



# Curriculum Outline

## Class 1:

### Energy 101:

Einstein famously said, "Everything is energy." He also said that "The future of medicine is the medicine of frequencies." This section provides a new framework for understanding energy that will reframe how you understand yourself as an energetic being and how best to manage your energy. Dr. Abrams will explore an emerging new chapter in healthcare and will explain the soft technology of the human body and how we can each tap into our true potential terms of health and wellness, resilience and performance.

## Class2:

### Energize:

Knowing is half the battle... In this segment, you will learn to embody your new perspectives and knowledge and learn how to stop energy drainages and recharge and maximize energetic state. You will be provided strategies for practiced application and the tools to measure and track your ongoing progress. This segment turns knowledge into practical wisdom.

## Class 3:

### Synergize:

In this segment, we will explore the science of our connectedness, its implication to your health and the health of your communities, both locally and globally. Dr. Abrams not only explores the scientific underpinnings of our interconnectedness but will also provide experiential opportunities that create physiologic coupling and deep heart to heart connections. Participants will learn strategies to engage with their communities, be it friends, family or colleagues, and the tools to measure this interconnected energy.

## Class4:

### Emerge Realigned:

Knowledge is power... Now that we are armed with knowledge, skills and strategies, this segment will discuss how we each can play a pivotal role in shifting our fragmented world to one of harmony and synergy. Throughout history, massive social and paradigm shifts have been sparked and driven by the arts, and Dr. Abrams will explain how the RADDical ART initiative is designed to do just that and help elevate the role of the arts to educate, heal and inspire the change we all have been waiting for.