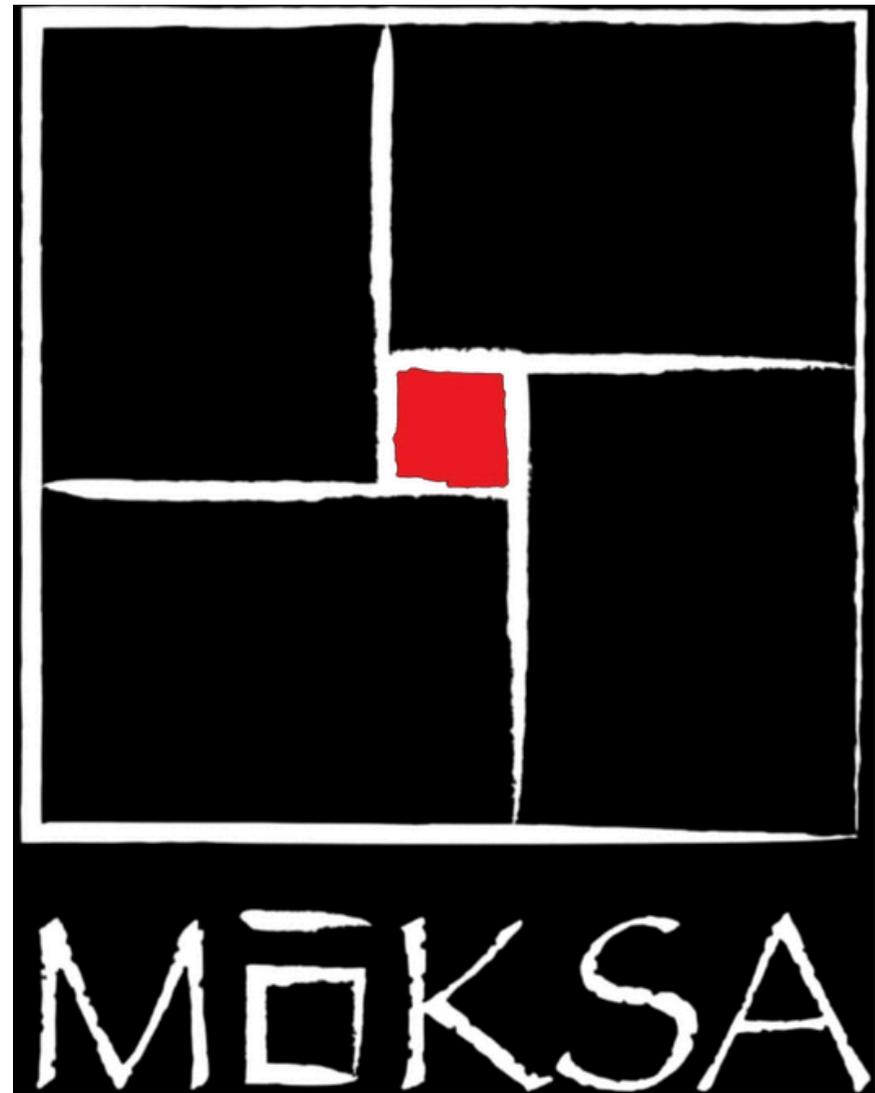


VENUE

Ubud II Kutuh,
Jl. Puskesmas, Sayan,
Ubud, Gianyar,
Bali 80571 – Indonesia

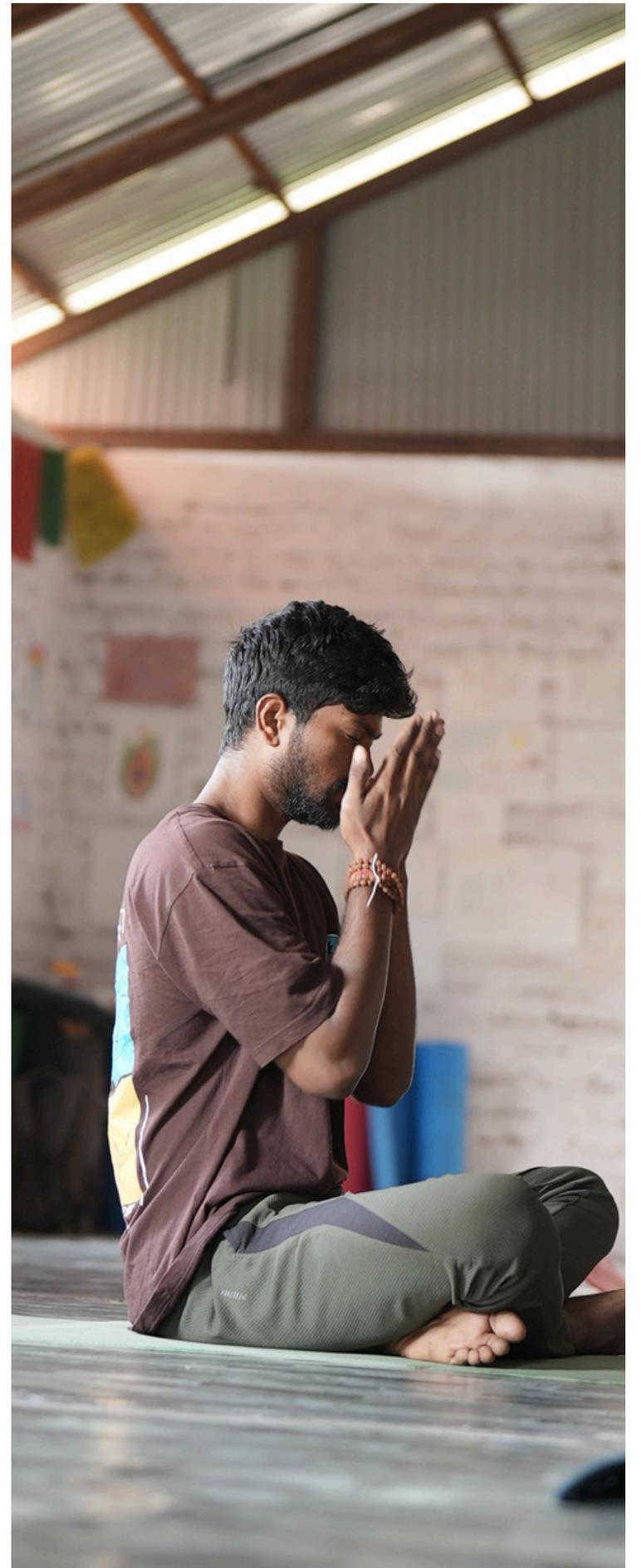
Contact Us

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ON SUCCESSFUL COMPLETION OF A THEORY AND PRACTICAL EXAM YOU GRADUATE WITH CONSCIOUS MOVEMENT TRAINING (CMT 160+) AND IN THE END, YOU ARE MORE THAN JUST A TEACHER. YOU BECOME A YOGI IN THE TRUEST SENSE.



Terms and Conditions:

- 1. We operate on a no-refund policy. In the event of cancellation, the amount can be adjusted in the next Conscious Movement TTC if informed 25 days prior to the course. This applies to participant-initiated cancellations or unforeseen COVID-related situations.*
- 2. In the case of COVID-related lockdowns or Similar situations, no refund will be provided, but the amount will be adjusted in the next course based on participant availability.*
- 3. Participants are responsible for their personal belongings.*
- 4. Facilitators can be contacted for support in case of personal issues.*
- 5. Participants must inform the faculty of any pre-existing medical conditions.*
- 6. The organization and teacher are not liable for injuries during the course. Consequently, any medical costs or hospital expenses will not be borne by the organization or the teacher.*
- 7. Alcohol/substance use is strictly prohibited inside the premises.*

