

The **Life Alignment Academy** is a comprehensive training programme, which combines personal development with professional training. The Academy programme is organised on **3 Levels** and is taught in face-to-face classes and can be supplemented with in-depth online meetings.

One of the main focuses of the Academy programme is the **relationship with the students**. They are supported throughout their journey by a **teaching and tutor team**, who hold the space for them. Also, students work together as a group, sharing their stories, developing trust in their own and each other's vulnerability, creating a strong lasting bond.

Although the Academy intends to lead its students to become practitioners of Life Alignment, this path can also be completed by those who feel a drive to learn this system as a path of personal growth, without necessarily making it a profession.

The Academy programme includes, in all its levels, several hours dedicated to the development of skills and abilities essential to the practice of Life Alignment such as **active listening, self-reflection** and **emotional literacy**, as well as **supervised sessions, case study discussions, group healings** and **sharing**.

Throughout the period of enrolment in the Academy programme, students have free access to the **Academy e-learning platform** to support and deepen their learning, thanks to a series of video tutorials available on demand.

The Academy programme is currently run in the following countries: **Italy (Turin), Israel (Tel Aviv), the Netherlands (Amsterdam)** and **UK (London)**.

LEVEL 1

Level 1 is organised over 12 training days, and its programme focuses on the **foundations of the System**. Overall, it includes the teachings of *Foundation Course, Module 1* and *Vortex Energetics* as well as personal growth and professional supervision. By the end of this level the student has acquired the necessary tools to practice Life Alignment on themselves and others.

This Level can be useful for therapists who wish to learn new energy techniques and incorporate the acquired skills into their profession. It is equally useful for the curious person who wishes to possess powerful and safe tools to support their own and their family's wellbeing.

What you learn

- Use pendulum and muscle testing to know exactly what the body's deepest need is
- Test and increase the energy level (or vibrational quality) of foods, drinks, medicines, supplements and any other products
- Facilitate a healing process for yourself and others, even at a distance
- Fundamentals of energetic-vibrational medicine
- Learning the energetic correlations of body points to bring back them into balance
- Deepen your self-knowledge, opening up to profound healing
- Short meditations to ground, connect and expand before you start working
- Support the well-being of your body and environment with Vortex Technology: 5-Cards Circles
- A path of awareness and personal evolution

LEVEL 2

Level 2 is organised over 16 training days, and it includes the teachings of *Module 2, Vortex 1*, personal growth, professional supervision as well as a healing workshop with the Life Alignment founder, Jeff Levin.

This Level teaches what is considered the heart of the Life Alignment system: **the Emotional Process**. During this Level students experiences two directions of work: inner (their own self-healing process) and outer (they learn to guide clients through their own healing process).

What you learn

- Guide the client through a deep and transformative energetic-emotional process
- Energetically balance Allergies and Sensitivities
- Develop soft skills such as Active Listening, Emotional Literacy, Giving and Receiving Feedback, Empathic Communication
- Strengthen personal qualities such as Self-Confidence, Personal Power, Trust
- Use Meditation and Grounding Techniques
- A path of awareness and personal evolution
- Healing and transformation of oneself and the surrounding environment

LEVEL 3

Level 3 is organised over 16 training days, and it includes the teachings of *Module 3, Vortex 2, Life Map*, personal growth, professional supervision as well as a *Module 3 Masterclass* with the Life Alignment founder, Jeff Levin.

This Level enables students to address their own deep healing while integrating new procedures into their practice. In this concluding Level, students hone their skills as a Life Alignment Practitioner, so that they present themselves in the marketplace feeling ready, confident and qualified.

What you learn

- New advanced procedures and Body Points (Module 3)
- Advanced Vortex Technology
- Life Map Balancing Procedure
- Refine the practice of balancing and the emotional process
- Guide the client through a deep and transformative energetic-emotional process