



BECOME A CACAO PRACTITIONER

FOUR-PART IN-PERSON TRAINING

London | Autumn 2026



LONDON | 12TH SEPTEMBER | 10TH OCTOBER | 7TH NOVEMBER | 21ST NOVEMBER 2026



CEREMONIAL CACAO PRACTITIONER TRAINING

Holding space for authentic connection to self and others through cacao

For wellness practitioners and anyone who feels called to work with cacao.

This four-day training gives you the knowledge, confidence and practical experience to begin working with ceremonial cacao safely and intentionally.

Through guided study, ceremony and hands-on practice, you'll deepen your relationship with cacao and develop the skills needed to begin sharing it within your own practice or professional work.

This training is not about performance. It's about presence, integrity and building a genuine relationship with the plant.

Limited spaces available to keep groups small and personal.





GIZELLE RENEE

A grounded and thoughtful approach to working with cacao.

The training is led by *Gizelle Renee*, founder of **I AM BEING**, a wellness space centred around cacao ceremonies, sound, reiki and yoga.

Her work focuses on creating calm, grounded environments where people can reconnect with themselves and explore personal growth in a supportive and respectful way.

Through years of working with ceremonial cacao she has developed a practice that blends traditional understanding with a modern, practical approach.

WHO THIS IS FOR

Wellness practitioners

Yoga, Pilates and Fitness Instructors

Reiki, Sound and Holistic Healers

Executives and Professionals

Coaches and Facilitators

Retreat Hosts

Curious minds wishing to deepen their relationship with cacao

ABOUT THE TRAINING

This is a practical, in-person training designed to help you build a real relationship with ceremonial cacao and understand how to work with it properly.

Across three modules you'll move from understanding cacao and its origins, into learning how to hold space, and finally into facilitating ceremonies with confidence.

Throughout the training you'll take part in guided ceremonies and gain practical experience holding space yourself.

You'll leave with the knowledge, experience and certification to begin sharing cacao within your own work or personal practice.

WHAT YOU'LL LEAVE WITH

- Practical experience and confidence to begin sharing cacao
- Confidence to work with cacao safely and intentionally
- Practical experience holding cacao ceremonies
- A deeper understanding of cacao traditions
- Tools to integrate cacao into your existing practice
- Certification as a cacao practitioner
- Lifetime practitioner discounts on cacao, plus access to exclusive offers and benefits





WHAT YOU'LL LEARN

Learning through experience, ceremony and practice

MODULE ONE | ROOTS AND REMEMBRANCE

- The ancestral history of cacao and its sacred lineage
- The difference between ceremonial cacao and processed chocolate
- Different cacaos and their properties
- Ethical sourcing and why quality matters
- The science: physical and emotional benefits of cacao
- Coffee v Cacao
- How to make cacao, recipes and dosages

MODULE TWO | HOLDING AND INTEGRITY

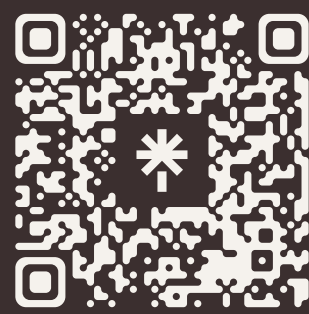
- Beginning your own personal relationship with the plant
- What it truly means to hold space (and what it does not mean)
- Nervous system awareness and emotional safety
- Creating safe, contained ceremonial environments for you and others
- Consent, boundaries and energetic responsibility
- Structuring a ceremony with profound clarity and intention

MODULE THREE | FACILITATION AND EMBODIMENT

- Designing ceremonies for friends, family or clients
- Working with intention, music, modalities, ritual and integration
- Supporting emotional release with steadiness
- Anchoring your own voice as a facilitator
- Creating ceremonies for yourself as a lifelong practice

INVESTMENT

£1,920. Discounted places may be available for wellness practitioners. Payment plans available.



GET IN TOUCH

For more information or to apply, please get in touch.



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