

### 2010 COURSE Location & Dates

**The Vale, Wincanton, Somerset.** Set in a secluded and quiet spot with wonderful views and walks. There are also cottages on-site for students use.

- 23rd - 24th January
- 27th - 28th February
- 20th - 21st March
- 1st - 2nd May
- 22nd - 23rd May
- 19th - 20th June
- 17th - 18th July

**Exam Day 24th July**

[Click here for details...](#)

Welcome to the Satvik Training School update. We are really looking forward to the next Satvik Foundation Course, which, unbelievably, will be our 8<sup>th</sup> – Wow, time goes so quickly!

This course has proven to be a truly life-changing experience and students, year after year, say it has helped them find an inner peace, sense of balance and good health that has surpassed their expectations. Over the years, we have found the course is suitable for everyone who wishes to improve their emotional and physical health, those who want to manage stressful jobs more effectively, people who are interested in personal and spiritual development and all who want to train as Satvik Energy Therapists.

This course is not academic but experiential – we help students move into powerful and helpful ‘experiences’ rather than yet more cognitive learning that sits in our knowing but not in our being. As a result students become changed rather than learning about change. [\[Click here\] for more info](#)



*The Vale*

If you are interested in our courses, we would be delighted to hear from you...

**Yvette & Sarah**  
Founders & Teachers, Satvik



*Yvette & Sarah*

### LOCATION

We are lucky to have a beautiful setting and fabulous facilities at our Training Centre at The Vale, in Wincanton, Somerset. The Vale Centre is set in a secluded and quiet spot with wonderful views and

walks. There are also cottages on-site for students use.



*Course Venue - The Barn*

### COURSE CONTENTS

In our training we include disciplines that help us integrate balance between the mind, body and spirit for example: Chi Kung, Meditation, Energy Practices, Psychology and Spirituality. [\[Click here\] to read more...](#)



*Satvik Students*



*Life-changing*

### FEES

The cost of the Foundation course is £1,500.00 and there are several payment options available. [\[Click here\] to see payment plans...](#)

**Tel : 0845 227 0431**  
(local rate)

## Training as a Satvik Energy Therapist

Once students have completed the Foundation course, they can continue onto the Advanced course which also includes training to become a fully accredited **Satvik Energy Therapist**.

[\[Click here\]](#) to see more details



Doing Chi Kung!



Satvik Energy Therapists

## Testimonials from Foundation Students



Moira

"A wonderful, transforming journey from a living hell to a living heaven – do it, you deserve it."

Moira

I have been opened-up to heal from the inside and blossom on the outside. None of this could have been possible if it was not for the love and warmth of those special people supporting the course, and for the solidarity, sharing and understanding of the group we have come to naturally call 'family'.

Franck B.



Franck

## Application Form

[\[Click here\]](#) to apply for the course

I am unable to do a course in 2010, but would love to receive details of future courses.

[Email Us]

Please provide your name, address, tel number and email address - thank you.

## Bliss

This year we decided to give our Foundation Students a treat and arranged for Lucinda Drayton of Bliss to come and give a workshop and sing for us. It was a truly magical experience and we have organised for Lucinda to come along again in 2010.



Lucinda Drayton

I have attended many courses in the last decade, and I say wholeheartedly, that the Satvik Foundation course is the best course I have ever attended! The teaching is excellent, the integrity profound, the setting so beautiful! I feel like the course acted like a broom through my past, sweeping and clearing all unnecessary debris - creating a whole new foundation for me to grow from.

Rhona



Rhona

Tel : 0845 227 0431

(local rate)

[www.satvikenergytherapy.com](http://www.satvikenergytherapy.com)