



Soul Lightening® International

Soul Lightening® Acupressure Curriculum

Introductory Workshops

Seva Stress Release
Good Points for Self-Care Series
Acupressure for Anyone Series
Intro to Soul Lightening Acupressure

Basic Foundation Certificate

(50 hours*)
Clinical Acupressure 1: Basic Applications
Process Acupressure 1A: Foundations

Process Acupressure Certification

(300 hours*)
Process Acupressure 1A: Foundations
Clinical Acupressure 1: Basic Applications
Process Acupressure 1B: Progressing Process
Process Acupressure 2: Body and Personality Parts
Inner Child Healing
Approved Elective

Clinical Acupressure Certification

(300 hours*)
Clinical Acupressure 1: Basic Applications
Process Acupressure 1: Foundations
Clinical Acupressure 2: Meridians
Seasonal Practicum Series (5 total)
Winter Spring
Summer Late Summer
Autumn

Advanced Soul Lightening Certification

(300 hours*)
Process Acupressure Certification
Clinical Acupressure 2: Meridians
Clinical Acupressure 3: Extraordinary Vessels
Process Acupressure 3: The Hologram
Process Acupressure 4: Transpersonal Integration
Approved Elective

* - includes class attendance plus additional requirements