

Somatic Bodywork

PRACTITIONER TRAINING
2016 - 2018



Oslo – Norway / Tuscany - Italy

Presented by
SOMATIC AWARENESS INSTITUTE

Somatic Bodywork Practitioner Training with Ateeka is rooted in the awareness that bodies heal themselves. Somatic Bodywork Practitioners have a role of supporting another (client or student) to realize one's most adaptable and creative possibilities for integrated physical, mental, emotional and spiritual well-being.

A 250 hour training curriculum offers an in-depth experiential process in which participants learn the healing significance of full body holding, contact, movement, breath and sound to deepen their own somatic awareness and apply it directly to an innovative and sensitive bodywork application.

No matter what the state of the receiver, our primary objective is to bring to light that which IS already healthy. The investigative, exploratory process of the **Somatic Bodywork Practitioner Training** emphasizes direct experience and how to apply it's multitude of techniques and "non-techniques" for its intrinsic life affirming, feeling-sense, non-verbal communication and deep listening through movement and stillness.

Each of the training modules has 5 aspects:

1. Technique: A complete study and practice of somatic presence, full body holding, cradling, transitions, contact techniques, sound and energetic work used in a Somatic Bodywork Professional session.
2. Somatic Education: Techniques to recognize repetitive movement, breath, thought and behavioral patterns in your client during a Somatic Bodywork session and tools and home practice exercises to empower your clients healing process.
3. Integral Anatomy: Experiential study into the integrative functionality of human anatomy, especially anatomical systems and how they relate and support one another.
4. Mindfulness and meditation: Formal instruction in Mindfulness and meditation techniques will be taught and suggestions for developing a home practice will be introduced. By quieting the mind and opening to the present moment, a Somatic Bodywork session becomes a deep meditative and healing experience for both client and practitioner.

A mindful attention to "being with a person, rather than doing something to a person" through neutrality and presence, the practitioner welcomes a deeper connection and healing potential for each session.

5. Personal Development: By honestly coming in contact with one's inner self, in all its bright and dark aspects, we become clearer and more neutral containers for our client's healing process. This course offers many opportunities to dive deep into the shadows, discover and ultimately express your "inner gold" (ever-evolving life potential) through the process of giving and receiving Somatic Bodywork.

Somatic Bodywork Practitioner Training is an ideal continuation of professional skills for bodyworkers, massage therapists, Watsu practitioners, yoga teachers, movement specialists, dance/somatic practitioners, healthcare professionals, physiotherapists, personal coaches, psychologists, counselors, creative arts teachers. **Somatic Bodywork** is a meditative practice that enhances well-being, connection and awareness in a wide scope of fields.

This training is also open to those who are curious about movement, health, creativity and meditative presence for their own personal enrichment.

Somatic Bodywork Practitioner Training is facilitated by SOMATIC AWARENESS INSTITUTE, The institute offers a multi-dimensional terrestrial and aquatic bodywork instruction dedicated to the training of YogaSomatics and Somatic Bodywork Practitioners, focusing on somatic education. The classes of Somatic Awareness Institute are taught by institute director, ATEEKA, and an international team of guest teachers as a way to expand somatic movement, education and the awareness of Somatics worldwide.

www.yoga-somatics.com

MODULE 1: INTRODUCTION TO SOMATIC BODYWORK

23 - 25 September 2016

The first step on the path to learning SOMATIC BODYWORK either as a personal or professional practice. Setting the tone for our full training, we open to "being with, instead of doing something to" a person through contact. Setting a foundation of the healing and connecting power of touch. Somatic Bodywork techniques to help grounding, cultivate body awareness, aid in relaxation and stress reduction. Learning to work with non-verbal communication and flow. Introduction to full body holding. Breath work for the practitioner.

MODULE 2: CONTAINMENT & CRADLING

18 - 20 November 2016

Inspired by the practice of Tantric Shiatsu (Tantsu), in this module you will learn more full body holds that offer constant and well-intentioned support to the receiver's body as they receive the session. It is from the foundation of a full body hold, that we can more expand more specific modalities (ie. light stretching, acupressure, myo-fascial unwinding, cranio-sacral listening) in future modules. The full body holds are a messaging of steady containment to the receiver's nervous system. The support of full body holds cultivate more vital life energy and balance in the bio-system.

MODULE 3: HOW LIFE MOVES

3 - 5 March 2017

Bodywork explorations of the natural bio-movements of the body from pre-vertebral beginnings to basic neurological and movement tendencies of the human being. Investigate how to free repetitive movement patterns to create new pathways for somatic expression and enhanced health. Includes individual movement, in partners and with hands-on contact and exercises in somatically communicating this awareness with another and to help you establish a healthy relationship with the way your own body moves in coherence with gravity and the fulcrum of change.

MODULE 4: EAST MEETS WEST

5 - 7 May 2017

Learn to integrate traditional Zen Shiatsu principles, movements, acupressure points and meridian (energy flow) contact into a Somatic Bodywork session. Introduction to perception of acupressure points and meridians. Hara/belly energy and containment and circulation of the natural energy of your own center. Prone and supine positions.

Full body holds to facilitate shiatsu contact. Exploration into hara work, abdominal and diaphragmatic contact, support and release.

MODULE 5: FREEING THE BREATH

25 - 27 August 2017

An introduction to the nature and anatomy of the breath, breathing and its intimate connection with the nervous system and stress response. Learn to recognize schematic breathing patterns that limit life energy flow and empower your client to become free to breath with more adaptability and ease through applied breathing techniques for use in a personal process or professional setting.

MODULE 6: THE FLUID BODY

13 - 15 October 2017

Perceiving the movement of the fluid body through cerebral-spinal fluid tides, subtle bone and tissue movements and other fluid movements in the body. Application of basic cranio-sacral holds in a Somatic Bodywork session. Perceiving the consciousness of the fluid matrix.

As sound is very resonant in the fluid body, this module will also include investigation into sound/vocalization as an activation for the psycho-somatic regenerative process. Sound coupled with specific hands-on contact. Sound as an activation for liberating repetitive patterned tissue and psycho-emotional limitations

MODULE 7: NERVOUS SYSTEM as a SENSORY ORGAN

24 - 26 November 2017

Experience the anatomy of the human nervous system, its "three brains", the aspects of sympathetic and parasympathetic roles, how to invoke regenerative state of the parasympathetic response. Expanding the neural net, enhancing adaptability, freeing bio-movements from neurological repetitive patterning. Learn valuable "Nervous System Resets" which you can teach to your clients for use in times of stress or tension. Learn how to maintain center while moving out into the world around you as you give sessions. The role of the nervous system in embryological and early movement development.

MODULE 8: SOMATIC BODYWORK PROFESSIONAL APPLICATIONS

16 - 18 March 2018

Professional Protocols for hands-on Somatic Bodywork Practitioners. General protocols for specific health and movement issues. Refining Observation & Body Reading skills. Refining communication skills. Practitioner Ethics. Developing Perception and Confidence in the practice. Protocols for preparing to enter professional practice.

MODULE 9: SOMATIC BODYWORK INTEGRATION RETREAT

18 - 22 April 2018 - Sassetta Alta, Tuscany, Italy

A deep Somatic Bodywork experience of integration, celebrating your energy moving out in the world to share your new skills.

This retreat will be held at the secluded and very beautiful Sassetta Alta agriturismo in Tuscany. This center has one of the finest warm water therapy/relaxation pools in the world, and we will take advantage of this pool with daily sessions of Somatic Bodywork and Relaxation in warm water.

We will also be working with more protocols for specific cases that have arisen during your experiences of giving practice sessions.

A retreat for integration and inspiration individually and as a group.

Arriving on Tuesday 17 April and departing on Sunday 22 April, 2018, your accommodation and travel expenses are your own responsibility for this retreat module. The cost for full-pension accommodation is approximately 85 euros per night/double occupancy. This is to be paid directly to the agriturismo close to the arrival date in 2018. www.sassettaalta.it

ADDITIONAL REQUIREMENTS TO COMPLETE TRAINING:

To fulfill training program requirements, student must complete 45 hours of elective workshops from the options below by May 1 2019.

RESIDENTIAL RETREAT (Sardegna or elsewhere) with Ateeka – 30 hours

CONSCIOUS TOUCH WORKSHOP with Ateeka – 15 hours

RESTORATIVE YOGA TRAINING with Ateeka – 30 hours

AQUATIC YOGA WORKSHOP with Ateeka – 15 - 25 hours

MINDFULNESS & MEDITATION WORKSHOP with Ola Borud– 15 hours

TANTRA for WOMEN with ATEEKA - 15 or 30 hours

The dates of these various courses will be released over the year, and can be taken when it is convenient for the student. Other eligible elective modules with Ateeka or other teachers may be announced.

Price of elective courses is NOT INCLUDED in the training tuition price.

Elective courses may be taken at ANYTIME during or after the Somatic Bodywork Training course up until May 1 2019.

Formative hour credit will be given to students who have already completed any of these electives prior to beginning the Somatic Bodywork Practitioner Training.

Valid for 45 credit hours.

****Receive 10 Registered Somatic Bodywork Sessions from a Somatic Bodywork Practitioner. 5 of these sessions must be with ATEEKA.**

Valid for 15 credit hours

A list of Authorized Somatic Bodywork practitioners and registered session therapists will be provided upon entrance into training.

Individual Session fees are NOT INCLUDED in the training price. Individual session fees will be paid directly to the practitioner from whom you receive.

Individual sessions must be completed by May 1 2019.

****Give 20 Somatic Bodywork Practice Sessions and complete feedback form and mentoring session from each session.**

Valid for 40 credit hours

Mentoring feedback by email IS INCLUDED in the formation price. (approximately 20 hours of personal mentoring in written format from Ateeka)

Practice sessions will be required to be given throughout the course duration and with specific themes and completion dates specified upon entrance into the training.

EQUIPMENT NEEDED: It is required that course participants will need to bring their own zafu (meditation cushion) and if possible double or single futon, or equivalent mattress for floor work.

REQUIREMENTS OF COURSE COMPLETION:

Students who complete all modules and registered/practice sessions meeting the above requirements, demonstrate competency for giving a Somatic Bodywork session and maintain ethical standards will be given a Certificate of Completion of the course of Somatic Bodywork Practitioner and will be named as an Authorized Somatic Bodywork Practitioner with the Somatic Awareness Institute.

This is not the equivalent of state approved certification nor licensure but rather being registered and, if desired, listed to the public as approved to practice Somatic Bodywork within a professional setting.

FORMATIVE CREDIT: Any pre-existing credit for elective courses mentioned above is also applicable towards elective training hours.

HOURS for WEEKEND MODULES:

Friday: 11 am - 5 pm
Saturday: 10 am – 5 pm
Sunday: 10 am – 2:30 pm

LOCATION OF COURSE:

Modules 1 - 8 in Oslo, Norway and final module #9 at Sassetta Alta, Tuscany

INVESTMENT:

3000 EURO when the non-refundable deposit is made by 1 JULY 2016

3300 EURO when the non-refundable deposit is made after 1 JULY 2016

Non refundable deposit of 500 euros required to hold your space in the course.

Balance due 1 September 2016

TUITION includes all instruction in Modules 1 – 9 and personalized mentoring process with Ateeka (approximately 20 hours by email over the course of the training), printed and digital (video, mp3) reference materials.

FULL PAYMENT INCENTIVE: PAY THE FULL TUITION BEFORE 1 JUNE 2016 and receive a DISCOUNT. PAY ONLY 2700 euro for TRAINING MODULES 1 – 9 and mentoring process.

The price of this training does NOT include travel, accommodation or meal expenses.

METHOD OF PAYMENT:

Somatic Awareness Institute accepts only advance payment by bank transfer.
In order to reserve your space in this training:

1. Submit application form for acceptance into course (see below)
2. Once officially accepted, submit non-refundable deposit of 500 euros to specified bank coordinates.

Balance due of course tuition is due by 1 September 2016

Payment Plan may be available in certain cases.

CANCELLATION POLICY:

If in any case, a participant elects at any point to withdraw from the course or is unable to participate in any given module through the duration of the training, no refunds will be made. In most cases, student are given options for fulfilling the module requirements in another location at a later date at their own travel expense.

TO REGISTER or for other specific questions about the course PLEASE CONTACT:

Ateeka

ateeka111@mac.com

www.yoga-somatics.com



Please join us . . . your presence widens our circle

SOMATIC AWARENESS INSTITUTE

APPLICATION for SOMATIC BODYWORK PRACTITIONER TRAINING

Thank you very much for taking the time to answer the following questions from your heart with great honesty and openness.

Name:

Mailing Address:

City/State/Zip:

Country:

Email:

Website:

Telephone:

Skype Name:

Date of Birth:

1. Please describe your professional experience with bodywork, healthcare or yoga or somatic movement approaches.
2. Do you have any prior experience (giving or receiving) bodywork on land/in water?
3. Are you a bodywork or movement arts professional ? If so, please list the courses you have taken and your certification. Is bodywork or movement arts your current profession? If not, would you like for it to be?
4. What is your current work?
5. Do you have any physical or psychological conditions that should be taken into account with regards to your participation in this training? Are you taking any medications?
6. Why are you inspired to participate in this training?

7. Describe your comfort level with physical contact.
8. Describe what you feel to be your greatest strengths?
10. What aspects of yourself do you feel need more integration?
11. How do you foresee applying what you learn in this training to your professional life?
12. Do you have any specific questions about this training?

Please return by email to ateeka111@mac.com