



School of Sahaj Energy Healing

School Catalog

Mission Statement and Philosophy

Our mission at the School of Sahaj Energy Healing is to create more awareness of energy patterns and dynamics and how they relate to our spiritual, psychological, emotional, and physical health; to enhance people's lives through this awareness; and to train people to use intuitive energy healing techniques as a modality in itself or as an adjunct to other types of bodywork/healing practices.

The educational philosophy is to make this knowledge accessible to all, from the beginner to practicing professionals, through a graduated series of classes that serve each student's level of interest and experience. The introductory classes introduce the concepts and basic techniques of intuitive energy healing relevant to all students; the advanced classes deepen the student's experience, understanding, and capabilities with the healing techniques, which can easily be integrated into an existing therapeutic or alternative practice. The classes take place over weekends in order to allow working students to participate.

Founder and Director- Bear McKay

Bear McKay initially pursued a career in the arts, first writing then directing films. Her film work brought her to Alaska, where she sought out Della Keats, a renowned Inuit healer. Their relationship inspired Bear to pursue her interest in healing by studying with Della as well as taking many workshops over the years in Core Energetics, Bioenergetics, Massage, Shamanism, Energy Healing, Five Rhythms, Continuum, Religion and Psychology. This eventually led her to attend the School for Enlightenment and Healing, a three year program for energy healing. After graduating she went into private practice, and her healing abilities were soon in great demand - she was unable to accommodate all the requests she received for sessions. Due to the lack of training available for this type of healing, and an increasing number of requests to teach, she began developing an introductory series of classes in 2000. Bear approaches teaching like film work, as a creative group collaboration, respecting the sensibilities and talents of each student. In 2003 she created the School of Sahaj Energy Healing to further share her knowledge of energy healing with others for their own health and that of their clients. Her format for teaching includes content related movement, personal process exercises, experiential healing techniques and table work, as well as providing a context and philosophy for how energy healing works and when it is most appropriate to use these techniques. She lives in Bozeman Montana with her two daughters, works with clients from around the world, and teaches in the San Francisco Bay Area and Bozeman, Montana.

Areas of Study

Hands-on-Healing Techniques	Intuitive Sense Perception	Character Structure
Boundaries	Chakra Communication	Tracking Energy Flow
Grounding	Chelation	Modulating Energy
Sensing the Aura	Contacting Guidance	Chakra Psychology
Chakra Energetics	Hara Alignment	Energy Blocks

Class Format and Schedule

The Foundation Series is comprised of three weekend classes approximately one month apart. It is recommended that students register for the entire Foundation Series; however Class I may be taken before committing to the entire series. The classes take place over weekends in order to allow working students to participate.

Please see our website for current class offerings at: www.SahajHealing.com

Web Site

Please see our website at: www.SahajHealing.com for additional information. Our website contains the current class schedule and *Application Form*. It also contains information about the class content, articles written by Bear McKay, and her biographical information.

Application Form

The *Application Form* may be downloaded or printed from our website at: www.SahajHealing.com

Please complete and return to:
School of Sahaj Energy Healing
625 East Mendenhall
Bozeman, MT 59715

School Location

Classes at the School of Sahaj Energy Healing are held in Bozeman, Montana at the Emerson Cultural Center. The Emerson is located at 111 South Grand Avenue, near downtown Bozeman.

Travel, Overnight Stay and Meals

Students are responsible for all arrangements and costs concerning their travel, housing and meals. For students using air travel to reach Bozeman (BZN), Gallatin Field Airport is located ten miles west of Bozeman, and is serviced by Alaska Air, Delta Air Lines, Northwest Airlines, and United. Rental Car services are provided by Avis, Budget, Dollar, Hertz, Thrifty, and National. Taxi service and hotel shuttle services are also available.

Please contact the Bozeman Area Chamber of Commerce for a complete list of Hotels and Bed & Breakfast, at (406)586-5421. Please note that two hotels in the downtown area are within walking distance of the school. Please contact the school office for additional information.

A lunch room and kitchen are available to students during the lunch breaks. Several options exist for restaurants, and many are within walking distance of the school.