

Somatic Bodywork

PRACTITIONER TRAINING
2019 - 2020
GOTEBORG - SWEDEN



Goteborg - Sweden / Tuscany - Italy

**Presented by
SOMATIC AWARENESS INSTITUTE
and
NIA MOVEMENT GOTEBORG**

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 its 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

March 1 - 3 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

May 10 - 12, 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-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

August 30 - 1 September, 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

October 11 - 13, 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

November 29 - December 1, 2019

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

January 17 - 19, 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

February 21 - 23, 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

June 12 - 14, 2020

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

November 3 - 8, 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 3 November and departing on Sunday 8 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 May 1 2021.

RESIDENTIAL RETREAT (Sardegna or elsewhere) with Ateeka – 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 May 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. 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 May 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 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 1 - 8 :

Friday 13:00 -19:00

Saturday 13:00 -19:00

Sunday 10:00 -15:00

LOCATION OF COURSE:

Modules 1 - 8 in Goteborg: NIA MOVEMENT STUDIO

Final Retreat #9 at Sassetta Alta, Tuscany

INVESTMENT:

28,000 SEK when the non-refundable deposit is made by 15 October 2018

30,000 SEK when the non-refundable deposit is made after 15 October 2018

Non refundable deposit of 5000 SEK required to hold your space in the course.

Balance due 1 February, 2019

TUITION includes all instruction in Modules 1 – 9 and personalized mentoring process with Ateeka (approximately 20 hours by 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.

METHOD OF PAYMENT:

Somatic Awareness Institute accepts only advance payment. 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
2. Once officially accepted, you will receive an invoice of 5000 SEK (non-refundable deposit) from Nia Movement. Payment of deposit reserves your space.
3. Balance due of course tuition is due by 1 February 2019. Invoice will be sent from Nia Movement.

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 apply for the Course: www.yoga-somatics.com/course-application

Only digital applications will be accepted. Application is open from 25 June, 2018 and applications will be answered AFTER 20 August 2018. Please be patient in awaiting a reply to your application.

For specific questions about the course content: ateeka111@mac.com

Any question about payment or practical questions regarding the course, please contact Course Organizers: NIA MOVEMENT info@niamovement.se

Nia Movement Studio is located in the city center Linnéstaden in Gothenburg. The address is Nordostpassagen 55, Göteborg.

For closest hostel, please check Slottsskogens Vandrarhem www.sova.nu.
Located 1 min walk from the studio.



Please join us . . . your presence widens our circle

