

The background of the entire page is a photograph of several hands stacked on top of each other. The hands are holding a clear, heart-shaped crystal pendant. The image is overlaid with a semi-transparent teal color. The text is white and positioned in the upper left and center of the page.

Elizabeth Caruana

Eden Energy Medicine Advanced Practitioner

Authorised Level 1: Fundamentals Teacher

Certification Program Faculty Member

Course Information Pack

For Prospective
Level 1: Fundamental Students
Brisbane 2025/26



A NOTE FROM ELIZABETH

EDEN METHOD AUTHORISED TEACHER
CERTIFICATION PROGRAM FACULTY MEMBER

Welcome!

This is a life-giving decision and I am here to help!

Please feel free to reach out to me with any questions you may have after reviewing this information pack.

My absolute joy and passion is sharing Donna's empowering modality in Australia. I encourage students and their learning by unwrapping the gifts of the Eden Method in a supportive, small group learning environment.

My teaching style is grounded in a deep love and respect for this work and is fuelled by an authentic desire to engage, empower, and support students on this journey. I welcome you to read [past student testimonials](#) on my website.

If this year-long program resonates with you, please contact me to organise a time to discuss your enrolment as the next step.

I would look forward to being your guide and walking with you as we take a deep dive into Donna Eden's healing, empowering modality!

Blessings

Elizabeth

Elizabeth Caruana
Eden Energy Medicine Advanced Practitioner
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COURSE OVERVIEW

CLASS 1

05-JUN-25

08-JUN-25

CLASS 2

21-AUG-25

25-AUG-25

CLASS 3

06-NOV-25

09-NOV-25

CLASS 4

22-JAN-26

25-FEB-26

DAILY SCHEDULE FOR ALL FOUR CLASSES:

DAY 1	THURSDAY	12:00 PM	-	06:30 PM
DAY 2	FRIDAY	09:00 AM	-	06:30 PM
DAY 3	SATURDAY	09:00 AM	-	06:30 PM
DAY 4	SUNDAY	09:00 AM	-	01:30 PM

The Level 1: Fundamentals year-long program currently consists of four intensive, extended weekends (Thursday to Sunday) every 10 weeks over the course of a year. This program is a deep-dive into self-care, and the fundamentals of Donna Eden's healing modality developed from her extensive body of knowledge of over 40 years.

Classes must be taken sequentially, with each class building on the knowledge and skills from the previous class. Each class is designed to provide you with the understanding, skills and techniques for working with the body's energies to promote physical and emotional wellbeing.

By design, each class delivers a lecture and presentation, teacher demonstration, and supervised student hands-on practice of each protocol. Each class concludes with a teacher demonstration of an Energy Tracking Session, bringing together all the protocols learned during the four day class. Students then give and receive a fully supervised energy tracking session to experience and enhance their learning.

Receiving and experiencing the techniques is an important part of students learning with the Eden Method. This framework, builds into a rich and unique curriculum for students, working to support the nine energy systems within the Eden Method.

WHO IS THIS FOR?

LEVEL 1: FUNDAMENTALS

BECOMING EMPOWERED

There are no pre-requisites to enrol. We have people from all walks of life in our program and classes can be taken by:

- Anyone who wishes to experience an empowering deep-dive into self-care to support their health, wellbeing, and vitality.
- Care-givers can benefit greatly from using the methods they learn in Level 1 for personal self-care and with those they support.
- Those who wish to embark on the pathway to become an EEM Certified Practitioner and open a healing practice offering Eden Method sessions in the future.
- Health-care professionals who wish to integrate EEM into their existing modality or practice.

On the successful completion of Level 1: Fundamentals program students will receive a ***Certificate of Completion***. This does not carry any qualifications, and does not entitle holders to open a practice, or offer EEM sessions. The successful completion of Level 1: Fundamentals does allow you to continue onto Level 2 of the EEM Certification Program.

The ***Level 2: Certification Training*** is currently available in a **hybrid online/in-person** format **in Australia**. Depending on your reasons for aligning with this program, at the end of Year 1, you may complete your studies or continue to Level 2.

*If you are interested in becoming an EEM-Certified Practitioner, I am happy to discuss the pathway and options available to you.

BETWEEN CLASS

PRACTICE AND REQUIREMENTS

There is a requirement for students to review and study the course material and regularly practice the skills from each class during the 10 weeks between classes.

THREE WEEKS AFTER CLASS

To support your learning, students will be required to submit an open book written test on the class material three weeks after each class. This includes observational questions about what students are noticing after working with the techniques learned in class. Your teacher will review and provide feedback.

SIX WEEKS AFTER CLASS

To support your hands-on techniques students will be required to complete an online practical demonstration of the class material with their teacher six weeks after class. This is a very supportive process. Students who had hesitations, because of a negative experience in their past, agree that the practical demonstration was very positive and supportive to their learning!

This method of confirming a student's understanding of the class material and competency in the protocols, supports their ongoing growth and development in the work, and readiness to absorb the new material presented in the next class.



ONLINE PORTAL

EDEN ENERGY MEDICINE CENTRAL

ONLINE PORTAL AND ACCESS TO CLASS MATERIALS

Students are granted access to the EEMC online portal approximately two to three weeks prior to each class, once their tuition for class has been received.

Students will require internet access to view the class materials and submit their written test after each of the four classes. If technology is not your strong suit, please do not worry, as I will take you through the portal step-by-step, and also provide you with a video that you can watch at any time.

Each year a private online group is created and opened about four to six weeks prior to Class 1. It is used as a source of communication and connection in the lead-up to class and between each class.

The groups have been very successful with students, as it is not only a way to connect with other class members before class, but also a place for support and information between classes.

VIRTUAL 'MEET & GREET' VIA ZOOM

We also have a virtual 'Meet & Greet' via Zoom about four weeks prior to class as an opportunity for everyone to connect online, perhaps organise transport together, and to ask any questions before class. Feedback has been very positive! Walking into Class 1 is much easier when you have already connected online!

CLASS MATERIALS

REQUIRED RESOURCES FOR THE YEAR

DISCOUNTS MAY APPLY - PLEASE CONFIRM WITH ME

REQUIRED COURSE MATERIALS

Special Discount provided after Class 1 Tuition received for:

- [Energy Medicine book \(preferably the 2008 version\)](#)
- [Ethics Handbook for Energy Healing Practitioners](#)
- [The Nine Energy Systems Streaming Video or DVD](#)
- [Energies of Love Streaming Video or DVD](#)

MESSAGE TABLE

Massage tables will be provided for each class, however you will need access to a massage table to practice the protocols between class.



Take action now and experience something
truly transformative and life-giving!

TUITION PAYMENTS

SCHEDULE AND OPTIONS

TUITION FEES & CONVERSION FROM USD\$

The total tuition for the year is currently **\$4780 USD**

Tuition is paid per class and is due four weeks prior to each class. Most students prefer payment via direct deposit to avoid conversion charges and PayPal charges. I advise students of the current converted rate in AUD\$ just prior to the due date.

The tuition covers all of the class handouts, conference space, faculty, and continued supervision by the teaching staff for the duration of the program. The cost of tuition is guaranteed for the current year.

\$USD TUITION FEES DUE BY:

CLASS 1:	\$1195	05-MAY-2025	\$AUD Conversion to be advised 1 week prior to each class
CLASS 2:	\$1195	21-JUL-2025	
CLASS 3:	\$1195	06-OCT-2025	
CLASS 4:	\$1195	22-DEC-2025	

PAYMENT OPTIONS:

- Direct Deposit (Preferred)*
- PayPal
- Credit Card
- Flexible Payment Plans are available

*Details provided on enrolment

Next Steps

ONCE YOU HAVE READ THROUGH THIS INFORMATION PACK

1. INITIAL CALL

The next step is to organise a call. I look forward to the opportunity of chatting with you! Firstly to answer your questions, and secondly to ensure that the empowering year-long program is in alignment with your goals and reasons for wanting to enrol in and complete this program. It is my desire that you have all the information you need to make this life-giving decision.

- Note down any questions you have after reading the information
- It is helpful to define what you want to achieve after completing the course
- Email me on info.sagelife@gmail.com to schedule a time. It is helpful to include your phone number and the best time/days to contact you.

2. COMPLETE THE LEVEL 1: FUNDAMENTALS - BRISBANE REGISTRATION

At the end of our call, it will be clear for both of us whether this year-long program is in alignment with your goals and reasons for wanting to take this course. If a place is on offer and available, the next step would be to complete the Level 1: Registration Form for 2025/2026 (available mid-October). Completing this registration form provides me with your contact and relevant details, and confirms your agreement of class policies.

There is no payment required to complete the registration process, you only need indicate which payment method you will be using for your Tuition payments.

3. PAY THE CLASS 1 TUITION BY THE 5TH MAY, 2025

If you wish to start a payment plan, please let me know in the call.

I look forward to connecting with you to discuss this life-giving decision!

Elizabeth

Blessings



WORKSHEET

WHAT DO YOU WANT TO RECEIVE OR ACHIEVE AT THE END OF THIS PROGRAM?

QUESTION #1: What are your goals and vision after completing this program?

QUESTION #2: Are there any challenges that come up for you?

QUESTION #3: What steps can you take to help overcome these challenges?

NOTES: Taking the time to write down what you want, and how you will feel when you achieve it, is a powerful tool to help you realise your goals and plans for the future. During the year, you will learn many energy techniques to help you overcome negative emotions, fears, and thoughts that might have held you back in the past. Note specific steps you know you can take now to overcome practical challenges (eg making time, space, etc) and tick them off when complete!

contact info

CONTACT DETAILS



The Eden Method
Level 1: Fundamentals Program

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📍 Brisbane, QLD Australia

🌐 www.sagelife.com.au

ELIZABETH CARUANA

Eden Method Advanced Practitioner & Teacher
Certification Program Faculty Member

Empower ➤ Evolve ➤ Thrive!

VENUE INFORMATION

TO BE CONFIRMED

Within 30 to 60 mins from the Brisbane Airport

Elizabeth Caruana

Eden Energy Medicine Advanced Practitioner





Take action now and experience something
truly transformative and life-giving!

"Let yourself be silently
drawn by the strange pull
of what you really love.
It will not lead you astray."

RUMI
SAGELIFE.COM.AU