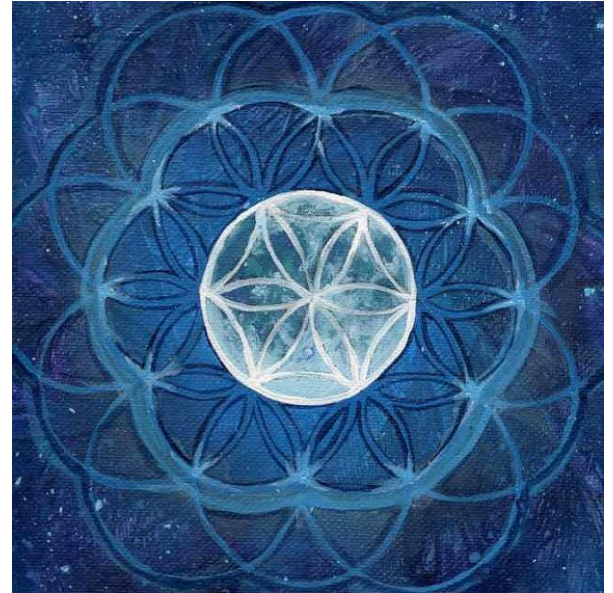


Full Moon Teacher Training Program

Embrace the *fullness* of your
feminine power this year!

- Do you believe in the *power of movement* to heal and transform lives?
- Do you *love to dance*?
- Have you taken a Dance from the Heart class before?
- Are you *ready to teach* your own class and *seeking support*?

Become a Dance from the Heart teacher and cultivate the feminine power within you. Feminine power harnesses the *ebb* and *flow* of creation, just like the moon.



Cultivate your feminine power means developing the outwards *flow* of *action*. By developing *confidence* in your own *abilities*, you *take action* toward your dream. You are the one you've been waiting for. *Si, se puede - you can do it!*

Feminine power also means embracing the inward *ebb* of *attraction*. By cultivating receptivity, you *attract* all the help you want to be successful. From where you are. No need to chase after it. You can gently draw it towards you. You don't have to do it alone! *Magnetize* the *support* you need, receiving it with open arms and lots of gratitude.

Become a Dance from the Heart teacher this year and learn how to launch and teach your own Dance from the Heart class. Develop the confidence and skills you want, AND receive the support you desire. CMDC's 6-month program is designed to provide you with heart-centered mentorship AND on-the-ground assistance with flyer design, promotion and partnerships to help you every step of the way.

Sign up today to *step into your Feminine Power* and *become your own Full Moon*. A full moon causes the greatest tides!

Program Details

What I will learn:

- *Whom am I here to serve?* Identifying my chosen audience
- *Where to offer my class?* How to choose the right location
- *How do I outreach to whom I am serving?* Finding outreach method that work for my students.
- *What do I wish my students to receive from my class?* Identifying goals for your class
- *How will I reach those goals?* Creating a curriculum using Dance from the Heart
- *How do I know I was successful?* How to develop a student survey to measure your success!

Pre-requisites:

- Yes, I have taken at least one Dance from the Heart class or workshop before!

Full Moon Teacher Training is a 6-month program consisting of:

- *7 weekly group coaching calls* on Zoom starts **week of Jan 29 through week of Mar 12 (day/time TBA)**

Week 1 - Identifying dream ~ Goals

Week 2 - Grounding ~ Curriculum

Week 3 - Connecting ~ Location

Week 4 - Releasing ~ Student Survey

Week 5 - Filling ~ Class Flyer

Week 6 - Embodying ~ Class format / logistics

Week 7 - Affirming ~ Embracing the Inner Teacher

- *Culminating Certification/Celebration Retreat* on **Saturday, Mar 17th from 9-6pm**

You will meet all the members of the program, go deep into the Dance from the Heart process, give a demo class for feedback in a community of loving support, and turn in your final class goals, curriculum, flyer and student survey.

- *4 monthly coaching calls & advertising support* from **April - July 2018 (day/time TBA)**

You will receive ongoing mentorship every two weeks as you advertise, launch, and teach a 6-week class.

April - Outreach for class

May - Start teaching 6 - week class

June - Finish teaching 6 - week class

July - Evaluate class/turn in final reflection paper

Full Moon Teacher Training Program

How to Apply

Starts week of January 29th - Fill out an application by January 17th!

Program Cost: \$795 (payment plans available)

Payment Options: \$749 (save \$50 if paid by January 29th)

3 monthly installments of \$265

6 monthly installments of \$132.50

Applications: Please submit your application **by Wed, January 17th** - we will notify you January 20th of your acceptance to the program. At that time, we will also ask you for your time/date availability to schedule coaching calls for your cohort. [Click here to apply!](#)

Scholarships: If you are interested in applying for a scholarship, please submit by Wed, **January 17th**. [Click here to apply.](#)

