



## The 'IGR STARGAZER Course'

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The IGR STARGAZER Course explores the 'Inner Gift Resourcing' approach through the lens of Astrology and teaches self-care processes, meditations and stress-reduction for astrological imprints in regards to an individual's birth chart and planet placements.

The IGR STARGAZER Course consists of the **'Birth Chart Foundations Astrology Course'**, which teaches the foundations of Astrology (Star Sign Archetypes, Planets, Aspects, Transits & Progressions) and the **'IGR ZODIAC Course'**, which applies simple IGR tools for astrological life challenges.

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# The 'Birth Chart Foundations' Astrology Course

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This Course is part of the 'IGR STARGAZER Course'  
and a Pre-Requisite for the 'IGR ZODIAC Course'.

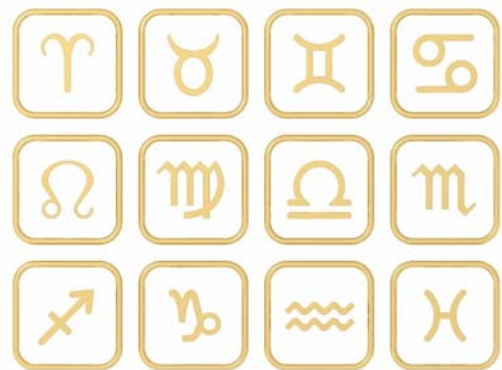
## Day 1

- The 4 Elements
- Houses, House Systems & the 4 Angles
- The inner & outer Planets
- Moon Phases
- The 12 Star Sign Archetypes
- The 'Birth Chart Energetics' Exercise
- Aspect Challenges
- 12 Archetype Meditations



## Day 2

- Planet Returns & Life Cycles
- Transit Awareness
- Secondary Progressions
- Progression Life Story Analysis + Demo
- Karmic Imprints (Pluto, Lunar Nodes)
- The 'Zodiac Support System' Exercise



This Course creates a basis for astrological self-understanding and explores Birth Chart imprints, current and upcoming Transits & Progressions.

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# Booking Formats

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## 1:1 Format or Group Workshops

### 'Birth Chart Foundations Course' (standalone)

To book the full 'IGR STARGAZER Course', please review Page 5.

#### Course Format

- In-Person Option: (2 Days)
- Online Option: (4 x Half-Days)
- 2 x Manuals included

**1:1 Format (1 Participant): \$1100**

**1:2 Format (2 Participants): \$660/Person**

**Group Format (3+ Participants): \$440/Person**

#### Course Discounts

If you are an Allied Health Practitioner, who supplies the venue for free, you will receive a discount of \$220.

If you are participating in this Training online via Zoom, you will receive a discount of \$220.



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Contact Lisa Jonas via email: [welcome@endorphina-creative.com](mailto:welcome@endorphina-creative.com)



# The 'IGR ZODIAC Course'

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**This Course is part of the 'IGR STARGAZER Course'.**

**Pre-Requisite: The 'Birth Chart Foundations Astrology Course' or prior study of Astrology.**

## Day 1

- Introduction of basic IGR Techniques
- Clearing Element Imbalances
- Victim & Ego States for 12 Archetypes
- Star Sign Well-Being Topics
- Planet & Progression Clearing
- Star Sign & Planet Resourcing



## Day 2

- 12 x IGR Zodiac Clearing Tools for the 12 Star Signs & their Ruling Planets



## Day 3

- Chiron & Lunar Node Clearings
- Balancing the Axis
- Birth Chart Quick Assessment
- IGR Birth Chart Questions
- Transit Self-Care Practices
- Zodiac Gift Assessment
- Zodiac Healing Circle



This Course combines Energy Clearing Modality 'Inner Gift Resourcing' (IGR) with Astrological Challenge Topics.

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# Booking Formats

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## 1:1 Format or Group Workshops 'IGR STARGAZER Course'

### Course Format

- In-Person Option: (5 Days + Mentoring Session)
- Online Option: (10 x Half-Days + Mentoring Session)
- 2 x Manuals included

**1:1 Format (1 Participant): \$3000**

**1:2 Format (2 Participants): \$1550/Person**

**Group Format (3+ Participants): \$1100/Person**

### Course Discounts

If you are an Allied Health Practitioner, who supplies the venue for free, you will receive a discount of \$550.

If you are participating in this Training online via Zoom, you will receive a discount of \$550.

If you are booking this Course together with the 'IGR Practitioner Training', you will receive a discount of \$150.

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Contact Lisa Jonas via email: [welcome@endorphina-creative.com](mailto:welcome@endorphina-creative.com)



# Booking Formats

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## **1:1 Format or Group Workshops 'IGR ZODIAC Course' (standalone)**

### Course Format

- **In-Person Option: (3 Days + Mentoring Session)**
- **Online Option: (6 x Half-Days + Mentoring Session)**
- **Manual included**

**1:1 Format (1 Participant): \$1800**

**1:2 Format (2 Participants): \$1100/Person**

**Group Format (3+ Participants): \$750/Person**

### Course Discounts

**If you are an Allied Health Practitioner, who supplies the venue for free, you will receive a discount of \$330.**

**If you are participating in this Training online via Zoom, you will receive a discount of \$330.**

**If you are booking this Course together with the 'IGR Practitioner Training', you will receive a discount of \$110.**



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