

Learning Hakomi with VHEN
(Vancouver Hakomi Education Network)
<https://hakomi.ca/>

The [Hakomi Education Network](#) (HEN) is the international organization that supports Hakomi training centres around the globe. HEN offers many resources that will support your journey as a Hakomi student, a HEN Practitioner, a helping professional or a person interested in personal development and connection.

HEN collects and curates a rich array of resources that support the educational goals of its students, its teachers and trainers, and the international network of training sites. The collection is dynamic as new materials are added from the archives of Ron Kurtz, including video footage of Ron teaching in the final years of his life. These resources are made available to everyone who becomes a member.

To become a HEN member and access the resources (membership is \$8 a month):
<https://www.hakomieducation.net/membership>

HEN resources:

Documents (sample list):

- Five Stages of Learning Hakomi
- Guidelines and Support for Students
- Becoming a Student of Hakomi
- FAQ's for Students of Hakomi
- Guidelines and Support for Practitioners
- Certification as a Practitioner
- HEN Ethical Framework
- Hakomi Method: Criteria for Certification

Videos:

- Ron Kurtz teaching in his final years
- Ron Kurtz Hakomi sessions
- Donna Martin Hakomi sessions
- Legacy interviews

Learning Hakomi

Learning Hakomi is an experience and a journey that is very individual by nature. You can begin almost anywhere and find your way to personal growth and certification.

To learn more about Hakomi read: *The Hakomi Way: Consciousness and Healing* (2021) by Ron Kurtz
<https://hakomi.ca/about>

How to learn Hakomi:

<https://hakomi.ca/about/how-learn>

To learn more about certification:

<https://www.hakomieducation.net/learning>

Vancouver Hakomi Education Network (VHEN) is a member of HEN and one of forty international training sites. We use the HEN resources as part of our training and encourage intent learners to become HEN members to have access to the learning resources.

VHEN offers online and in-person trainings in the form of:

- Tasters
- Skills Trainings
- Workshops
- Retreats
- Circles (full sessions in a group)
- Individual sessions with trainers
- Demos
- Video Study Groups
- Coaching opportunities
- Pro Skills
- Hakomi Book Club (contact ltaylor7@telus.net)

To learn more about these events, please visit our [events calendar](#) or email us with any questions.