

Holistic Naturopathy

Certified Holistic Naturopathic Practitioner (CHNP)

Harmonika Institute USA
harmonika-institute.com

Program at a glance

- " Tuition: \$4,200
- " In-person training: 14 days (112h)
- " Live cohort calls: 3 days (12h)
- " Supervised practice: 130h
- " Immersion stage: 5 days (40h)
- " Portfolio + jury: 85h
- " Total: 379h (~47 day-equivalents)
- " Cohort size: 10 students

About the program

What you'll learn

- " Holistic nutrition principles and dietary frameworks
- " Foundational herbalism and safe wellness recommendations
- " Lifestyle counseling: sleep, movement, stress, environment
- " Consultation craft: intake, listening, summarization, follow-up
- " Holding a clear, non-medical scope across every conversation
- " Working ethically alongside licensed medical care
- " Building a holistic naturopathy practice with sustainable margins

Curriculum modules

Module 1 Foundations

History of naturopathy; the holistic frame; U.S. regulation.

Module 2 Holistic nutrition

Frameworks, common dietary protocols, individualization.

Module 3 Foundational herbalism

Common Western herbs and safe wellness use.

Module 4 Lifestyle counseling

Sleep, movement, stress, circadian, environment.

Module 5 Consultation craft

Intake, summarization, planning, follow-up.

Module 6 Scope & referrals

Working alongside licensed medical care; clear boundaries.

Module 7 Specific topics

Energy, digestion, women's wellness, stress within scope.

Module 8 Practice & business

Pricing, packages, ethics, ongoing supervision.

Next step

Book a free 30-minute info session at:
harmonika-institute.com/admissions/info-session

This curriculum overview is provided for informational purposes only.
Specific cohort schedules and faculty assignments are confirmed at enrollment.