

2012
onetaste
CERTIFIED COACH
& OM PERSONAL TRAINER
PROGRAM



In an educational experience unlike any other in the world, learn the art and skill of guiding clients into a deeper and richer relationship with life—where connection, intimacy, and turn-on become their fundamental orientation to the world.



overview

What is OneTaste OM Training?

OneTaste Training offers a fresh perspective on orgasm, relationship, and life itself. For 8 years, OneTaste has been at the leading edge of research and practice – a bright, clean and clear place for intelligent conversations about orgasm. The resulting expertise and depth of knowledge make OneTaste's OM Trainer Program unsurpassed in the field. We combine direct experience with precision instruction. Through learning to feel more in their own bodies, practice and everyday experience, students develop the undeniable capacity to bring the same to clients. Expertly designed content, materials and business development techniques, ensure graduates have everything they need to embark on a career with purpose.

OM Training provides all the basic skills, techniques and direct experience needed to teach OM to others.



“I came to OneTaste to learn a different language to talk to my clients about sex. What I found is a place that speaks profoundly to the human desire and the craving for intimacy. OneTaste gives sex a whole new meaning beyond what we are taught and are used to think. As a woman I feel seen and acknowledged at the core of my feminine being. And my clients, men and women, are experiencing a level of awareness and freedom in their sexuality that they never thought possible.”

Therese Kull,
ICF Certified Coach, USA

OneTaste Training – Significant Skill

In **OneTaste's Certified OM Trainer Program**, you will learn to guide individuals and couples in cultivating a profound depth of connection, vitality and feeling in their lives.

As a Certified OM Trainer you will become skilled in supporting clients to:

- Viscerally connect to their partner
- Discover a whole new dimension of sex
- Bring electricity to their orgasm
- Increase their energy and libido
- Deepen their ability to receive and experience pleasure
- Reduce their stress and anxiety in pleasurable ways
- Expand their capacity to maintain attention and feel sensation
- Learn the OM practice step-by-step
- Troubleshoot problem areas including posture, stroking and finding the spot
- Navigate their partner's resistance
- Develop a practice routine that works
- Understand and integrate key OM exercises into their daily life
- Communicate effectively during the practice
- Grow their sex life through practice of the Signature OM Series



“As humans, and, in my case as a woman, being comfortable with our bodies and more importantly our sexuality, is not a concept we are raised with... One Taste and the practice of OM embarks you on a personal journey that reminds you to slow down, love yourself, and be connected in your relationships. For me, OM has been a doorway to connect, ground, and love myself and my partner in a way that is unlike anything else I’ve ever experienced.”

- Maria B, OneTaste Coaching Client



OneTaste Training – A philosophy of Depth

In OneTaste's Certified OM Trainer Program, your course of study will include:

- Philosophy of OM
- OM Basic Skill Set
- OM ergonomics
- OM guiding etiquette
- Sexual anatomy and clitoral mapping
- Varied stroking technique, including the Signature OM sequence
- Supporting clients in a regular practice
- Communication during & after the practice
- Feminine vs masculine orgasm
- Major concerns of men and women, including performance anxiety and body shame
- Creating resonant connection with clients
- Building trust and honoring boundaries
- Practical tools and exercises
- Self-care
- Sustainable sales and business development



“When I started the OneTaste Coaching Program, I discovered a boldness in my conversations about sex, which brought a new depth of insight and inquiry for my work with coaching clients. Today, I find that what I’ve learned has opened the sensations in my own body and as a result I’ve become more sensitive to reading the bodies of my clients. I’ve moved deeply into an exploration of my core self, an undeniable benefit to all I work with.

- Maria Appelqvist, ICF Certified Coach, Sweden

innovative teaching

Ken Blackman has been researching Orgasmic Meditation and related practices since 1998, making him OneTaste's most experienced OM practitioner and teacher. In 2008, Ken was drawn to OneTaste through his longstanding friendship with founders Nicole Daedone and Robert Kandell, and through his desire to share his extensive experience in Orgasmic practices. Over a decade of immersive research and rewarding practice prepared him to teach OneTaste's advanced OM courses where he guides students in deepening their practice, creating a rich experience for both partners, and incorporating the fruits of their practice into their lives and relationships.





Yia Vang holds a B.A. in Communications, specializing in Interpersonal Communication and Group Dynamics, from the University of California Davis. Yia has researched and explored Orgasmic Meditation at OneTaste for the past 6 years. She designs the Orgasmic Meditation Curriculum and OM Personal Training Program at OneTaste with Ken Blackman.

Sara Gottfried, MD, is an integrative gynecologist, yoga teacher and sought-after speaker in the realm of female hormones and the biochemistry of vitality. She is the founder of the Gottfried Center for Integrative Health in Oakland, CA. Her new book, *The Hormone Cure* (Scribner/Simon & Schuster), will be published next year. Read more about Dr Sara at <http://www.saragottfried-md.com/>



Rachel Cherwitz is passionate about bringing consciousness areas where people most commonly shut down - from sex and food to anger and lust. Drawing on her personal experience of addiction and recovery, she received her B.S. in rehabilitative studies, substance abuse, and addiction from University of North Texas, before coming to OneTaste in 2006. Profoundly moved by the discovery of how to live a turned-on life, she decided to pursue a career as a coach and OM trainer to give other people the same opportunity.

Over the last 5 years, in addition to teaching people the practice of Orgasmic Meditation, she has immersed herself in finding an ethical way to give people what they want in exchange for money. She has refined the Sales process in a way that it is always in service to an individual's Desire. By working with many sales and PR professionals from both the corporate and transformational worlds, Rachel has become uniquely positioned to teach this process. Rachel takes great pleasure from showing new coaches and OM Trainers how to balance the seemingly opposed ideas of being in service to the world and having a successful business.

the program design

Understanding that each participant in OneTaste's professional training program has significant goals and an already full life, we have designed a responsive educational experience:

- A training schedule that you can easily incorporate—8 in person class days in San Francisco, CA, weekly teleclasses, personal mentoring, practice training and integrative homestudy that can be completed in just 8 weeks.
- Training in OneTaste's uniquely developed method of sales and client intake.
- Teaching modalities that include lecture, experiential exercises, extensive OM training practice, practical assignments, and much more.
- An embodied program to challenge and expand you at every level: intellectually, professionally, emotionally and spiritually.

Program Includes:

- Two 4-day Immersions with Ken Blackman, Yia Vang, Nicole Daedone, Dr. Sara Gottfried, and Rachel Cherwitz
- 8 Weekly teleclasses on OM Training with Ken Blackman & Yia Vang
- 8 weeks of on-going mentoring from a OneTaste Certified Trainer
- Weekly practice groups
- Integrative homework assignments

Training Schedule: July 11 to September 9, 2012

Immersion #1: July 11-15

Immersion #2: September 5-9

Each immersion includes:

Opening Reception 7-8:30pm, Wednesday

OM Training Classes 10am-5pm, Thursday to Sunday

OM Lifestyle & Business Development Seminars: 5-6:30pm,
Thursday to Saturday

OM Trainer Teleclasses every Tuesday from 5:30-7pm,
from July 17 to August 28

OM Lab every Tuesday from 7:30-8:30pm, from July 17 to August 28

Biz Dev Classes every 2nd Thursday from 5:30-7pm, from July 19 to August 30

Mentoring: As scheduled with your Mentor

Practice OM Training: As scheduled with your clients

OM Trainer Certification

Once the following prerequisites have been met, students may apply for OneTaste OM Trainer Certification

Complete all course work and assignments

Maintain a daily OM practice and journal for 8 weeks of the training

Deliver 25 hours of OM Training, 15 of which must include live guided OMs

Pass a written and practical exam at the final immersion

Sign the OneTaste OM Trainers Code of Conduct

*To maintain certification in future years, OM Trainers must participate in biannual continuing education and testing.

Benefits of Certification as a OneTaste Certified OM Trainer:

Be uniquely positioned in the industry as a founding OneTaste Certified OM Trainer.

Gain prominent listing in the Trainers Directory on OneTaste.us.

Receive 50% discounts on OneTaste media and coaching products for resale to clients.

Gain use of the OneTaste logo on your individual website and access to OneTaste brochure, flyer, and business card templates for consistent and high-quality branding.

Enjoy the support and inspiration of the OneTaste community of Trainers through an online message board and forum.

Access to ongoing biannual training to update skills, gain new content and maintain current certification.

OM Trainer Program Tuition

Tuition rates include immersion classes, teleclasses, OM labs, online resources, and personal mentoring.

Option A: Tuition paid in full: \$1995

Option B: Tuition paid in two installments: \$2495