



Therapeutic Meditation Process (T.M.P.) Teacher Certification

There are (6) training modules in the Therapeutic Meditation Process (T.M.P.) Teacher Certification.

Module 1: Introduction to Therapeutic Meditation Process (T.M.P.)

Module 2: Co-Create Your Intention & Desires

Module 3: Connect with Your Breath & Body

Module 4: Listen & Understand Your Feelings & Emotions

Module 5: Discover & Shift Your Thoughts/Beliefs

Module 6: Connect with Your Power & Something Bigger

*Training will include how to use each of the areas separately in everyday life as well as putting them together to create/use in a guided meditation practice (for yourself and for your clients/classes).

**An introduction to mind-body-spirit healing philosophy will also be taught during this training/certification.



Certification Training Options:

Option 1 (Virtual Program)

Training consists of (6) audio lessons, self-work/practice for each module, live virtual [“Connect with The Divine You”](#) group program. Training to be completed within 1 year - see below.

Audio Lessons: There are (6) audio lessons, 1 for each module. Each audio lesson has a class outline, a handout for each of the “Self-Connection Areas” (to give your clients) and a teacher script.

Self-Work/Practice: You will be recording you teaching each module to a volunteer of your choice (or I can pair you with someone in the certification), as well as a guided T.M.P. practice. Once recorded, you will then send them to me to review and will receive feedback through an email.

Investment: \$1700 (monthly payment plan add \$20/month)

*The training must be completed within 1 year. After 1 year you will need to pay a fee of \$350 and will then have an additional 6 months to complete the training.

Option 2 (Retreat)

Training consists of (6) audio lessons, self-work/practice for each module, a live [“Divine You”](#) retreat.

Audio Lessons: There are (6) audio lessons, 1 for each module (60 minutes each). Each audio lesson has a class outline, a handout for each of the “tools” (to give your clients) and a teacher script.

Self-Work/Practice: You will be recording you teaching each module to a volunteer of your choice (or I can pair you with someone in the certification), as well as a guided T.M.P. practice. Once recorded, you will send them to me to review and will receive feedback via email.



Divine You Retreat: Details @ <http://tanyapenny.com/divine-you-shasta>

Investment: \$3000 (monthly payment plan add \$20/month)

Note: If you pick a retreat that includes lodging, there will be an additional charge.

*The training must be completed within 1 year. After 1 year you will need to pay a fee of \$350 and will then have an additional 6 months to complete the training.

Option 3 (1:1 Program)

Training consists of (6) audio lessons, self-work/practice for each module, live virtual "[Connect with The Divine You](#)" group program, and (6) 45 minute 1:1 virtual coaching sessions. Training to be completed within 1 year - see below.

Audio Lessons: There are (6) audio lessons, 1 for each module. Each audio lesson has a class outline, a handout for each of the "Self-Connection Areas" (to give your clients) and a teacher script.

Self-Work/Practice: You will be recording you teaching each module to a volunteer of your choice (or I can pair you with someone in the certification), as well as a guided T.M.P. practice. Once recorded, you will then send them to me to review and will receive feedback through an email and during our 1:1 sessions.

1:1 Coaching Sessions: (6) 45 minute 1:1 virtual coaching sessions with me to receive feedback, ask questions, and personalize the training for your health & healing (and your clients).

Investment:

1 Payment \$4000 (monthly payment plan add \$20/month)

*The training must be completed within 1 year. After 1 year you will need to pay a fee of \$350 and will then have an additional 6 months to complete the training.



All Options Include:

- (5) guided Therapeutic Meditation practice scripts for recording/giving the guided practices
- A Handout for each Self-Connection Area to give to your clients/classes
- 1:1 client and group class recommendations (home program, diagnosis, etc.)
- Virtual Business Mastery Audio Program
- Free Access to Therapeutic Meditation Process training upgrades and [Connecting with the Divine You](#) virtual group program (additional live retreats @ 25% off during the year of your training).
- Email access to me to ask questions on mind/body healing, specific client issues, etc. (This continues after the training as long as you remain certified).
- 1 year of certification after your training is complete.

Certification:

You receive permission to start teaching the Self-Connection Areas & Tools with your clients/classes upon completion of each module.

Once you have successfully completed all the modules, you will receive a certificate of completion and permission to use the credentials: Therapeutic Meditation Process (T.M.P.) Certified Teacher. You will be certified for 1 year following the completion of your training.

To maintain your certification (after the 1st year following certification), the following is required:

- A fee of \$400 each year
- Send me a written case study of using the T.M.P. with a client
- Have a 60 minute 1:1 session with me where I will give you feedback, answer any questions related to you/clients, and provide coaching on whatever else you choose.



Questions? Please email me tanya@tanyapenny.com.

Please listen to this [free gift audio](#) to become more familiar with the Process.

If you would like to enroll in the certification please email and we will schedule a time to chat. If approved, an agreement will be emailed to you to review, fill out, and email back.

Once I receive the agreement/payment, you will be sent all the details to get started!

I can't wait to train you in this amazing, profound process that will help you and your clients transform their health and create the life you/they desire!

Love, Courage & Light, *Tanya* :)

P.S. You can also become a Vibrant Body & Abundant Life Coach (Includes T.M.P. Certification). Email tanya@tanyapenny.com for details.