



yogaSOMATICS

yogaSOMATICS Teacher Training - Year Two
Module 5

yogaSOMATICS INNER CONTACT Retreat

18 - 23 June 2025
With Ateeka & Ola

Søsæter Retreat Center - Sørskoobygda, Norway

OR

SOMATIC BODYWORK
and HEALING TOUCH

October 2025 - Nørre Snede DK

A practice weekend for open to everyone -
learning ways to give and receive through
touch and movement

+

ALCHEMY, TRANSFORMATION &
INTEGRATION

December 2025 - Nørre Snede DK

A practice deepening for teachers and
advanced practitioners of
yogaSOMATICS

30 credit hours total

LIVE Residential Retreat in Norway or 2 weekend workshops in Denmark

As a participant in the yogaSOMATICS Teacher Training - Year Two / Module 5 - you have the choice to participate a live residential retreat that is open to all levels of practitioners (Norway) or to attend a 2 practice weekends (Denmark)

yogaSOMATICS INNER CONTACT Retreat

18 - 23 June 2025
With Ateeka & Ola Borud

Søsæter Retreat Center - Sørskogbygda, Norway

Welcome to our 6 day-5 night retreat in the beautiful and secluded Norwegian forest. This retreat is an experiential opportunity to rest, relax and go a little deeper towards yourself: body, heart, mind and inner life. Together, we will explore meditative and creative practices for embodiment, grounding, centering and well-being.

We will work with various aspects of EMBODIMENT & CREATIVE EXPRESSION practices including yogaSOMATICS movement, myofascial (bindevæv) unwinding, breathwork, creative expression and understanding through drawing (art therapy), following the messages of your dreams, practices to connect to your heart and awaken empathy, inner exercises for the energy body, meditative sitting practice throughout the week.

ENJOY THE SILENCE

While not a strictly silent retreat, throughout the weekend we will invite the group to enjoy longer periods of silence and reflection.

Our week will include:

- yogaSOMATICS practice for grounding and well-being in the body
- Mindfulness, meditation & energy work in contact with nature
- Creative Expression through Drawing and Reflecting - Communication with your Inner Self (Art Therapy)
- Dreamwork - Understanding the deeper meaning of your dreams
- Deep Relaxation & Guided Relaxation
- Gentle hands-on healing practices with a partner for relaxation
- Possible yogaSOMATICS work in warm water - IF we are able to organize the pool to be warm enough.

This retreat is practice-oriented for going deeper towards yourself.

We will practice cultivating a non-judgmental and accepting awareness of thoughts, feelings, senses and body sensations that arise from moment to moment. From this more relaxed and current state of being, we can begin to meet other people in a more open and empathetic way. This is a week for yourself, inner contact and the opportunity for new insights.

Retreat Price:

590 euro EARLY BIRD registration by 15 January 2025
690 euro NORMAL registration after 15 January 2025

plus room/food fee (see PDF for rooming options)

[Read all the details and pricing for this retreat here](#)

SOMATIC BODYWORK Weekend

Techniques for Reducing Stress and Communicating with the
Parasympathetic Nervous System

With Ateeka

October 2025 (exact date to be announced)
Center for Kropskultur - Nørre Snede, Denmark

In this EXPERIENTIAL weekend workshop, you will learn several hands-on/contact techniques that have the specific intention to help reduce symptoms of stress and bring the receiver of the touch into a more receptive and open state in their nervous system.

The techniques of touch/Somatic Bodywork taught in this weekend can be used immediately by yoga teachers in their group classes, parents with their children and family and in one-on-one sessions of many modalities. Each technique can stand alone as a simple and effective nervous system reset - or can also be used together for a longer session of relaxation and healing.

This workshop is open and very accessible for individuals who simply wish to enhance their skills in Somatic Bodywork and enjoy a weekend of deeper connection with others through non-verbal communication.

It is a deepening for yoga/movement teachers and bodyworkers to add new skills and most of all INSPIRATION to their practices.

During the workshop we will work in pairs, but you do not need to sign up with a partner.

Date: October 2025 (exact dates to be announced shortly)

Time: Friday evening 16:00 - 20:00
Saturday 10:00 - 17:00
Sunday 10:00 - 16:00

Place: Center for Kropskultur - Nørre Snede, Denmark

This weekend is non-residential, but if you are coming from afar, we can suggest some affordable places to stay nearby.

Price:

300 euro for the weekend - when you register for both practice weekends at the same time
350 euro when you register for only 1 weekend

ALCHEMY, TRANSFORMATION & INTEGRATION

A practice deepening for teachers and advanced practitioners of yogaSOMATICS

December 2025

Center for Kropskultur - Nørre Snede, Denmark

With Ateeka & Ola

Welcome to a weekend yogaSOMATICS practice intensive (non-residential) in Nørre Snede Denmark. This practice intensive is an experiential opportunity to deeper towards yourself: body, heart, mind and inner life. Our theme is “alchemy” which is the transformation of elements, beyond the sum of their parts. Alchemy is inherent in the yogaSOMATICS practice and helps us to discover our inner gold

Together, we will bring all of what we have experienced from Modules 1 - 4 into practice and explore the deepening aspects and how we might share these practices with others.

This practice intensive is oriented for teachers and those with a good familiarity to yogaSOMATICS.

- yogaSOMATICS practice for grounding and well-being in the body
- Mindfulness & energy work.
- Creative Expression through Drawing and Reflecting - Communication with your Inner Self (Art Therapy)
- Dreamwork - Understanding the deeper meaning of your dreams
- Deep Relaxation & Guided Relaxation
- Gentle hands-on healing practices with a partner for relaxation
- Tools & inspiration for sharing yogaSOMATICS with others.

Date: December 2025 (exact dates to be announced shortly)

Time: Friday evening 16:00 - 20:00
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