

Sheila Gravely – Degrees & Certifications

BS, Pre-med, The American University, 1976

MA, Psychology, The American University, 1977

Studies in Finance and Computer Science, George Washington University 1977 – 1983

CNHP, 2007, The National Association of Certified Natural Health Professionals, including advanced certifications in:

- Body Work
- Nutrition
- Iridology
- Homeopathy
- Bach Flower Therapy
- Aromatherapy
- Face, Tongue, and Nail Analysis
- pH Balancing (REAMS I & II)
- Reflexology

Certified Biblical Counselor, 2014, Christian Counseling & Educational Foundation, Westminster Theological Seminary

Shinpiden Reiki Master & Teacher, Usui Ryoho Reiki, 2017

Jin Shin Jyutsu Practitioner, 2018, Jin Shin Jyutsu Institute

Certified Yoga Health Coach, 2019, Worldwide Association of Yoga Health Coaching

EFT & TFT Tapping Practitioner Certification, The Priority Academy, 2020

Mindfulness-Based Cognitive Therapy Practitioner, The Priority Academy, 2020

Certified Ketogenic Diet and Ketosis Health Coach, Mystic Core Movements, 2021

Certified Life Purpose Life Coach, Transformation Academy, 2021

Certified Life Coach, The Life Coach School, 2021

Yoga Nidra Teacher/Facilitator, Devatma Saraswati, 2021

Happiness Life Coach, Transformation Services, 2022