

HOLISTIC STUDIO

# CONSTITUTIONAL & WESTERN ENERGETICS

Discover the constitutional approach to natural health.

Learn how to incorporate Traditional Western Energetics  
Temperaments and Humors into your practice

Dive into the wonderful world of Sanguines, Phlegmatics,  
Melancholics and Choleric and discover how these  
temperaments can influence your understanding of the  
constitutional approaches.

This course is full of detailed practical information  
covering the characteristics, tendencies, presentations  
and holistic client management solutions.

Build a deeper rapport with your clients and improve  
patient outcomes in this fun and inspiring course.

Suitable for all modalities and different learning styles,  
professional level education.

- Self paced lessons
- Live Discussion groups
- Webinar presentations
- Community forum
- Six modules
- Practical projects
- CPE

[www.holisticstudio.com.au](http://www.holisticstudio.com.au)

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# CONSTITUTIONAL & WESTERN ENERGETICS

Integrate energetics into your existing modality.

This unique course contains 6 in-depth modules.

Each module contains self paced lessons, detailed notes, webinars, practical projects, a confidential community forum and live discussion groups.

There is 12 month access to the live discussion groups and lifetime access to the course.

Discussion groups are recorded and a great opportunity for you to review the topics, explore case studies, and share your learnings and experience with like minded colleagues.

CPE certificate will be provided upon completion.  
Up to 18 hours available!

- Full payment or payment plan options available
- Great value unique course supporting traditional knowledge

Visit the Holistic Studio website for more information

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# CONSTITUTIONAL & WESTERN ENERGETICS

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Module 1

Introduction to Constitutions  
& Western Energetics

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Module 2

Choleric

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Module 3

Phlegmatic

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Module 4

Sanguine

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Module 5

Melancholic

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Module 6

Compound Constitutions  
Piecing it altogether

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# WESTERN ENERGETICS

1

## Interactive Lessons

Each module has a series of lessons, videos and interactive content, presenting the topics for the module.

2

## Live Discussion Groups

An interactive discussion group is held for each module. Bring your questions and experience. Recording provided.

3

## Webinars

Each module has 3-4 webinars you can watch anytime. They will go into the topics in more detail and deepen your understanding.

4

## Practical

Each module has recipes and lifestyle recommendations you can use to understand the energetics on a deeper level.

5

## Community Forum

A place for you to interact with your profession and share your experience, cases and questions. Available 24/7.

6

## Optional Assessments

These are optional, there is no requirement to complete the projects. They can enhance your skill & confidence.



# CONSTITUTIONAL & WESTERN ENERGETICS

## LIVE & INTERACTIVE PRACTITIONER DISCUSSION GROUPS

All held on Mondays 6pm - 7pm AEST

13th May

10th June

15th July

12th August

16th September

14th October

11th November

9th December

10th February

10th March

14th April

12th May



Log on to the Holistic Studio website  
visit the 'Constitutional and Western Energetics course'  
to join the meeting. A link will also be emailed to you.  
The lively discussions will be recorded and uploaded the  
following day for you to view anytime.

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# CONSTITUTIONAL & WESTERN ENERGETICS

To Join

Simply visit [www.holisticstudio.com.au](http://www.holisticstudio.com.au)  
Sign in using your email and password  
and click on **MY LIBRARY**

You will see the Western Energetics  
course and community cards

Click on these to go to the self paced course  
lessons, webinars and community  
Modules will be released each week

The Live Discussion Groups will be held within the  
course Live Room at the selected times  
You will receive a reminder at the time

If you have any questions,  
do not hesitate to get in touch.

[elizabeth@holisticstudio.com.au](mailto:elizabeth@holisticstudio.com.au)

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- Practitioner level education
  - CPE
  - Comprehensive unique course supporting traditional knowledge
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