

# *BioSync*® Barefoot Application

*The practical approach to unfoldment.*

Book 1



*BioSync*® Barefoot Workshop

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# BioSync® Barefoot Overview

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Making a significant change in any area of life requires a three step process: acquiring knowledge, making a decision, and taking action. As a *BioSync* Barefoot practitioner you will learn a dramatically effective methodology that will enrich your private and professional practice. You will also acquire tools and techniques that will deeply change and improve the lives of your clients. This certification workshop is an enjoyable experience that will provide a powerful new skill set.

As you read on, I hope you will be inspired to take the next steps to creating and developing the practice you desire. By participating and immersing yourself in this healing work you will experience the ability to unlock blocked energies and contribute to the healing process.



## **The *BioSync* Barefoot Method**

The *BioSync* Barefoot practitioner utilizes Chi generated by body positioning and movements to create a constant, vertical pressure that allows the client to instinctively release stored trauma and blocked energies. As the practitioner intuitively alternates between Yin Energy and Yang Energy, the client experiences the benefits of deep release and restoration. Unlike other forms of Somatic Healing, the *BioSync* Barefoot practitioner learns how to energetically protect themselves thereby experiencing no personal energetic drain.

The *BioSync* Barefoot method organizes the use and movement of Chi Energy to celebrate our relationship with Mother Earth. This relationship, between the practitioner, client and the restorative power of the earth, provides a healing trinity. *BioSync* Barefoot takes advantage of gravity by placing the client's body in various spiral and yogic positions. This multi-faceted approach addresses all meridians and accupressure points. By the pure act of the body in contact with and then pressed into the earth, a transmutation of dysfunction whether physical or emotional is then dissipated in a safe way.

Students of *BioSync* Barefoot learn from founder and creator Mark Lamm. Mark gained his expertise through the teachings of various healers and shamans as well as wisdom through his mentorship with Yogi Bhajan. Over his 40 years of teaching and healing practice, Mark developed this technique and contributes his knowledge to develop each student's talents and abilities.

The *BioSync* Barefoot practitioner is trained in a formal protocol so that the practitioner works the entire body in a systematic pattern in each session. Improvisation of body positions, leverages, moves, directions, etc. is also foundational to a *BioSync* Barefoot practitioner's abilities, enabling them to address specific challenges that are uniquely different with each client. There are three guiding principles of *BioSync* Barefoot: stepping up, penetrating, and unwinding. Stepping up onto the body is accomplished through direct physical contact, penetrating is done through heel, sole and ball of the foot, and unwinding via the consultant's chi movement in a spiral fashion. These finely tuned abilities are taught and carefully nurtured by Mark Lamm in his *BioSync* Barefoot workshop. Indeed, "transformational changes available in a client,"

says Mark, "are directly related to the philosophy, consciousness, personal experience, and tools of the consultant." Mark considers client and consultants as "partners on an evolutionary path". Each derives learning and transformation from their work together.

### **The *BioSync* Barefoot Certification Program**

It is our mission to create a dynamic and playful environment wherein participants explore and experience *BioSync* Barefoot as both art and science, as treatment and tool, and wherein the learning interaction is one of mutuality between the participant and Mark Lamm. We have found this 3 day workshop to be an innovative and effective training mode. Each day of class must be attended to receive credit toward certification. With the successful completion of the workshop the student becomes certified as a *BioSync* Barefoot practitioner through The *BioSync* Research Institute which is the global humanitarian outreach of the Society of Light. Consultant status is renewable annually.

**Notice:** Licensing with The *BioSync* Research Institute is a prerequisite for pursuing *BioSync* work at every level. The Society of Light oversees the quality and integrity of *BioSync* work, and holds the right to grant or revoke the use of its internationally registered service marks, "*BioSync*" and the "*BioSync* logo". The Institute keeps all records of Students, and includes all updated information regarding level of Consultant practice. The *BioSync* Research Institute maintains a Consultant and Practitioner referral service, and publishes periodic newsletters and training schedules.

### **Application Procedure**

Prior to applying for the *BioSync* Barefoot workshop, it is suggested that applicants schedule a minimum of two "footwork" sessions from a currently certified *BioSync* consultant. Experience has shown that receiving a series of sessions before the training makes the learning process easier.

***BioSync* Barefoot Workshop..... Currently offered at \$1,500 onsite and \$2,250 offsite**

The *BioSync* Barefoot Workshop Fees *include* an Air-Ex mat.

### **Service Mark**

Practitioners are required to pay annual service mark license fees. Practitioner license fees are \$150US per year, included in the successful completion of The *BioSync* Barefoot Certification Program and once each year thereafter to maintain practitioner status (the yearly renewal period begins in January of each year). All license fees are to be paid in US funds. An annual certificate or receipt will be mailed to each consultant upon receipt of her/his complete renewal. The license fee pays for the use of The *BioSync* Research Institute service marks and for protection of the service marks. Please see the service mark guidelines section in this Handbook for more information on service marks and their importance.

### **Continuing Education Requirements**

The *BioSync* Research Institute will offer Continuing Education Trainings from time to time. These trainings will be designed to keep the consultant up to date with current standards as well as to further deepen and enhance their practice of *BioSync*. The *BioSync* Research Institute reserves the right to amend Continuing Education requirement at any time.

### **Cancellation**

If the Institute cancels a class, the Student will receive the full refund within 30 days. Prior to the first day of training, the Student may cancel submitting a written notice to the Director at the administrative office, and will receive a refund minus the administration fee of US\$100.

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# BioSync® Somatic Education Course Offerings

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**iCore Workshop:** The Student will learn the basic *BioSync* Internal Organ protocol. The *BioSync* iCore practitioner learns to access and use three Chi centers --- the lower Dan Tien (navel point); the middle Dan Tien (heart center); and the upper Dan Tien (third eye point) to release the client’s physical and emotional holding patterns of dysfunction and distress. Using these centers is key to unwinding tissue and promoting health and longevity. The *BioSync* iCore practitioner learns to tap into the Universal healing energy through these Chi centers to alter the energetic matrix of the client.

**Professional Consultant Training:** The Student will learn the basic *BioSync* protocol including iCore and Barefoot. The course is designed for a student to have an unlimited philosophy of potential and a continuous hands on learning experience. The course provides solid grounding in the practice of *BioSync*, clear and detailed instruction, visual and kinesthetic demonstration, and organic “hands on” learning. As a *BioSync* student you will learn: Theory, Philosophy, Methodology, Healing Concepts, Use of Chi, Physical and Emotional Anatomy, BioMechanics and BioDynamics, Silent Language, Improvisation, Innovation and Evolution.....while personally experiencing the power of the work. This training includes lectures, demonstrations, and practice in triads under the supervision of Mark Lamm and assistants. Students also receive the *BioSync* Arch, Posture Seat and Extension.

**Advanced Program:** After completing the required Professional Consultant Training, the Advanced Training will further enrich the Consultant's *BioSync* skills learned in the Professional program as well as provide a further and more profound repertoire of intuitive instruction in *BioSync*.

**Masters Program:** After completing both the Professional Consultant Training and Advanced Training Programs, the consultant may elect to refine their tools and skills even further, exploring a rich theoretical understanding of the human spirit as it relates to *BioSync* Somatic Education.

### Additional Program Fees

<i>BioSync</i> iCore Workshop - 3 Days.....	\$3,000
<i>BioSync</i> Professional Consultant Training - 12 Days.....	\$12,500
<i>BioSync</i> Advanced Program - 6 Days .....	\$3,600
<i>BioSync</i> Masters Program - 5 Days .....	\$3,000
Annual consultant service mark fee .....	\$150 to \$300
Prerequisite Sessions for the <i>BioSync</i> Professional Consultant Seminar with a currently certified <i>BioSync</i> consultant generally range from.....	\$250 to \$500

### Notice

\* Private training supplemental and/or off-site fees may apply

\*\*Requirements and costs for *BioSync* Somatic Education programs may change at any time without notice.

**Disclaimer:** The *BioSync* Barefoot Method is not involved in treatment or diagnosis of disease, nor does it substitute for medical treatment when such attention is needed, desired or required. One who performs *BioSync* Barefoot does not treat, prescribe, or diagnose an illness or any other physical or mental disorder. Nothing said or done by one who practices *BioSync* Barefoot should be misconstrued to be such. Whenever there is any suspicion or indication of physical or mental disorder, it is imperative that a physician be consulted before the practitioner initiates *BioSync* Barefoot. While *BioSync* Barefoot may provide relief from physical or emotional symptoms, it is not intended to replace the advice or treatment of a licensed physician.





2. Describe the one specific thing you most want to learn, change or reinforce in your life/body.

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3. What are your goals for this Program?

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4. How would you know if you achieved your outcomes from this Program?

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5. What are you grateful for in you life?

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# *BioSync*<sup>®</sup> Barefoot Student Agreement

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This enrollment agreement supports your training, education, and investment in the *BioSync* Somatic Education process.

**As a BioSync Research Institute student, I understand that:**

1. I will receive training in the practice of *BioSync* Barefoot and completion of the workshop does not guarantee practitioner status nor a license to use the *BioSync* service marks.
2. If I complete the workshop and receive a *BioSync* service mark usage license that license is renewable annually. This renewal is dependent, in part, upon my compliance with the BioSync Research Institute Standards of Practice, Code of Ethics, and Service Mark Guidelines.
3. Failure to comply with Standards of Practice, Code of Ethics, and/or Service Mark Guidelines may result in revocation of my license to use the BioSync Research Institute's service marks.
4. I will be receiving work and providing work in the context of learning and I understand there may be emotional releases and these emotional releases can be a learning experience for myself, my peers, and the instructors.
5. I may be dismissed from class and/or the training program at any time if and when I become disruptive in any manner and I agree to refrain from using recreational drugs or alcohol during the training program
6. BioSync Research Institute will provide instruction in accordance with BioSync Research Institute Standards of Practice, Standards of Instruction, Published Curriculum, and Code of Ethics. BioSync Research Institute will provide the *BioSync* training manual and *BioSync* handbook. BioSync Research Institute will provide Air-Ex foam mats.
7. BioSync Research Institute reserves the right to change training program requirements, service mark usage requirements and all fees at any time.
8. BioSync Research Institute holds the copyright for all training materials.

**As a BioSync Research Institute student, I agree that:**

1. All fees are to be paid 2 weeks prior to first day of the training program.
2. I will comply with BioSync Research Institute Code of Ethics.
3. I will maintain appropriate sexual boundaries during the training program.
4. I will not use the *BioSync* service marks in any way.
5. I will not represent myself as a *BioSync* Barefoot practitioner and I will not practice *BioSync* Barefoot outside the authorized training room and context.
6. I will be committed to being totally present, attentive, through out the entire training.
7. I claim that I am physically and mentally able to attend and fully participate in the training.
8. I will not teach *BioSync* Barefoot in any manner whatsoever.
9. I will not copy or share in any manner whatsoever BioSync Research Institute training and instructional materials.

**Further,**

10. I understand, accept, and receive Mark Lamm's and any other authorized *BioSync* Instructor's authority to evaluate my work and to remove my right to use the *BioSync* service marks if and when I am licensed to use these marks.

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Applicant's Signature

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Date



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# *BioSync*<sup>®</sup> Barefoot Practitioner Agreement

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## **Introduction**

This practitioner agreement supports your investment in, and professional practice of *BioSync* Barefoot. It also enables *BioSync* Barefoot practitioners throughout the world to trust that their peers are practicing at a consistent and excellent level.

## **As a practitioner I understand and agree:**

1. In order to use the registered *BioSync* Research Institute service marks, an annual service mark renewal fee and signed agreement is required.
2. My license to use the *BioSync* Research Institute service marks may be revoked at any time if I do not comply with the Service Mark Guidelines, Code of Ethics, Standards of Practice, and Continuing Education Requirements.
3. I must carry professional liability insurance (US consultants only) and must provide proof of such with my annual renewal.
4. I will not teach *BioSync* Barefoot in any manner whatsoever, in any context whatsoever, without the express written approval of *BioSync* Research Institute.
5. I have read and comprehended and will uphold the Service Mark Guidelines, Code of Ethics, and Standards of Practice as stated in the *BioSync* Manual Book 4.
6. The *BioSync* Research Institute may change it's Standards of Practice at any time.
7. The *BioSync* Research Institute may change it's continuing education requirements at any time.

## **As a practitioner I understand that The *BioSync* Research Institute will:**

1. Protect the integrity of "*BioSync*" Barefoot and the "*BioSync* Logo" Service Marks.
2. Protect the integrity of The *BioSync* Barefoot Method, by establishing, maintaining and enforcing professional standards of practice.
3. Develop, coordinate and regulate the teaching of *BioSync* Barefoot and *BioSync* Somatic Education and encourage the continuing professional development and personal growth of its consultants.
4. Support, encourage, and promote the expanding use and recognition of *BioSync* Barefoot and *BioSync* Somatic Education in the world.
5. Maintain a referral service for practitioners worldwide via <http://www.biosync.com>
6. Make available practitioner support materials.

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Consultant Signature

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Date





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*BioSync* and the *BioSync* logo are pending or complete registered service marks of The Society of Light. Registration of these marks in most nations which accept such registration is either pending or complete.

This catalog covers the year 2010. Requirements and costs for *BioSync* training and certification may change at any time without notice.