Somatic Bodywork

PRACTITIONER TRAINING
2019 - 2020
AARHUS, DENMARK

Aarhus - Denmark / Tuscany - Italy

Presented by
SOMATIC AWARENESS INSTITUTE
and
YOGA COLLECTIVE
**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. Some mindfulness sessions will be led by Ola Borud, others with Ateeka.

   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  
May 31 - June 2, 2019

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  
Sept 6 - 8, 2019

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-fasical 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  
October 11 - 13, 2019

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  
November 29 - December 1, 2019

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
January 24 - 26 2020

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 breathe with more adaptability and ease through applied breathing techniques for use in a personal process or professional setting.

MODULE 6: THE FLUID BODY
June 19-21 2020

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
September 18 - 20 2020

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  
October 23 - 25 2020


MODULE 9: SOMATIC BODYWORK INTEGRATION RETREAT  
November 10 - 15, 2020  - 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 10 November and departing on Sunday 15 November, 2020, 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 (prices for 2020 may change slightly). This is to be paid directly to the agriturismo close to the arrival date in 2020.  www.sassetaalta.it
ADDITIONAL REQUIREMENTS TO COMPLETE TRAINING:

To fulfill training program requirements, student must complete 45 hours of elective workshops from the options below by November 1 2021.

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

CONSCIOUS TOUCH WORKSHOP with Ateeka – 15 hours

ESSENTIAL OILS for YOGA & HEALING 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 November 1 2021.

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 5 Registered Somatic Bodywork Sessions from a Somatic Bodywork Practitioner. At least 2 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 November 1, 2021.

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

Valid for 40 credit hours

Mentoring feedback by video conference is included in the formation price. After every 5 session reports submitted, you will schedule a 30 minute online mentoring session with Ateeka to discuss the reports. The online mentoring meetings are included in your tuition price.

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 1 - 8:**

To be announced by course organizers upon acceptance into course.

**LOCATION OF COURSE:**

Modules 1 - 8 in Goteborg: Yoga Collective in Aarhus, Denmark

Final Retreat #9 at Sassetta Alta, Tuscany
Method of Payment

Full Price: 24,500 dkk

Pre-payment discount: 22,500 DKK (discount 2000 DKK) when tuition is paid in full by 1 May 2019.

Upon acceptance into the course, student will receive an invoice of 5000 dkk (non-refundable deposit). These invoices will be sent from January 2019. Payment of non-refundable deposit reserves your space in the course. Balance due of 17,500 dkk is due by 1 May, 2019.

Payment plan of 24,500 DKK:
The payment plan would have 3 rates of 6500 dkk and the last one is to be payed no later than July 1 2019. In order to qualify for the payment plan there is a non refundable deposit of 5000 DKK. Invoice will go out from January 2019.

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

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

APPLY FOR THE COURSE:

In order to reserve your space in this training:

1. Submit application form for acceptance into course. Please apply for course on this digital application form: www.yoga-somatics.com/course-application. Space is limited.

2. Once officially accepted, you will be contacted by Yoga Collective to secure your space by paying the non-refundable deposit and further information.

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 apply for the Course: [www.yoga-somatics.com/course-application](http://www.yoga-somatics.com/course-application)

*Only digital applications will be accepted.*

For specific questions about the course content: [ateeka111@mac.com](mailto:ateeka111@mac.com)

Any question about payment or practical questions regarding the course, please contact

Course Organizers: YOGA COLLECTIVE  [nadia@yogacollective.dk](mailto:nadia@yogacollective.dk)

Yoga Collective is located in the charming city center of Aarhus - Jægergårds gade 14, 2. sal, 8000 Aarhus DK

*Please join us . . . your presence widens our circle*