

The New England School of Bioenergetic Medicine

Catalog

Guided by Science ~ Rooted in Nature ~ Awakened by Soul





New England School of Bioenergetic Medicine

CATALOG

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A Message from the Executive Director, Dr. Stephanie Shelburne

Welcome to the New England School of Bioenergetic Medicine

The New England School of Bioenergetic Medicine (NESBEM) welcomes you to a living community of learning — a place where knowledge, wisdom, and heart converge in the shared pursuit of healing and transformation.

Here, education is more than the study of ideas; it is an unfolding journey of awareness. Each course, conversation, and practice invites you to listen deeply — to yourself, to others, and to the subtle rhythms that move through all life.

Guided by dedicated faculty and a spirit of collaboration, NESBEM offers a learning environment where curiosity is encouraged, individuality is honored, and growth is nurtured through authentic connection. Together, we explore how the principles of science and the wisdom of nature meet within the field of healing.

Whether you arrive seeking personal insight, professional development, or a deeper sense of purpose, may your time here awaken new possibilities — within your work, your relationships, and your way of being in the world.

Welcome to the New England School of Bioenergetic Medicine — a community where learning becomes transformation, and every step leads closer to coherence, balance, and wholeness.

With warmth and respect,

Stephanie Shelburne, PhD.
Executive Director





Stone Lions Farm

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ABOUT THE NEW ENGLAND SCHOOL OF BIOENERGETIC MEDICINE

CAMPUS AND SETTING

Nestled in the foothills of Vermont's Green Mountains, The New England School of Bioenergetic Medicine (NESBEM) is situated on a farm-based campus where learning unfolds in rhythm with the natural world. Here, students are invited to reconnect with the wisdom of the Earth and explore the foundations of integrative health — awakening a deeper coherence between past and present, body and spirit, knowledge and experience.

As a 501(c)(3) non-profit organization, NESBEM is devoted to advancing integrative science and health through a unique framework known as the *Three Sisters of Science* — Curiosity, Calibration, and Coherence. This experiential approach, interwoven with ecological awareness, somatic healing, and quantum coherence, fosters transformation on every level—deepening our understanding of what it means to live and heal in harmony with the natural world and to serve as true stewards of the Earth.



Our “Friends” Habitat

MISSION

As part of the Quantum Coherence Initiative, the school's mission is guided by the visionary leadership of Dr. Stephanie Shelburne, Executive Director, NESBEM, and inspired by Dr. Y. King Liu, founder of the University of Northern California – uniting science, wisdom, and human potential in service of a more coherent world.

The New England School of Bioenergetic Medicine's mission is to cultivate embodied coherence through accredited, bioenergetic programs.

VISION

The New England School of Bioenergetic Medicine's vision is to be a beacon for those seeking authentic, science backed, ritual driven, holistic transformation.

PHILOSOPHY OF LEARNING

NESBEM is dedicated to fostering embodied, transformative learning experiences.

Our programs are intentionally designed for small, accessible groups, inspired by the apprenticeship model of education.

This approach allows us to tailor each learning journey, ensuring it is responsive to individual needs.

Unlike crowded, impersonal online classrooms, our virtual learning environment prioritizes mentorship, and/or small group interactions, hands-on practice, and personalized one-on-one support.

Our team of dedicated scholars, professionals, and environmental advocates has crafted programs that seamlessly blend personal growth with professional development.

These initiatives not only prepare learners for meaningful engagement in their fields but also inspire a deep commitment to nurturing and protecting the natural world.

We warmly invite you to join our school community and experience an enriching, supportive learning environment designed to inspire growth and lasting impact.

ARTICULATION AGREEMENT

The New England School of Bioenergetic Medicine and Saybrook University have formed an articulation agreement allowing NESBEM graduates to transfer credits to Saybrook University under specific guidelines. This agreement will facilitate credit transfer and degree completion for students; help prevent the duplication of courses within programs of study and support our students' educational growth and professional development.

LEARNING ENVIRONMENT

Online Learning Format

The New England School of Bioenergetic Medicine offers a fully online learning experience through a virtual classroom, where all materials, instructions, and resources can be found. This format allows learners to participate fully in their studies without the need for in-person attendance, providing maximum flexibility and convenience.

Hybrid Format

Some programs at the New England School of Bioenergetic Medicine are delivered in a hybrid format that combines online education with practical, hands-on learning experiences. Students access course materials and content online and participate in scheduled in-person sessions or their virtual equivalents.

QUANTUM COHERENCE INITIATIVE

The Quantum Coherence Initiative is a movement dedicated to awakening human potential and transforming the way we live, heal, and connect. Serving as the umbrella for a collective of transformational pathways—including the New England School of Bioenergetic Medicine, the Association of Applied Bioenergetic Medicine, and Stone Lions Farm—we unite people and practices that share one common vision: a healthier, more harmonious world.

While the idea of human transformation is timeless, our approach is revolutionary. We empower individuals to remember who they truly are—multidimensional beings with infinite capacity for coherence, creativity, and connection. Through our groundbreaking work in Quantum Coherence, we

ignite the integration of mind, body, spirit, and nature, creating ripples of transformation that extend from the personal to the cosmos.

ASSOCIATION of BIOENERGETIC MEDICINE

The Association of Applied Bioenergetic Medicine (AABEM) is a member of the Quantum Coherence Initiative. AABEM is a ground breaking, member-centric organization that supports the growing scientific recognition of Applied Bioenergetic Medicine while preserving the integrity of other ways of knowing. AABEM promotes and stimulates the exchange of ideas, scholarship, and research, encouraging an interdisciplinary exchange with related fields of applied theory and practice, as well as supporting the validity and bioenergetic influence of the sacred and alchemical.

Students and general members join a welcoming community of educators, practitioners, coaches, bodyworkers, movement specialists, and researchers—all passionate about bringing energy and bioenergy principles into their work. Within this community, members connect, share, and learn from one another, fostering inspiration, meaningful collaboration and personal and professional growth.

The Association of Applied Bioenergetic Medicine offers exclusive tuition discounts to its members. Students who join as student members will receive a 10% tuition discount, available prior to enrollment. Those who choose to join as general members enjoy a 25% discount on tuition.



Jack and Clyde
Our Belgium Draft Horses

GENERAL INFORMATION

ADMISSIONS AND ENROLLMENT

Welcome to the New England School of Bioenergetic Medicine (NESBEM).

Our open-door admissions philosophy reflects our belief that learning is most powerful when it is accessible to all who feel called to explore, grow, and connect. We warmly welcome individuals from every path of life who are drawn to deepen their understanding through our programs, courses, and community offerings.

At NESBEM, we celebrate diversity in all its forms—inviting applications from people of every background, culture, and lived experience. We remain deeply committed to fostering an inclusive, respectful, and supportive learning environment where each person’s unique perspective enriches our shared community.

Our programs are thoughtfully designed as integrated learning journeys, weaving together foundational study and personal transformation to support your development as both practitioner and individual.

TRANSFER CREDIT

To preserve the continuity and integrity of our programs, NESBEM does not accept transfer credits or hours from other institutions. This ensures that every student experiences the full depth and richness of our original, first-of-its-kind holistic learning approach—one intentionally designed to support both personal and professional transformation.

ENROLLMENT PROCESS

NESBEM’s ten-month programs are offered once or twice each year, depending on each program’s designated start schedule.

To begin your enrollment, please follow the steps below:

Complete the Online Pre-Enrollment Application.

Begin by submitting your application form to let us know of your interest in joining the program.

Schedule Your One-on-One Conversation.

Within 48 hours of submitting your application, you will receive a follow-up email with helpful details about the program and a request for your availability. You'll then schedule a personal one-on-one Zoom conversation with Dr. Stephanie Shelburne, Executive Director—an opportunity to connect, ask questions, and learn more about the school and its community.

Optional Additional Conversation.

If you've already met with Dr. Shelburne earlier in the process, you may skip this step unless you wish to schedule another conversation for further clarification or discussion.

Connect with the Academic Coordinator.

Once accepted into the program, the Academic Coordinator will contact you directly to discuss available payment plans and help you select the plan that best supports your needs. The coordinator will also assist you in completing any remaining admission documents required to finalize enrollment.

Secure Your Enrollment.

Upon completing these steps, you will receive an invoice for the non-refundable \$100 application fee, which secures your place in the program. This fee is applied toward your total tuition balance.

TUITION and PAYMENT PLANS

To support the diverse financial needs of our students, NESBEM offers two convenient payment plans designed to make your educational journey accessible and manageable.

Single Full Payment: You may choose to pay the full tuition amount at the time of enrollment.

Installment Plans: For those who prefer to spread tuition payments over time, several installment options are available. You may select a 10-, 12-, 18-, or 24-month plan, with payments distributed evenly throughout the duration of the program.

We are happy to assist you in selecting the plan that best supports your needs, helping to ensure a clear and comfortable enrollment process.

PAYMENT PLANS

PAYMENT PLANS	TUITION	MONTHLY PAYMENTS			
		10 month	12 month	18 month	24 month
Standard Tuition - \$100 application fee	\$5,900	\$590	\$491.66	\$327.77	\$245.83
Pay in Full – 10% discount	\$5,310	-	-	-	-
AABEM Student Member – 10% discount	\$4,779	\$447.90	\$373.25	\$265.50	\$199.12
AABEM Full Member – 25% discount	\$3,982.50	\$398.25	\$331.87	\$221.25	\$165.93

TUITION REFUND

Because each student's place in the program is thoughtfully reserved and resources are allocated in advance, tuition payments become non-refundable once the program begins.

If you need to withdraw before the start of the program, any tuition payments made will be refunded, less the non-refundable registration fee. We understand that life can shift, and we do our best to approach each situation with clarity and care.



The Abigails

ACADEMIC PROGRAMS

TRANSFORMATIVE HOLISTIC EDUCATION

As you begin your chosen program, you'll step onto a path of personal and collective transformation — a journey rooted in energy medicine, connection with nature, and embodied wisdom. Each experience is designed to gently nurture growth, integration, and healing on every level.

“At its heart, transformative education fosters embodied awareness — awakening the natural integration of mind, body, and spirit.” - Asuni Lady Zeal



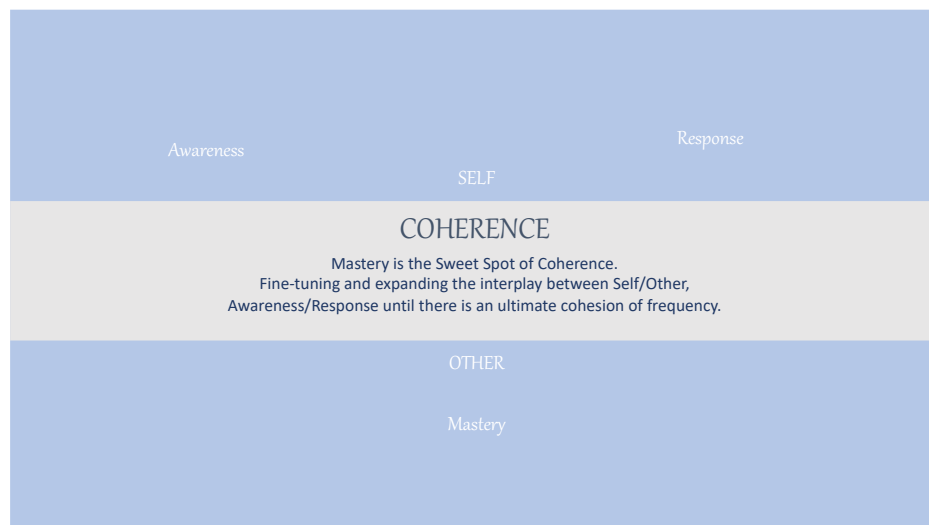
APPLIED BIOENERGETIC MEDICINE

“The mind and body are interconnected, and by working with the body, we can access deeper levels of self-awareness.”- Alexander Lowen

Program Overview

The NESBEM Applied Bioenergetic Medicine Program invites students to explore the language of subtle energy through immersive study and experiential learning. Students engage with the key concepts and methods that define this evolving field, cultivating a deeper understanding of how subtle energy can support personal growth, collective transformation, and holistic well-being.

The curriculum builds a strong foundation for understanding the relationship between subtle energy and the physical, mental, and emotional dimensions of health. This integrative approach not only enhances individual self-awareness but also supports broader healing and growth within professional and organizational settings.



Who Is This Program For?

The Applied Bioenergetic Medicine Program is designed for those who wish to deepen their understanding of holistic health, energy medicine, and the dynamic relationship between scientific knowledge and soulful practice—personally, professionally, and within organizations.

Graduates emerge with the knowledge and skills to practice confidently as consultants, educators, coaches, or facilitators. This training prepares students to integrate subtle energy healing into their work and to contribute meaningfully to the evolving fields of wellness, education, and holistic leadership.

Program Structure

The 500-hour program unfolds across three core levels, each thoughtfully designed to build upon the last. Students' progress from foundational self-awareness to applied practice and, ultimately, to organizational and leadership mastery.

Duration: 10 months

Total Hours: 500

~ 350 hours dedicated to Applied Bioenergetic Medicine

~ 150 hours focused on Applied Mastery Practice

LEVEL I – SELF - Building Foundational Bioenergetic Self Awareness

This level builds a foundational relationship with your personal energy systems, developing core skills in self-mastery, quantum coherence, and vibrational healing.

- Learn to identify and adjust the various layers of self—biological, psychological, narrative, spiritual, and so on.
- Enhance your ability to reference, recognize, and respond to influences of frequency.

Module 1 – The Medicine of Frequency

Introduction and Overview

History and Application

Foundations of Frequency

Quantum Communication

Module 2 – Cosmic Self-Awareness – Energy, Vibration

Layers of Self – Who Am I?

Exploring Concepts of self through a traditional and scientific lens

Reading your own frequency

Introduction to Cymatics

Subtle energy exploration

Module 3 – Subtle Energy and Intention

The Sacred Art of Self-Orientation - Where am I?
Introduction To Neuro-Linguistic Acuity – Sensory Gating
Attuning and Adjusting
Subtle Energy - Reiki Level 1 (or comparable practice)
Frequency Hygiene

Module 4 – Chaos, Creativity, and R-Space

Touching the Void, Strumming the Thread
Biofield Theory and Practice
Resonance and Dissonance – Self
Guided Imagery
Liminal Perceptivity

LEVEL II – SOCIETY (Expanding Bioenergetic Influence and Vibrational Leadership)

This level focuses on broadening your influence, learning to sense, shape and transform collective and organizational energy systems through advanced vibrational healing and quantum coherence practices.

As we explore the pillar of Other, you will:

- Learn to perceive and influence areas of entanglement
- Explore scientific concepts of coupling, decoupling, and recoupling for vibrational integrity.

Module 5 – Sacred Interplay and Dynamic Tension

Attuning to “The Field” - Expanding into Influence
Morphogenic Field Theory
Subtle Energy Influence
Harmonic Resonance

Module 6 – Entanglement: Coupling, Decoupling, and Recoupling

Dissonance and Resonance – Other
Multi-Level Entanglement
Acoustic Influence And Therapeutics
Language And Vibration

Local And Non-Local Influence

Module 7 – Magnetism and Chaotic Attraction

Habit Patterns and Frequency Interference

Consciousness Frequencies

Titration – Hot/cold empathy gap

Vibrational Integrity and Rapport

Working with Devices

LEVEL III – MASTERY (Alchemical Integration and Vibrational Influence)

In this final stage, mastery is achieved through the synergistic application of all prior learning, empowering participants to create transformative impact at the highest levels of holistic health and applied bioenergetics.

Module 8 – Weaving the Web

Gathering strands of frequency

Layering

Subtle Energy Influence – Reiki III or comparable practice

Module 9 – Alchemical Integration

Elemental Frequency

Fire – Water – Earth – Air – Metal – Ether

Module 10 – Practice and Practicum – Demonstrate Mastery in Applied Bioenergetics

Supervision

Practice

Graduation

Hours and Credits

Level I	Learning Hours	Activity Hours	Total	Credit Equivalent
The Medicine of Frequency	30	8	38	
Cosmic Self Awareness	40	10	50	

Subtle Energy and Intention	40	10	50	
Chaos, Creativity, and R-Space	40	10	50	
Level I Total	150	38	188	4.2
Level II	Learning Hours	Activity Hours	Total	Credit Equivalent
Sacred Interplay and Dynamic Tension	40	10	50	
Entanglement: Coupling, Decoupling Resonance	40	10	50	
Magnetism and Chaotic Action	40	10	50	
Level II Total	120	30	150	3.3
Level III	Learning Hours	Activity Hours	Total	Credit Equivalent
Weaving the Web	40	10	50	
Alchemical Integration	40	10	50	
Practice and Practicum		62	62	
Level III Total	80	82	162	3.6
Program Total	350	150	500	11.11

THERAPEUTIC BIOBODY INTEGRATION

“Treating your brain, body, heart and spirit as powerful allies and practicing allowing them to be such, is an alignment of itself.”

Program Overview

Discover the profound connection between mind, body, and energy through the Therapeutic BioBody Integration Program. This immersive program invites students to reimagine the way healing and well-being are approached. Rooted in the innovative Vital Resonance System, it offers a unique framework that integrates the physical, energetic, mental, emotional, and etheric dimensions of the body. Through

this integrative model, students learn practical methods for cultivating alignment, balance, and coherence—within themselves and in their work with others.

Who Is This Program For?

This program is ideal for individuals, practitioners, and educators who are passionate about exploring the healing potential of somatically oriented energy medicine. Participants will gain the knowledge and tools to guide clients in incorporating somatic practices into daily life, supporting deeper awareness, embodiment, and vitality.

Program Structure

The Therapeutic BioBody Integration Program is holistic yet intentionally structured, unfolding through three progressive levels. Each level offers a personalized path toward mastering multidimensional healing—transforming students into catalysts for meaningful, lasting transformation.

Upon completion, graduates receive a Transcript and Certificate of Completion in Therapeutic BioBody Integration, qualifying them to sit for the National MBLEx (Massage and Bodywork Licensing Exam).

Program Length

Duration: 10 months

Total Hours: 500 hours

In-Person Immersions: 200 hours (4 x 4-day immersive retreats)

Online Learning: 150 hours (lectures, discussions, and guided practices)

Self-Directed Practice: 100 hours (journaling, nature immersion, and personal projects)

Capstone Project: 50 hours (design and implement a nature-based therapeutic initiative)

LEVEL I – SELF AWARENESS

Discover the five layers of your being. Level 1: Self-Awareness in the foundational phase of this program, designed to gently guide students toward a deeper connection with self. This 10-week experience introduces students to the Viral Resonance System – the harmonious network of your physical, energetic, mental, emotional, and etheric layers.

Module 1: Foundations of the Vital Resonance System

Introduction to the five layers: Physical, Breath/Energy, Mental, Emotional, Etheric.

The science of quantum coherence: Aligning energy and information.

Historical influences: Ayurvedic Koshas and William Tiller's BioBody Metaphor.

Mapping the Vital Resonance System to physical and energetic anatomy.

Module 2: Physical Layer Awareness

Anatomy and physiology basics: Understanding the body's systems.

Somatic awareness practices: Body scanning and movement exercises.

Nutrition and the role of food in the Vital Resonance System.

Module 3: Breath/Energy Layer Exploration

Breathwork fundamentals: Pranayama and energy flow techniques.

Understanding the life force (prana) and its role in coherence.

Identifying and clearing energy blockages.

Module 4: Mental and Emotional Layers

Observing thought patterns and cognitive processes.

Emotional awareness: Identifying and processing emotional states.

Journaling and reflective practices for mental and emotional clarity.

Module 5: Etheric Layer Introduction

Exploring the subtle body and its connection to the quantum field.

Guided meditations to connect with the etheric layer.

The role of intention and consciousness in the Vital Resonance System.

LEVEL 2: RESPONSIVENESS

Awaken your inner healer. In this phase, students will learn to engage with the physical, energetic, mental, emotional and etheric layers not just as an observer, but as a gentle guide. Students will

cultivate the ability to influence their own energy, restore harmony, and foster deep lasting alignment. This is where awareness transforms into a powerful tool for holistic healing.

Module 6: Deepening Multidimensional Awareness

Advanced techniques for harmonizing and balancing each layer.

Interconnection of the layers: How imbalances in one layer affect the others.

Tools for assessing coherence within the Vital Resonance System.

Module 7: Energy Dynamics and Quantum Coherence

Working with the Breath/Energy and Etheric layers to establish flow.

Techniques for influencing energy fields and promoting coherence.

Understanding the role of vibrational frequencies in healing.

Module 8: Somatic Therapy Techniques

Physical Layer: Movement, touch, and somatic release practices.

Breath/Energy Layer: Advanced breathwork and energy alignment.

Mental Layer: Cognitive reframing and mindfulness practices.

Emotional Layer: Emotional regulation and somatic integration.

Etheric Layer: Practices to connect with and influence the quantum field.

Module 9: Case Studies and Practical Application

Analyzing real-life scenarios using the Vital Resonance System framework.

Collaborative group work to practice techniques and provide feedback.

Documenting and reflecting on personal and client progress.

LEVEL 3: MASTERY

The final phase is about integration and leadership. Students will refine their skills, deepen their connection to the Vital Resonance System, and learn to guide others with confidence and authenticity. Here, students transform their personal practice into a sacred offering, preparing them to share their wisdom with the world and facilitate profound healing in their community.

Module 10: Advanced Integration of the Vital Resonance System

Synthesizing the five layers for holistic well-being.

Exploring the etheric layer as a source of transformation and connection.

Advanced techniques for aligning the Vital Resonance System with quantum coherence.

Module 11: Mastery of Multidimensional BioBody Intervention

Using intention and consciousness to influence energy fields.

Developing personalized therapeutic plans for clients.

Advanced BioBody Intervention techniques for each layer.

Module 12: Therapeutic Leadership

Guiding others in self-awareness, responsiveness, and coherence.

Ethical considerations and boundaries in somatic therapy.

Building a professional practice: Marketing, client relationships, and continued learning.

Module 13: Capstone Project

Designing and implementing a therapeutic program for a case study.

Presenting findings and reflections to the group.

Peer and instructor feedback on the capstone project.



Daisy and Mushu
Shetland Ponies

FOUNDATIONS OF LIVING WELL: ANCIENT ROOTS, MODERN RESONANCE

“We need modern ideas, but we also need ancient wisdom. If we deny ancient wisdom we are making a big mistake.” - Geshe Kelsang Gyatso

Program Overview

Embark on a transformative journey of personal mastery through the Foundations of Living Well Program, a comprehensive 500-hour experience thoughtfully structured over ten months. The curriculum unfolds across three progressive levels—Foundations of Awareness, Deep Integration, and Mastery and Embodiment—each designed to nurture the next stage of your self-discovery. This progression honors your individual path, allowing you to build a strong foundation before moving into deeper exploration and mastery.

Throughout the program, the timeless wisdom of ancient traditions is harmoniously woven with the advancements of modern science. This integrative approach creates a curriculum that supports both foundational growth and the expansion of awareness through evidence-informed study and experiential practice. Students engage in reflective exploration and hands-on learning, cultivating presence, coherence, and resilience as they progress through each level.

The program also honors the profound influence of lineage and ancestry—the threads that shape body, mind, and soul. Drawing from ancient principles, students explore the forces that nurture vitality and balance, tracing inherited patterns and energetic blueprints that inform their current state of well-being. This exploration provides a meaningful opportunity to bring light to one’s unique journey, fostering a deeper sense of coherence across generations.

The Foundations of Living Well Program serves as a living bridge—rooted in the time-honored traditions of holistic wisdom while illuminated by the insights of modern science. By harmonizing both, this program guides students toward a life of clarity, resilience, and authentic connection, cultivating a truly integrative experience that resonates deeply within.

Who Is This Program For?

The Foundations of Living Well Program is a deeply personal and transformative journey, thoughtfully personalized to support who you are and where you are on your path. It’s designed for individuals

seeking to live with greater purpose, clarity, resilience, and connection. This program offers a nurturing space for those who feel called to deepen their relationship with self and the natural rhythms of life through mindful, embodied practice.

Program Structure

The program is organized into three levels—Foundations of Awareness, Deep Integration, and Mastery and Embodiment—each thoughtfully developed to guide you through progressive stages of learning and personal transformation.

Program Length

Duration: 10 months

Total Hours: 500

Level One: Foundations of Awareness

Over the first several months, you will be guided to reconnect with the roots of wellbeing. This level illuminates the core principles of various influences of world medicine and ancestral wisdom, paired with the basics of modern nutritional science and self-care strategies. During this time, you'll explore your personal constitution, inherent patterns, and begin to understand the interconnectedness of body, mind, and spirit. Expect deep dives into elemental theory, circadian rhythms, mindful nourishment, and daily rituals that foster resilience.

Level Two: Deep Integration

With foundational awareness established, this middle phase encourages you to weave wisdom into daily living. Building on self-knowledge, you'll begin integrating more advanced practices such as breathwork, movement therapies, ancestral healing, and energetic balancing. This stage is designed to harmonize your inner and outer environments, leveraging tools from both ancient and modern modalities—such as quantum coherence practices and contemporary health assessments—to support deep transformation. The focus here is on applying lineage teachings and self-inquiry into practical routines that cultivate coherence and renewed vitality.

Level Three: Mastery and Embodiment

The final level is an invitation to embody the resonance you have cultivated, stepping fully into your unique rhythm and power. Here, you'll engage with advanced practices in harmonized vital resonance, create personalized wellbeing protocols, and undertake guided reflection to recognize your evolution.

This phase supports you in living as a source of inspiration, wisdom, and wellness—able to radiate your growth within your family, community, and beyond. Through mentorship, peer connection, and ongoing holistic refinement, you'll complete the program with a sense of wholeness and aligned purpose.

NATURE-BASED THERAPEUTICS

“We are the earth, made of the same stuff; there is no other, no division between us and ‘lower or higher’ forms of being.” – Estelle Lauder

Program Overview

The Nature-Based Therapeutics Program explores the profound healing potential of reconnecting with the natural world through the lens of vital resonance systems and quantum coherence. This 500-hour immersive program invites participants to harmonize their internal energetic systems with the living intelligence of nature—cultivating balance, vitality, and a deeper sense of belonging within the web of life.

Grounded in the principle of “being with” nature, the curriculum emphasizes reciprocal relationship—where personal healing and planetary well-being are interwoven. Through experiential study and practices such as forest bathing, sensory immersion, and resonance-based techniques, students learn to engage with nature as both teacher and partner, developing tools to support coherence and resilience in themselves and others.

Who Is This Program For?

This program is thoughtfully personalized for individuals seeking a deeper and more intentional relationship with nature. It is ideal for those who feel called to explore the science and spirit of connection—integrating vital resonance and quantum coherence into their own healing journey while empowering others to cultivate harmony between self, community, and the natural world.

Program Structure

The Nature-Based Therapeutics Program unfolds through seven interconnected modules offered over the length of the program. Each module is intentionally designed to build upon the last, deepening understanding and embodiment of vital resonance systems and quantum coherence within both personal and ecological contexts.

Learning is grounded in experiential practice, inviting students to explore nature not only as subject but as living classroom. Each module integrates reflective study, sensory immersion, and hands-on engagement with natural environments—creating a dynamic, evolving experience that bridges knowledge and direct connection.

This structure allows participants to move at a steady, integrated pace, cultivating practical skills and inner awareness while developing the capacity to guide others toward deeper relationship and coherence with the natural world.

Program Length

Duration: 10 months

Total Hours: 500

Module 1: Foundations of Nature-Based Therapeutics and Vital Resonance (50 hours)

- Introduction to vital resonance systems: understanding the interplay of energy, rhythm, and coherence within self and nature.
- The science of biophilia and eco-psychology.
- Shifting from "being in" to "being with" nature: cultivating a reciprocal relationship.
- Overview of forest bathing (Shinrin-yoku) and its role in resonance and coherence.

Experiential Practices:

- Guided forest bathing sessions with a focus on resonance and attunement.
- Journaling and reflective exercises on personal resonance with nature.
- Group discussions on the philosophy of "being with" nature.

Module 2: Quantum Coherence and Resonance Practices (75 hours)

- Understanding quantum coherence: harmonizing heart, mind, and body with natural systems.
- The role of vital resonance in health and well-being.
- Practices for cultivating coherence through resonance (e.g., breathwork, sound, and movement).

Experiential Practices:

- Heart-focused breathing and coherence-building exercises in natural settings.
- Sound resonance practices using natural elements (e.g., water, wind, and earth).
- Meditative walks to attune to the rhythms of nature.

Module 3: Therapeutic Techniques for "Being With" Nature (75 hours)

- Forest bathing as a resonance-based therapeutic modality.
- Sensory immersion and deep listening as tools for attunement .
- Practices for co-regulation with natural systems (e.g., trees, water, and ecosystems).
- The role of storytelling and myth in fostering resonance with nature.

Experiential Practices:

- Solo and group nature immersions with a focus on resonance and reciprocity.
- Sensory awareness exercises (e.g., barefoot walking, sound mapping, and tactile exploration).
- Creating personal rituals for harmonizing with natural systems.

Module 4: Ecological Reciprocity and Resonant Sustainability (50 hours)

- The ethics of ecological reciprocity and resonance.
- Indigenous perspectives on living in harmony with nature.
- Sustainable practices that honor the vital resonance of ecosystems.

Experiential Practices:

- Participatory conservation activities (e.g., tree planting, habitat restoration).
- Creating offerings or acts of gratitude for the Earth as a resonant practice.
- Group discussions on sustainability and ecological responsibility.

Module 5: Embodied Awareness and Resonance in Nature (75 hours)

- Somatic practices for grounding, presence, and resonance.
- Mindfulness techniques for deepening connection with natural rhythms.
- The role of movement and stillness in cultivating resonance with nature.

Experiential Practices:

- Yoga, Qi Gong, and other movement practices in natural settings.
- Silent nature retreats and solo time in the wilderness to explore resonance.
- Journaling and creative expression inspired by resonant experiences in nature.

Module 6: Science, Spirituality, and Resonance-Based Healing (50 hours)

- Bridging science and spirituality through resonance-based therapeutics.

- The role of awe, wonder, and interconnectedness in healing.
- Exploring the interconnected resonance of all life systems.

Experiential Practices:

- Stargazing and cosmic awareness practices to explore universal resonance.
- Guided meditations on interconnection and coherence.
- Group discussions on integrating science, spirituality, and resonance.

Module 7: Capstone Project and Integration (50 hours)

- Designing and implementing a nature-based therapeutic initiative with a focus on resonance and coherence.
- Reflecting on personal growth and transformation through resonance practices.
- Strategies for integrating resonance-based practices into daily life and professional work.

Experiential Practices:

- Presenting capstone projects to the group.
- Peer feedback and collaborative learning.
- Closing ceremony and celebration of achievements.



The Hens

INTEGRATIVE HERBAL MEDICINE

“Herbs are a gift from the Earth, meant to be utilized in our journey towards wholeness.” – Alchemy of Herbs

Program Overview

The Herbal Medicine Program blends the art and science of herbal healing, offering a rich and immersive learning experience. Students explore topics such as plant identification, ethical harvesting, and crafting herbal remedies while uncovering the cultural and energetic significance of botanicals. The curriculum also provides a strong foundation in anatomy, physiology, and herbal pharmacology—seamlessly bridging the wisdom of traditional practices with the insights of modern science.

Who Is This Program For?

This program is thoughtfully designed for a diverse range of learners. Whether you are a healthcare professional seeking to integrate natural remedies into your practice, a wellness coach expanding your expertise, or an individual passionate about self-care and sustainability, this program equips you with the knowledge and confidence to succeed. Rooted in community and connection, it empowers you to foster holistic wellness and deepen your relationship with the plant world.

Program Structure

This 500-hour program unfolds through ten comprehensive modules, each offering an integrative exploration of herbal therapeutics. Students develop a working knowledge of anatomy and physiology while gaining hands-on experience in formulating, preparing, and applying herbal remedies in a variety of settings.

Module 1: Introduction to Herbal Medicine

Focus

- The history of herbal medicine across cultures.
- Understanding the cultural significance of herbal traditions.
- Ethical considerations, including sustainability and safety in herbal practices.

Herbs to Explore

- Ginger – A warming herb known for its digestive and anti-inflammatory properties.

- Chamomile – Renowned for its calming effects and digestive support.
- Elderberry – A go-to for immune system support.

Herbal Preparation and Assignments

- Learn the basics of preparing herbal teas by making an infusion or decoction.

Module 2: Creating Your Material Medica

Focus

- Introduction to energetics (e.g., warming vs. cooling, drying vs. moistening).
- Building your own materia medica by researching and documenting information on various herbs.

Herbs to Explore

- Peppermint – A cooling herb known for its digestive and energizing effects.
- Marshmallow Root – Excellent for soothing and moistening tissues.
- Calendula – A versatile herb for skin healing and lymphatic support.

Module 3: Herbal Preparations

Focus

- Foundations of making herbal remedies, including infusions, decoctions, tinctures, and salves.
- Understanding extraction techniques and dosage calculations (posology).

Herbs to Explore

- Lavender – Calming properties for both mind and skin.
- Licorice Root – Balancing and harmonizing in herbal formulas.
- Rosemary – A stimulating herb to support memory and circulation.

Herbal Preparations

- Learn how to create a lavender salve to support relaxation and skin health.

Module 4: Herbs for the Skeletal System

Focus

- Supporting bone health, mineral density, and recovery from injury.
- Herbal strategies for osteoporosis and joint inflammation.

Herbs to Explore

- Nettle – Rich in minerals for skeletal health.
- Horsetail – Known for its silica content, promoting bone and connective tissue strength.

- Comfrey – Traditionally used for healing fractures and supporting tissue repair.

Herbal Preparation

- Create a nourishing bone broth infusion infused with essential herbs.

Module 5: The Nervous System

Focus

- Herbal approaches for managing stress, anxiety, sleep troubles, and cognitive health.
- Differentiating between adaptogens and nervines.

Herbs to Explore

- Ashwagandha – A potent adaptogen for managing stress.
- Lemon Balm – A nervine herb known for its calming and uplifting effects.
- Valerian Root – Commonly used for sleep support and anxiety relief.

Herbal Preparation

- Craft a sleep tonic to support relaxation and restorative rest.

Module 6: The Respiratory System

Focus

- Herbal approaches for managing stress, anxiety, sleep troubles, and cognitive health.
- Differentiating between adaptogens and nervines.

Herbs to Explore

- Ashwagandha – A potent adaptogen for managing stress.
- Lemon Balm – A nervine herb known for its calming and uplifting effects.
- Valerian Root – Commonly used for sleep support and anxiety relief.

Herbal Preparation and Assignment

- Craft a sleep tonic to support relaxation and restorative rest.

Module 7: The Cardiovascular System

Focus

- Herbal approaches for managing stress, anxiety, sleep troubles, and cognitive health.
- Differentiating between adaptogens and nervines.

Herbs to Explore

- Ashwagandha – A potent adaptogen for managing stress.
- Lemon Balm – A nervine herb known for its calming and uplifting effects.
- Valerian Root – Commonly used for sleep support and anxiety relief.

Herbal Preparation

- Craft a sleep tonic to support relaxation and restorative rest.

Module 8: The Digestive System

Focus

- Herbs for digestive wellness, gut discomfort, and balancing the microbiome.
- Introducing digestive stimulants and herbs for the gut-brain connection.

Herbs to Explore

- Fennel – Known for reducing bloating and digestive discomfort.
- Slippery Elm – A soothing herb for irritated digestive tissues.
- Dandelion Root – A digestive stimulant supporting liver and bile function.

Herbal Preparation

- Prepare a unique blend of digestive bitters to stimulate digestion.

Module 9: The Reproductive System

Focus

- Herbs for digestive wellness, gut discomfort, and balancing the microbiome.
- Introducing digestive stimulants and herbs for the gut-brain connection.

Herbs to Explore

- Fennel – Known for reducing bloating and digestive discomfort.
- Slippery Elm – A soothing herb for irritated digestive tissues.
- Dandelion Root – A digestive stimulant supporting liver and bile function.

Herbal Preparation

- Prepare a unique blend of digestive bitters to stimulate digestion

Module 10: The Integumentary System

Focus

- Herbal care for skin, hair, and nails.
- Managing wounds, burns, acne, and dryness.

Herbs to Explore

- Aloe Vera – Hydrating and healing for skin and burns.
- Calendula – Renowned for wound healing and skin support.
- Gotu Kola – Promotes skin regeneration and reduces scarring.

Herbal Preparation

- Make a healing calendula-infused balm for skin care.

FOUNDATIONS OF MASSAGE THERAPY PROGRAM

"Massage is the art of touch that heals the body and soul."

Program Overview

The Massage Therapy Program provides students with the foundational knowledge and hands-on skills needed to become professional massage therapists. Meeting the NCBTMB requirements for certification, this comprehensive program prepares students for a successful and fulfilling career in therapeutic massage and bodywork. All 500 hours of the core curriculum are delivered live and in person, guided by experienced instructors in a supportive and engaging learning environment.

Who Is This Program For?

This program is ideal for individuals called to a career centered on helping others enhance their health and well-being through therapeutic touch and bodywork. Graduates emerge with the confidence and competence to work in a variety of professional settings—including private practice, wellness centers, spas, and healthcare facilities. Upon completion, students are eligible to sit for the NCBTMB Certification Exam.

Program Structure

This 500- hour program is designed to be completed over approximately 6-12 months depending on the schedule of full or part-time. Classes are live, in class with an instructor present. Classes include a mix of lecture, hands-on experience, and supervised clinical hours. No online classes are allowed for non-accredited schools.

Program

The program is organized into the following core areas, aligned with NCBTMB guidelines and designed to support a balanced and comprehensive learning experience.

Anatomy, Physiology, and Kinesiology (125 Hours)

Topics Covered:

- Comprehensive study of the body's systems.

- Musculoskeletal system.
- Nervous system.
- Circulatory and lymphatic systems.
- Pathology and contraindications.
- Kinesiology and biomechanics.

Learning Objectives:

- Understand the structure and function of the human body.
- Identify major muscles, bones, and joints.
- Apply knowledge of body systems to massage therapy practice.

Massage Therapy Theory and Techniques (200 Hours)

Topics Covered:

- Swedish massage techniques.
- Deep tissue massage.
- Myofascial release.
- Trigger point therapy.
- Stretching and range of motion techniques.
- Chair massage.
- Client assessment and treatment planning.

Learning Objectives:

- Demonstrate proficiency in foundational massage techniques.
- Develop treatment plans based on client needs.
- Understand the therapeutic benefits of various massage modalities.

Pathology (40 Hours)

Topics Covered:

- Common medical conditions and their impact on massage therapy.
- Recognizing contraindications and red flags.
- Adapting techniques for special populations.

Learning Objectives:

- Identify conditions that require modifications or avoidance of massage.
- Apply critical thinking to ensure client safety.

Business and Ethics (10 Hours)

Topics Covered:

- Professional ethics and boundaries (minimum 6 hours).
- Client communication and confidentiality.
- Business practices and marketing.
- Legal and regulatory requirements.

Learning Objectives:

- Maintain ethical and professional standards in practice.
- Develop a business plan for a massage therapy practice.
- Understand state and national regulations for massage therapists.

Elective or Specialized Study (125 Hours)

Topics Covered:

- Advanced massage modalities (e.g., prenatal massage, sports massage).
- Energy work with professional therapeutic hands-on applications.
- Use of external agents (e.g., water, heat, cold, or topicals).
- Research literacy and applied sciences.
- Self-care for therapists (e.g., yoga, active strengthening).

Learning Objectives:

- Explore advanced techniques to enhance therapeutic outcomes.
- Develop strategies for therapist self-care and longevity in the profession.
- Gain deeper insights into specialized areas of massage therapy.

The program includes CPR and First Aid certification, as required by NCBTMB.

PROGRAM GUIDELINES

GRADING

NESBEM embraces a pass/fail approach, emphasizing the completion and integration of all learning experiences rather than traditional letter grades. This method reflects our belief that growth in the healing arts is best measured through engagement, embodiment, and applied understanding.

WITHDRAWAL

We understand that life circumstances can change. If you find that you are unable to continue in the program, please reach out to your instructor or academic coordinator to discuss your options. We encourage open communication and will support you in navigating next steps with care and understanding.



PROGRAM and COURSE CANCELTATION

In the rare event that a program or course must be canceled—whether due to low enrollment or instructor availability—students will be notified promptly by email or another appropriate method. Whenever possible, NESBEM will offer alternative scheduling options or apply any payments toward future courses to ensure a smooth and supportive transition.

CERTIFICATE OF COMPLETION

Upon successful completion of all program requirements, students will receive a Certificate of Completion recognizing their dedication, study, and personal growth throughout the program. This certificate affirms both academic accomplishment and the deeper journey of learning that defines the NESBEM experience.

WHAT YOU SHOULD KNOW

ETHICAL STANDARDS

NESBEM is guided by the values of mutual respect, inclusivity, and a deep reverence for the natural world. Students are encouraged to embody these principles throughout their educational journey—cultivating integrity, compassion, and awareness in both their studies and personal practice.

STUDENT CONCERNS

If a student has a concern—academic or otherwise—they are encouraged to bring it forward with openness and trust.

Students are first invited to seek an informal resolution by discussing the matter directly with the appropriate faculty or staff member, as many situations can be resolved through clear and caring communication.

If a concern remains unresolved or the student feels uncomfortable addressing it directly, they may reach out to the Executive Director, who will listen attentively and help determine next steps toward a fair and supportive resolution.

DIVERSITY AND INCLUSION

Our community is rooted in inclusion, compassion, and respect for each individual's unique path. NESBEM is devoted to cultivating a learning environment where everyone feels welcomed, supported, and valued for who they are.

By fostering belonging and mutual care, we create a space where each person can grow, share their gifts, and contribute to the greater harmony of our collective learning and healing journey.

ACADEMIC INTEGRITY

At NESBEM, academic integrity is an expression of authenticity, care, and respect—for oneself, for others, and for the shared experience of learning. Integrity forms the heart of our community, nurturing trust, accountability, and genuine growth.

Students are encouraged to approach their studies with honesty, curiosity, and reverence for the learning process. Upholding integrity allows each person's work to reflect their true effort, creativity, and transformation.

- **Cheating:** Choosing honesty, even in moments of challenge, honors your learning and strengthens the integrity of our collective experience. Genuine effort builds confidence, resilience, and deeper understanding.
- **Plagiarism:** Giving credit to the ideas and words of others honors the lineage of wisdom that flows through teachers and learners alike. Proper acknowledgment reflects gratitude and respect for the interconnected nature of knowledge.

RETENTION OF ORIGINAL WORKS

It is essential within the NESBEM community to honor and value the creative spirit of each individual. Every idea, expression, and piece of work carries the imprint of its creator, whose ownership remains intact unless they choose to share it.

By recognizing the origins of creative contributions and expressing gratitude for the wisdom and artistry of others, the community nurtures a culture of collaboration, inspiration, and shared growth.

OPEN AND RESPECTFUL EXPRESSION

We foster a learning environment where each person's authentic voice is welcomed and honored.

ARTIFICIAL INTELLIGENCE (AI) AND LEARNING

Artificial Intelligence can serve as a valuable tool to enhance and support learning when used with care and integrity. Students are encouraged to engage first with their own thinking and creativity, using AI thoughtfully to refine or expand upon their work.

Whenever AI assistance is used, students should acknowledge it as part of their creative and academic process, reflecting honesty and respect for both personal and collective learning.



DIGITAL COMMUNITY and COMMUNICATION GUIDELINES

At NESBEM, our learning community extends beyond the classroom and into our shared digital spaces. Whether we gather in person, online, or through written communication, we honor the same core values—kindness, respect, integrity, and care. These guidelines are designed to help nurture a supportive, mindful, and connected online environment.

NETIQUETTE GUIDELINES

Clear and compassionate communication is an essential part of our shared journey. In all online and digital spaces, students are encouraged to practice mindful “netiquette”—communicating with kindness, respect, and integrity to help foster a positive and inclusive learning atmosphere.

Honor Each Other

Every member of our community—students, instructors, and staff—deserves kindness and respect. Before posting, take a moment to reflect on your tone and intention. Ask yourself: Would I say this in person, and would it feel kind?

Lead with Integrity

Engage with honesty, care, and accountability. Follow copyright and ethical guidelines and uphold NESBEM's shared values of trust and responsibility.

Be Mindful of the Space

Each online setting has its own rhythm and purpose. Take time to observe how others connect, then engage in ways that support the group's tone and learning goals.

Respect Time and Resources

Communicate clearly and considerately. Be mindful of differing schedules, time zones, and technology access—patience and understanding make collaboration stronger.

Write with Clarity and Care

Use thoughtful, professional language. Take a moment to proofread and ensure your message conveys respect and openness.

Contribute with Care

Share insights, experiences, and resources generously. Your participation helps deepen learning for everyone.

Create a Positive Space

Approach all discussions with openness and empathy. Choose words that uplift and inspire constructive dialogue.

Protect Privacy and Trust

Honor confidentiality and respect personal boundaries. A foundation of trust allows for authentic and safe learning experiences.

Empower, Don't Overpower

Share knowledge in ways that invite collaboration and curiosity. Encourage others and celebrate growth at every stage.

Practice Kindness and Patience

Mistakes are part of learning. Offer gentle, private feedback when needed and approach all interactions with understanding and compassion.

CYBERBULLYING

Kindness and respect are the foundation of everything we do at NESBEM. We are committed to maintaining a safe and welcoming online environment where every voice is valued.

Cyberbullying, in any form, is not tolerated. This includes any repeated online behavior—through words, images, or actions—that causes emotional, psychological, or social harm to another person.

If you experience or witness unkind behavior, please reach out to a faculty or staff member. Together, we can uphold a culture of empathy, care, and connection.

PHOTOGRAPHY AND VIDEO RECORDING

We love to celebrate the meaningful moments that happen within our community—both in person and online. From time to time, NESBEM may capture photos, videos, or quotes to highlight the learning, connection, and growth that take place across our programs.

If you prefer not to be photographed or recorded, simply let us know at the time—your wishes will always be respected. A Photography Opt-Out Form is also available for those who prefer not to appear in any school-related media.



*“The ultimate goal of the farmer is not the growing of crops or raising of animals,
but the cultivation and perfection of human beings.” – Masanobu Fukuoka*

CONTACT INFORMATION

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Executive Director, Dr. Stephanie Shelburne

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Stone Lions Farm Director and Farm Landscape Director: Alyssa Larkin

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Thank You for Joining Our Community

Thank you for choosing NESBEM and for bringing your spirit, curiosity, and openness to this community.

We are deeply honored to walk beside you on this journey of learning, healing, and transformation.

Your presence is a vital part of what makes this space so special. Together, we cultivate a community rooted in respect, awareness, and shared growth—where education becomes a living practice of connection and care.

With gratitude,

The Faculty and Staff of the New England School of Bioenergetic Medicine



New England School of Bioenergetic Medicine