

What is Conscious Awakening?

Conscious Awakening is an incredibly complex and enriching leadership program.

This course is the *soul work* of **THRIVING** and becoming the most brilliant version of yourself.

Formatted from practicing 20+ years of Yoga Science, Ayurveda, Meditation, Somatic Healing, Movement, and Intuitive Healing Arts. This comprehensive program cultivates a loving and deeply soulful relationship with yourself, so you can **THRIVE**.

Conscious Awakening is a step towards personal **Self-Mastery and Lifestyle Elevation**.

Do I need to have a wellness practice or background?

This leadership training is available and open to anyone, regardless of background. You will learn about the subtle energies of the Chakra System which are the driving force for **Awakening**.

If you have a background in yoga, wellness, healing arts (reiki, massage, acupuncture), this is a great complement as a lifestyle program to share with your students and clientele.

An open mind is all you need.

Conscious Awakening FAQs

Whether you are a seasoned yoga practitioner or simply seeking a new way of growing personally, professionally, & spiritually, this methodology marries the wisdom of the yoga science and applies these concepts in a modern-day applicable approach.

Yoga teachers and those wishing to create a career in wellness will greatly benefit from this program. This program is a great supplement to 200H & 300H YTT trainings.

What will Self-Mastery Training offer me?

- a deeper understanding of your purpose
- a soulfully loving relationship with yourself and others
- how to apply healthy boundaries
- embodying grace through challenging times
- balancing and establishing non-negotiable self-care rituals
- you'll learn how to apply the concepts from Ayurveda and Yoga Science to everyday life
- you'll create rituals for how you awaken, how you nourish, and what you're doing before you sleep
- you'll develop a language of kindness from how you speak to yourself and how your body responds

Conscious Awakening FAQs

- you'll learn to identify what areas are energetically blocked within the chakras
- you'll receive tools to truly create the life you deserve
- tools to create a THRIVING business and lifestyle

You'll learn how to observe, become aware, master, and awaken on more levels than you ever have. Conscious Awakening offers an invitation to transcend previous boundaries.

How will Self-Mastery help me?

You'll learn how to transform your life through the 5 senses and beyond.

By rewiring what you have been conditioned to perceive, your personal truth will invite you to soul search. This exploration then guides you to address what it is that you truly want out of life.

You'll learn why breathing is essential to life extension + healing the physical body.

You'll learn why certain postures can trigger emotions in class.

You'll see how social media, movies, news affect the nervous system.

You'll learn how certain foods that create energetic disturbances within us.

Maybe you are able to practice "loving kindness" on the mat and in meditation,

Conscious Awakening FAQs

but you have a really hard time finding compassion for someone who cut you off in traffic? broke your heart? lied to you? abused you?

OR...

Maybe someone just rubs you the wrong way and you just can't seem to figure out why or "put your finger on it?"

You will learn how to master your mind through the inward journey, so your outward reality will match.

So are you ready to face the real you?

Then let's start the journey. You'll have plenty of support along the way.

What does my Conscious Awakening journey include:

- weekly 2 hour virtual online sessions over 14 weeks
- complimentary access to all of my classes* during the 3 month training
- self-study project of your choice (Svadyaya)
- film-work and documentaries with in-depth discussion/assignments
 - 20% off any Healing Arts Workshop offered during the program
 - in depth training manual
- 1-1 mentorship with me for 1 year

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- lifetime connection to other graduates
- sessions are held online via ZOOM and in New York City

Apply for next session: info@nikkibaksh.com

Students wishing to become teachers for Nikki Baksh: the Movement Teacher Training must first complete Conscious Awakening as a pre-requisite.

Please note:

Must be used within six (6) months of purchase date.

There is a strict cancelation policy for private 1-1 sessions, which requires 24-hrs notice.

Full payment is required prior to starting this training.

Payment plans are available* for those experiencing hardships, and incur an additional 3% processing fee per transaction.

All sales are final and non-transferable.