

Mimi Ikle-Khalsa, RCST®, LMT

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www.thejourneyspace.com

Year became RCST: 2003

Year became Approved BCTA/NA Teacher: 2012

Business Name: Heartwaves Healing Institute

Primary Location: Glen Echo, MD



Biography: I am devoted to sharing the art of this work with my community. I have a background in psychology, massage therapy, polarity therapy and shamanic healing. I weave compassion into all aspects of my life. I have been studying health related modalities since the 1990's and strive to empower all my students, table assistants and teaching assistants, toward their own personal best. I am a naturally nurturing person and make everyone around me feel well cared for, provided for, and nourished. I come from a place of generosity and abundance.

Teaching Style: My teaching style is to “keep things simple”. I like to take things slowly, especially in the beginning of a training. I utilize a lot of videos, in addition to 3-D models, and prepare students with readings before class so they are well versed to receive the information during each module.

Foundation Training Program: A day program - Eleven 4-day modules every two months over 19 months with a full day “review and deepening” class and a half day student clinic between modules. Classes run from 9:30am-4:30pm per module, and till 6:00pm on review days. Clinics are 4 hours long.

Average Class Size: 8 students

Maximum number of students: 12 students

Teaching Staff to Student Ratio: Almost one-to-one

Related Courses: Shamanic Self-Awareness, Belly Motion and Emotion, etc.

Tuition: \$700.00 USD per module. Students pay per module, whether they are present or not. Payment plans are available. There is an opportunity to work to offset tuition payments. Discounts will be considered for full payment in advance. There are no reimbursements on tuition for classes attended.

Required activities/fees: Students are required to:
Receive 10 professional sessions from an RCST® outside of class for certification, cost determined by provider and is not included in tuition.

Do at least 150 hours of practice sessions held outside of class.

Complete a case study (and/or self study) and cranial nerve project totaling 40 hours outside of class.

Attend the full day of “deepening and review” and a half day clinic between each module.

Support Materials: Students need to obtain a new or used massage table (\$50.00 to \$500.00). The student can purchase additional books from a recommended reading list if desired. (Books \$50.00- \$250, Skulls \$200.00 to \$500.00). Beyond that all supplies are included.

Distinguishing Class Features: What distinguishes my class most from others is that we have an almost one-to-one ratio of experienced BCST practitioners to novice students. During the first few modules I strive to have graduates model the work and provide a first-hand experience of “educated” touch. The classes are small. There is ample time for individualized support. Students are involved in a clinic setting for 2/3 of the program where they get to experience working with BCST professionals. Finally, the “deepening and review” days where we have community quizzes, allow me to track each student’s understanding and make sure that every student is mastering the material before we move ahead. I layer the information in with ample repetition and present it in a really intuitive and straightforward manner that allows for a greater absorption. I feel that I educate some of the most well-rounded, well-informed practitioners in the least traumatic circumstances.