THE EMBODIED PRACTITIONER PROGRAMME



6-Month Schedule - December 2025 - June 2026

LEAD FACILITATORS: ROOP SINGH SAGAR &
NATASHA ANAND BOOJIHAWON

Earth
Clinic & School

DOCUMENT OUTLINE

This document outlines the 6-month schedule as well as Practitioner profiles for The Embodied Practitioner programme, running from December 2025 to June 2026. The schedule includes all key events, sessions, and ceremonies.

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DEAREST PRACTITIONER,

We're so proud of what we've built. After years of research, practice and service, we've created a true one-stop home for practitioner development—crafted for this new era of work, wellbeing and leadership. Our promise is simple: a programme that meets you where you are, stabilises your foundations, and elevates your craft with clarity, coherence and real-world results.

Our students tell us they feel held in a safe, decolonised container—and that our integrative therapeutic approach is unlike anything they've experienced elsewhere. When you join, you'll realise you just didn't know this level of knowledge and practice was available.

If you've been seeking a place that unites rigorous training with heart, community and intelligent structure—this is it. We would be honoured to walk beside you and watch your practice flourish. Join us.

Love, Roop Singh & Natasha Anand

CO-FOUNDERS OF EARTH
CLINIC & SCHOOL

Roop Singh Sagar & Natasha Anand Boojihawon | Earth School | Copyright 2025

SCHEDULE OVERVIEW

Please note that the following sessions will need to be organised yourself and are not found in the table below:

- **Buddy Integration Pairs: 1**.5-hour session to be self-organised with your Buddy during the month.
- **Strategy Call:** Your 1-hour call with a programme lead to be scheduled individually at the start and end of the programme.

Month	Key Focus	Group Therapy Circle	Immersion Day	Video Lecture	Supervision Pod
Dec 2025	Foundation & Stabilisation	N/A	Friday, December 19th (includes Opening Ceremony)	Monday, December 1st	Tuesday, December 30th
Jan-Feb 2026	Inner Work & Self-Leadership	Tuesday, January 6th	Saturday, January 17th	Wednesday, January 21st	Tuesday, February 3rd
Feb-Mar 2026	Client Facilitation & Safe Practice	Tuesday, February 10th	Saturday, February 21st	Wednesday, February 25th	Tuesday, March 10th
Mar-Apr 2026	Tools, Strategy & Professional Resourcing	Tuesday, March 17th	Saturday, March 28th	Wednesday, April 1st	Tuesday, April 14th
Apr-May 2026	Vision, Leadership & Business	Tuesday, April 21st	Saturday, May 2nd	Wednesday, May 6th	Tuesday, May 19th
May-Jun 2026	Completing Cycles, Integration & Illumination	Tuesday, May 26th	Saturday, June 6th	Wednesday, June 10th	Monday, June 22nd
Monday June 15th 2026	Closing & Graduation	N/A	N/A	N/A	N/A

SCHEDULING FLEXIBILITY: WHILE THESE DATES PROVIDE STRUCTURE, MINOR ADJUSTMENTS MAY BE MADE TO ACCOMMODATE THE COHORT'S NEEDS AND FACILITATOR AVAILABILITY.



TIMINGS WITH MULTIPLE TIME ZONES

IMMERSIONS

December & January

1:00 PM - 9:00 PM UK

5:00 AM - 1:00 PM PT

8:00 AM - 4:00 PM ET

February

2:00 PM - 10:00 PM UK

6:00 AM - 2:00 PM PT

9:00 AM - 5:00 PM ET

March

2:00 PM - 10:00 PM UK

7:00 AM - 3:00 PM PT

10:00 AM - 6:00 PM ET

(Valid during the US DST gap: Mar 9-29, 2025; Mar 8-28, 2026.)

May & June

2:00 PM - 10:00 PM UK

6:00 AM - 2:00 PM PT

9:00 AM - 5:00 PM ET

GROUP THERAPY CIRCLE & SUPERVISION POD TIMINGS

6:00 PM - 7:30 PM UK

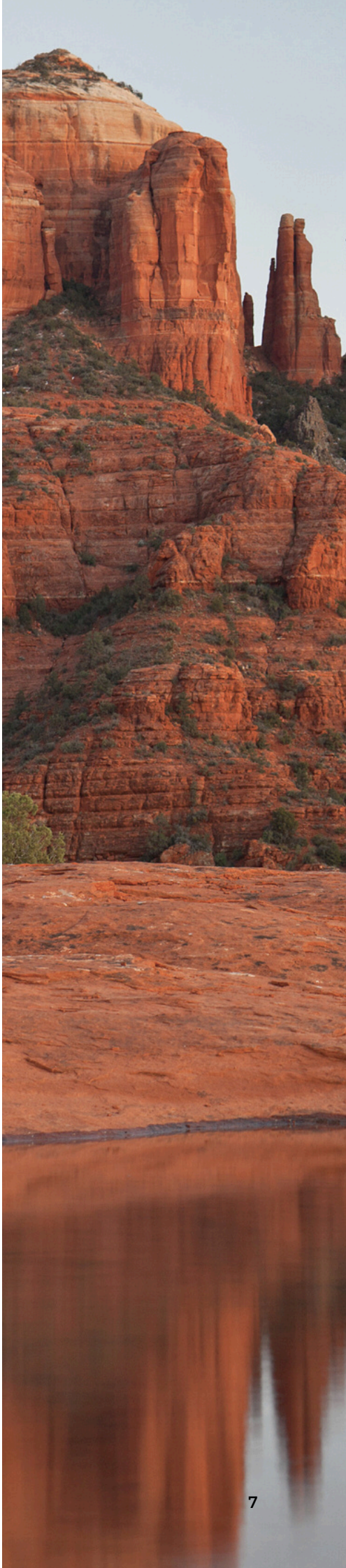
NOTES ON THE PROGRAMME FEATURES

Video Lectures: These 2-hour supplemental lectures are released 2 weeks before each Supervision Pod session. Students are expected to watch the lecture before attending supervision. The content serves as additional learning material to support the practical work from the Immersion Day.

Supervision Pod Format: These 1.5-hour Tuesday sessions are designed for case discussion and Q&A based on the monthly video lecture. Come prepared with:

- Questions about the video lecture content
- Real-world application challenges from your practice
- Client cases (anonymised) for group supervision
- Professional development concerns related to the monthly theme

Group Therapy Circles: These 1.5-hour Tuesday sessions focus on personal processing, healing, and professional refinement within the group setting. They occur at the beginning of each monthly cycle to prepare you for new learning



NOTES ON THE PROGRAMME FEATURES

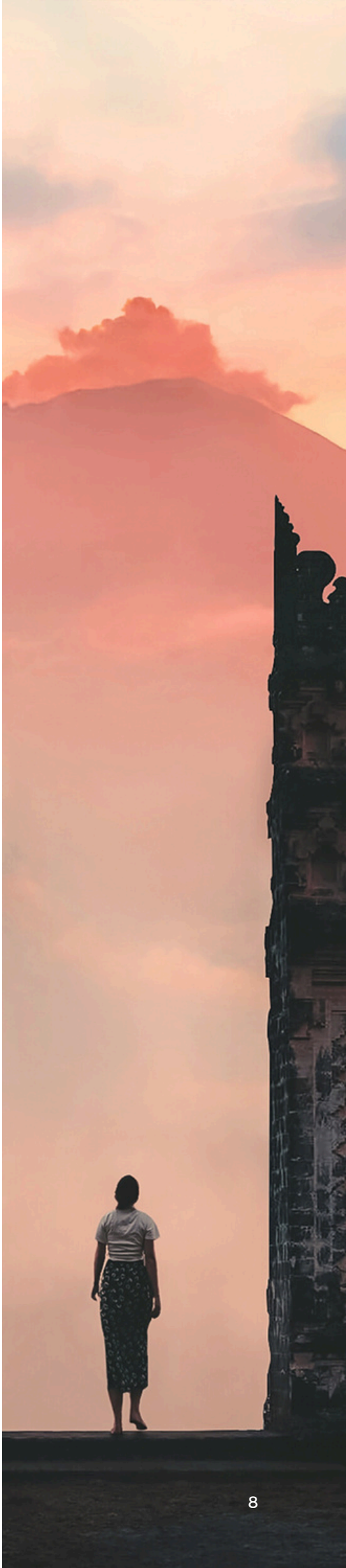
Immersion Days: Full-day Tuesday sessions (January onwards) providing deep-dive practical applications of the monthly teachings, following the established schedule format (7:00 AM - 4:00 PM UK time). December remains on Saturday for the opening ceremony.

Integration Weeks: Full weeks off after each Immersion Day to allow proper integration of the intensive learning. Use this time for personal practice, reflection, and implementing new skills.

Buddy Integration Pairs: These 1.5-hour sessions are to be self-organised between you and your assigned buddy each month. We recommend scheduling these during the integration week to support each other's learning process.

Strategy Calls: Individual 1-hour calls with programme leads are scheduled for:

- December 2025 (first two weeks) - Programme orientation and goal setting
- June 2026 (first two weeks) - Integration planning and next steps





ABOUT THE PROGRAMME LEADS

We have experienced a lifetime of indigenous wisdom from the Sikh and Vedic lineages, 17 years experience each working therapeutically with some of the most marginalised and vulnerable people in England as youth & community workers and several years working as therapists. We have also trained in trauma-informed holistic modalities that have enhanced the work of our 17 year-old prolific social enterprise, Union Street Media Arts, **Earth Clinic** & **Earth School.** We continuously develop and refine our unique holistic model and this great body of wisdom through practice.

Roop Singh Sagar - Teacher of Integrative Energy Medicine, is a Reiki Master and Energy Coach and has experience from working with the heart-mind connection to the consciousness field that connects every living organism on the planet. His work focuses on Usui Shiki Ryoho Reiki, Sekhem Reiki, Quantum Field Healing, Auric Field Healing, Sacred Symbology, Indigenous Earthkeeping, Spiritual Crystal Healing and Holistic Coaching.

Roop's personal experience comes from overcoming chronic physical and psychological health conditions from childhood, overcoming addiction, ancestral trauma and continuing self-mastery of his energy systems.

Natasha Anand Boojihawon - Teacher of Integrative Medicine, is a Master Energy Worker, Master Sattva Yoga Teacher, Leadership Coach and Holistic Therapist fusing Internal Family Systems Psychotherapy, Naturopathic Nutrition, Usui Shiki Ryoho, Sekhem Reiki, Vedantic and Tantric lineage Himalayan Yoga, Earthkeeping, Spiritual Crystal Healing, Quantum Techniques, Shamanic Practices, Sacred Geometry & Holistic Coaching.

Natasha Anand draws much experience from her own journey overcoming 2 autoimmune conditions, hormone imbalances, addiction, burnout and ancestral trauma.

Natasha Anand is a visionary architect and steward in a new era of conscious evolution. She comes from a long line of visionary Souls - her ancestry, teachers and guides who have been at the forefront of elevating planetary consciousness. Guided by a lifetime of teachings of the Himalayan Vedantic Tantric lineage as well as the tutelage and privilege of esteemed master teachers in this and past lifetimes, Natasha's journey has been a tapestry woven with indigenous and esoteric wisdom, evidence-based research, embodied practice and transformative experiences.

She now immerses herself in a beyond-trauma-informed personal and professional practice. Co-founding the pioneering social enterprise, Union Street Media Arts, in 2008 alongside her husband, Roop Sagar, Natasha Anand developed her passion for supporting healing through the creative therapeutic projects, participatory arts programmes and alternative education initiatives her organisation delivered over a decade in marginalised communities. This endeavor laid the foundation for their holistic venture, Earth Clinic & School, seven years ago through which the community continues to thrive and evolve. Natasha Anand has been space-holding and teaching in various capacities for 15 years.

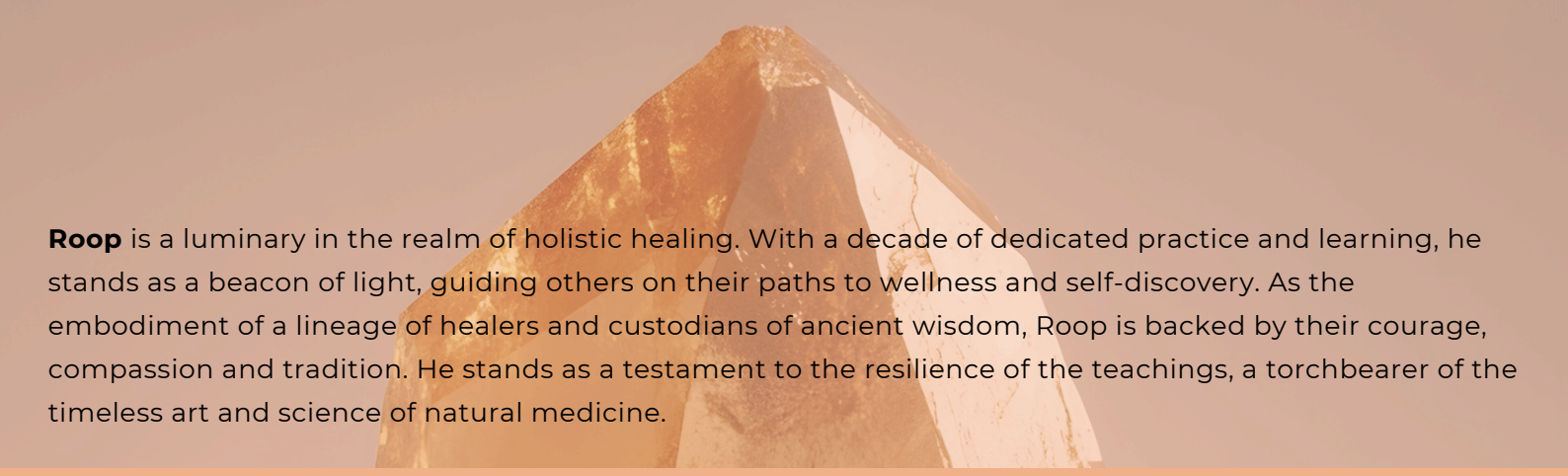
She has trained as a Coach and practices as a Teacher of Energy Medicine and Master Teacher of Integrated Yoga (Himalayan Kundalini, Mindfulness and Meditation) with over 1400 hours of teacher training i nthese fields. She also practices as a Naturopathic Nutritionist, Vedic Astrologer, Internal Family Systems (IFS) Level 3 Practitioner and IFS IFIO Couples Therapist. She also integrates other modalities such as Spiritual Crystal Healing, Quantum Medicine, Shamanic Practices and Sacred Geometry.

Natasha Anand's role as a Programme Assistant on official IFS training underscores her commitment to advancing the field of holistic medicine, while the teacher training programs in Space-Holding, Energy Medicine, and Holistic Coaching she co-leads serve as beacons for aspiring healing facilitators, practitioners and teachers. As Priestess at Sri Shakti Ma Temple in Manchester, she is renowned for her ability to create safe spaces conducive to deep healing and consciousness expansion, through which she channels lifetimes of ceremonial practice.

Natasha Anand’s sacred gatherings are revered for their transformative power, beckoning participants to explore the unknown depths of their being toward realisation of their highest potential. Furthermore, Earthkeeping and devotional practice she holds such as Yagyas (Vedic Fire Cermeonies) have been a fundamentally grouding anchors for all work and play of the community.

Natasha Anand 's offerings, including one-on-one deep dive healing programes, private and group ceremonies, talks, retreats, workshops, spiritual guidance, and holistic teacher training programs. Central to Natasha Anand's practice is her unwavering commitment to trauma-informed, holistic, and integrated healing, providing individuals with safe and powerful spaces to embark on profound journeys of self-discovery and healing. As she continues to sculpt and steward the professional landscape of holistic healing,

Natasha Anand explores beyond the boundaries of possibility, pioneering innovative, integrative approaches that bridge the realms of science and spirituality. In the tapestry of her legacy and dedication to evolving the holistic healing arts and sciences, each thread is woven with the brilliance of ancient wisdom and the promise of a future illuminated by infinite potential. Natasha Anand's own journey of overcoming autoimmune conditions, hormone imbalances, addiction, burnout, and ancestral trauma serves as a testament to her experience and deepens her embodied connection with those she serves. An additional 14 years of deep personal exploration with psychedelics has fueled her unwavering passion for her path of service. She now guides others on psychedelic journeys.



Roop is a luminary in the realm of holistic healing. With a decade of dedicated practice and learning, he stands as a beacon of light, guiding others on their paths to wellness and self-discovery. As the embodiment of a lineage of healers and custodians of ancient wisdom, Roop is backed by their courage, compassion and tradition. He stands as a testament to the resilience of the teachings, a torchbearer of the timeless art and science of natural medicine.

As a Reiki and Sekhem Master, Roop's expertise transcends traditional holistic healing modalities. His expertise extends to the subtle energies that govern our existence, from the intricate connections of the heart-mind to the vast consciousness field that unites all living beings. Trained in a myriad of disciplines including Usui Shiki Ryoho Reiki, Sekhem, and Quantum Field Healing, Roop possesses an inegrated depth of knowledge and intuition. His hands, like finely tuned instruments, effortlessly navigate the body's energy systems, pinpointing blockages and restoring harmony.

He has been refining his natural abilities to sense and feel energy coming from the body, the chakras and the Bio Field/Aura. He can map the auric field and layers to show where blockages and incoherent energy resides. With this ability he offers great insight with multidimensional awareness of that which affects our mid, body spirit complex. From alleviating migraines, dissolving cysts and reducing inflammation to facilitating ancestral healing, Roop has experienced facilitating healing for an array of ailments, blockages and imbalances. His understanding of anatomy, physiology, the nervous system, natural world, celestial realm and the sciences of energy inform his practice, ensuring a holistic approach to wellness.

He enjoys bringing forward current scientific as well as ancient esoteric knowledge on healing, health, wellness, the natural world and cosmos. With deep reverence for the teachings, he combines ancient wisdom with cutting-edge, modern techniques, guiding his clients on a journey of profound self-discovery and healing. Roop's healing journey is a testament to his commitment to self-mastery, inner exploration and ancestral healing. He is continuing to unlock the secrets of the human energy system and the natural world, empowering others to tap into their innate potential for healing and growth.

With this Roop also explores non-local knowledge from his dreamtime and personal journeys into the multiverse alongside deep studying and research. Combining all this with a grounded approach safeguardedby energy hygeine/protection, he is able to be embodied and offer his students a safe sapce to explore thier Healing-Warrior path and consciousness and offers a bridge between worlds. Having held space and taught in various capacities for the last 15 years through community advocacy, youth-led participatory arts initiatives, one-to-one work with clients and co-leading numerous wellness and teacher trainnig programmes, retreats, ceremonies and workshops, Roop's experience goes well beyond anyting these words can describe.

He shines brightly as a beacon of faith and inspiration, and his fervent dedication to the art and science of health and healing and his commitment to personal growth ignites him to uplift and support the lives of those who cross his path. Roop honors his place as a steward of nature's wisdom.

GUEST TEACHERS





Brooks Braun - Teacher of Integrative Energy Medicine: BROOKS Began the self discovery journey in 1978 with the "Green Revolution" Detoxification, Tissue cleansing and live food Therapy. Migrated to Eastern based philosophical studies and Alternative Medicine Studies. As an instructor of Martial Arts, a deep interest began in mInd expansion through technology and The Science and Prophecy of Soul travel.

In 1981 Brooks. began studies in NLP, and Solution focused counselling and pain management techniques for athletes. He's been a instructor of Sports Massage, Lymphatic and Reflexology since 1984.

The last 15 years Brooks has been studying therapeutic models related to Anti ageing, longevity and Quantic Medicine and presently is practicing Integrated Quantic Medicine and developing programs such as "The language of Energy" based on Extraterrestrial Intelligence & Medicine and longevity, including the Diet from the Stars which is a model aligned to harnessing the Sun's energy.

Dr. Kripa Lovesey - Kripa's spaceholder training for medicine work began in 2014 and since her awakening she has been in full time service of others on a healing and awakening path.

Kripa has supported hundreds of people through healing processes using psychedelics, and countless more clients have been supported with integration and preparation.

As a L3 IFS practitioner Kripa finds the modality can itself be a psychedelic experience and is an effective way to support preparation, navigation, and integration of medicinal and therapeutic uses of psychedelics.



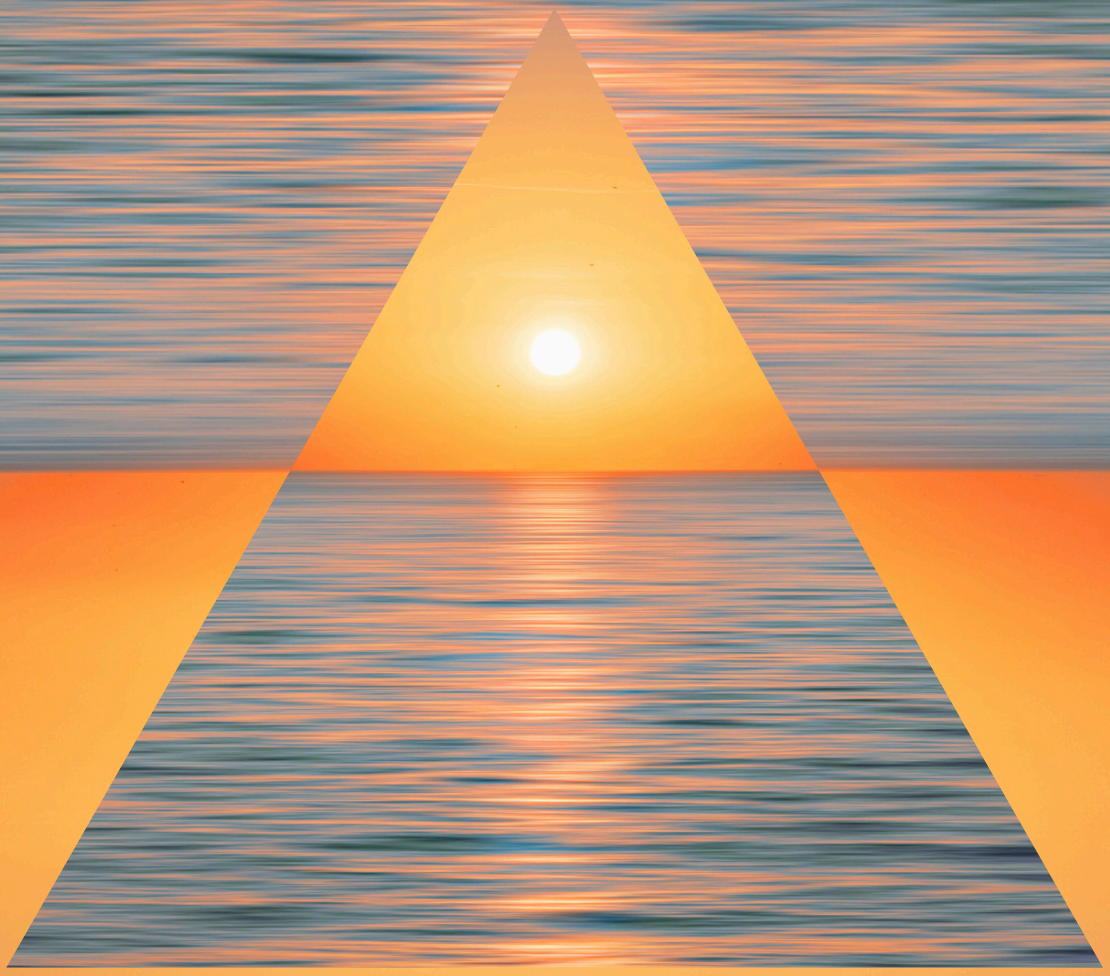
GUEST TEACHER

Kristina Batty — Integrative Guide & Space-Holder: For nearly a decade, Kristina has walked a devoted path of self-exploration and healing—through Yoga, Psychology, Psychedelics, Plant Medicines, and Timeless Wisdom—returning to the truth beneath conditioning. Professionally practising for seven years, she now weaves a refined, integrative toolkit to meet each client where they are and guide them towards coherent, heart-led living.

Kristina is certified in Internal Family Systems (IFS), Coaching, Himalayan Kundalini Yoga, Ashtanga Yoga, Emotional Freedom Technique (EFT), Meditation, Access Consciousness, Quantum Liberation and Reiki. Her work is also informed by initiations and study within Indigenous wisdom traditions, including Inca and Vedantic lineages, alongside years of direct client experience.

IKristina offers a loving, grounded and impeccably safe container—inviting the mind to rest, light to reach the hidden crevices, and the Holy Spirit to lead. Her prayer is simple and profound: to support the remembrance of our innate radiance so that you can live from the heart, with clarity, courage and love.

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CLICK HERE TO APPLY

Contact Natasha Anand for queries on
natasha@yourearthclinic.com

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