

# Cacao Ceremony Training

[www.nelimerris.com](http://www.nelimerris.com)




# About Neli

Neli is a leader in guiding individuals on their transformative journey, utilizing a wide array of tools such as soul guidance, sound therapy, chakra balancing, energy healing, breathwork, mindset shifts, light therapy, trauma release, somatic work, yoga, meditation, plant medicine, and sacred sacraments.

As a Sacred Ceremonies facilitator, trainer, and Soul Guide Coach, Neli combines these modalities to create profound and holistic healing experiences, empowering individuals to achieve deep personal and spiritual growth.

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Soul Guide & Empowerment Coach

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# Cacao Ceremony Training

DURATION 8 HOURS

The Cacao Ceremony Training is a comprehensive program designed to teach you how to lead a sacred cacao ceremony. Rooted in ancient traditions, this training covers the spiritual, historical, and health aspects of cacao, guiding you through the preparation of a ceremonial cacao elixir, the opening and closing of sacred space, and the incorporation of drumming, music, activities, breathwork, meditation, and sound healing into your ceremonies.

## WHAT YOU'LL GET:

A tailored, comprehensive experience that will guide you in developing your own unique approach to leading sacred cacao ceremonies along with a Manual with references. This training is Yoga Alliance Certified and will give you 8 Credit Hours

## YOUR INVESTMENT

AED 950



# Cacao Ceremony Training



## **Module 1: Introduction to Cacao and Its Sacred Use**

### **1.1 Understanding Cacao**

- History and Origins
- Spiritual Benefits
- Health Benefits

## **Module 2: Preparing the Cacao Elixir**

### **2.1 Ingredients and Sourcing**

- Selecting Cacao
- Complementary Ingredients

### **2.2 Process of Making the Elixir**

- Preparation Steps
- Sacred Intention

## **Module 3: Opening the Sacred Space**

### **3.1 Shamanic Opening of Directions**

- Understanding the Directions

## **Module 4: Conducting the Cacao Ceremony**

### **4.1 Blessing and Serving the Cacao**

- Ritual Blessings
- Serving Techniques

### **4.2 Breathwork and Connecting Practices**

- Guided Breathwork
- Connecting with Cacao Spirit

## **Module 5: Deepening the Ceremony Experience**

### **5.1 Connecting Practices**

- Incorporating Movement and other Activities

### **5.2 Guided Meditation**

- Designing Meditations

### **5.3 Sound Healing**

- Incorporating Sound into the Ceremony

## **Module 6: Closing the Sacred Space**

### **6.1 Closing Rituals**

- Expressing Gratitude
- Closing the Directions