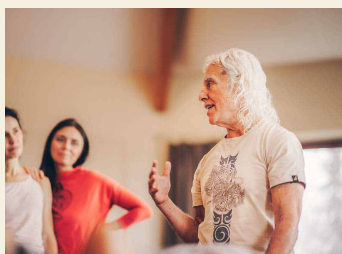


MYOFASCIAL ENERGETIC RELEASE TRAINING CURRICULUM

WITH SATYARTHI PELOQUIN D. LIT, DMT

MER Training Curriculum

Learning is a deeply personal journey and an essential part of human development. Exploring the body's various dimensions with increasing depth brings an awareness of one's True Nature. The Myofascial Energetic Release (MER) Training curriculum comprises 8 Areas of Instruction, progressing systematically through 7 modules, 60 x 90 minutes sessions and 10 hours of online courses (the Trauma Release module and the online courses remaining optional until May 1st, 2025) for a total of 450 certified hours.



These 8 Areas of Instruction include:

1. Anatomy & Physiology
2. Deep Tissue Bodywork and Functional Assessment
3. Movement Education and Myofascial Unwinding
4. Breath and Somatic Psychology
5. Working with Pain Syndromes
6. Business and Marketing
7. Professional Ethics
8. Meditation

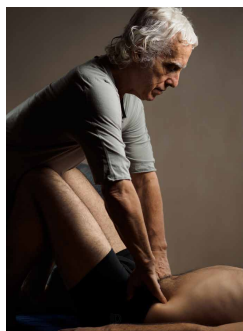


These Areas of Instruction are interwoven throughout each module, ensuring a comprehensive understanding by graduation. Here's how they are integrated:

- **Theory & Principles:** Comprehensive understanding of pain syndrome management.
- **Demonstrations:** Practical demonstrations of each area and personalized session creation.
- **Practice/Lab:** Hands-on practice during modules and home practice with at least 3 individuals.
- **Meditation:** An essential component throughout the training.

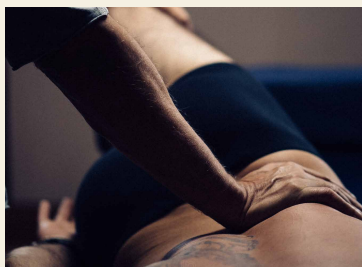
As you progress in the MER training, you will gain exposure to the MER series through practicum exchanges and individual session demonstrations by Satyarthi. This experiential training deepens your understanding of the interconnectedness of each Instruction Area.

Throughout the training, we cultivate an environment of inspired learning, empathy, presence, and acceptance. This creates a safe space for students to explore their innate healing abilities and master the art and science of holistic deep bodywork. The MER training focuses on deep bodywork as a healing art, combining various techniques to restore the natural connection between the brain, emotions, body, and vital energy.



Techniques & Tools Taught in the MER Training:

- The art and science of deep bodywork.
- Assisted stretches from Ayurvedic Yoga Massage.
- Evaluation of soft tissue spasms throughout the body and head.
- Release of chronic muscle spasms through deep, sensitive touch.
- Client education on the causes of holding patterns and pain.
- Myofascial Unwinding for natural release and integration.
- Structural, functional, and emotional Body-Reading for client assessment.
- Palpation: Evaluating soft tissues through "Listening hands"
- Trauma healing through body awareness and self-regulation.
- Emotional integration support during sessions.
- Structural bodywork to restore overall balance.
- Meditation.
- The Power of Breath.
- Skillful Verbal Cueing.



The MER Training consists of 7 x 6-day modules (the Trauma Release module remaining optional until May 1st, 2025) held in our training centres in Greece, France, Poland and England. You can start the MER training with any module, as they can be taken in any order.