



# yogaSOMATICS

250 Hour yogaSomatics Teacher Training & Mentorship Program

ONLINE edition

Beginning February 2024

This training and mentorship program will enrich your own yoga/movement practice and give you a new foundation and set of **somatic** practitioner skills for teaching yoga to others, or the bring a somatic perspective into health care and holistic therapeutic settings.

You will learn deep integrative **yogaSOMATICS** techniques and meditative practices to help reduce stress, shift neuro-emotional/psycho-somatic patterning, awaken deep and clear body consciousness, cultivate health, vitality and balance.

You will learn effective mind-body connection practices for re-connection to, grounding, circulating and enjoying your own life energy (prana). When life energy is flowing and balanced, one can access a vast potential for a healthy body, emotional equilibrium, mental clarity and deeper understanding of life process.

This training is an opportunity to bring depth to your experience of the physical, mental, emotional and spiritual elements in your life, and also how to share this with students and clients.

Modules include experiential practice into asana, movement, breath, sound, contact, mindfulness and meditation, embodied and energetic anatomy, collective symbols & archetypes, yoga philosophy, creativity/art therapy & dreamwork from a somatic perspective. Our practices can be solo, or respectful practice in partners and group with hands-on contact. You will be guided by Ateeka in yoga, mindfulness & bodywork, Ola Borud in creativity & dreamwork.

# YEAR ONE - 90 hour foundation training

## MODULE 1

### MOVING - BREATHING - BEING

30 hours (10 weeks)

*Setting the foundation for a journey into yogaSOMATICS discovery, Moving - Breathing - Being introduces a new perspective on relating . . . with earth, with energy, with ourselves, with others*

- Principles of yogaSOMATICS – safety, support, containment, education, giving freedom, empowerment to students/clients/patient
- Through movement, learn of the natural bio-movements of the body from pre-vertebral beginnings to basic neurological and movement patterns of the human being.
- Early childhood developmental movements and how they can be the basis of our adult body-psyche-emotional connection. Using yoga asana to explore this.
- Become well acquainted with the terrestrial environment and nature of Earth: Grounding/Rooting/Centering
- Introduction to Nervous System Resets and how they work in the system
- The nature of the in-breath and the out-breath and its intimate connection with the nervous system.
- Introduction to the living Myofascial web and Unwinding
- Mindfulness practice as it relates to earth and grounding
- Inner energetic exercises from Bob Moore School of Healing
- Explore your relationship with gravity and the fulcrum and how the body responds to and utilizes it as a reliable point of reference and energy resource.
- Begin notice and to free repetitive movement patterns to create new pathways for expression and health.
- Yogic perspective of the “5 Ais” the movements of Pranic Life energy through the energy system.
- A multitude of pranayama/breathing techniques that unfold into the freedom of “no technique”
- How emotions express through the body and moving with them.

Dates: Wednesdays February 7, 14, 21, 28. March 6, 13, 20, 27 April 3, 10

Live Stream Teaching from 18:00 - 20:30 CET (Central European Time) on Zoom

All sessions are recorded and yours watch and re-watch through the continuation of your training period. You must participate in 8 of 10 of each modules live stream to get full credit for the training. If you miss any live streams, you will need to practice with the replay and submit a short reflection journal about your practice.

## MODULE 2:

# EMBODYING LIFE: Exploring Life's Movements

30 hours (10 weeks)

More practice into all of what we have begun in Module 1 plus:

- Your body as a fluid being, perceiving crania -sacral tides, movement of the various fluid systems of the body and how to invoke innovative, regenerative movement from the fluid base.
- Moving upon the pleasurable and efficient arc of spirals and waves
- Hara and pelvic energy
- Pulmonary Respiration (lungs) / Cellular Respiration (tissues) / Primary Respiration (fluid)
- Noticing and helping to free respiratory diaphragm and habitual breathing patterns.
- Deepening into Mindfulness practice with neutrality and awareness Back and front field awareness for expansion and involution as primary life movements.
- Asanas and pranayama through which expansion and involution can express. Deeper investigation into body tissue and neuromuscular connections.
- Awareness of spatial clarity, intention, creativity through movement, breath and asana.
- Recognising repetitive movement patterns (with love and kindness) to create new pathways for somatic expression and enhanced health.
- A touch into of yoga philosophy in a somatic way (tantra sutras and patanjali)
- Mind-body-emotion integration through creativity and dreamwork

Dates: Wednesdays May 8, 15, 22. June 5, 12 August 21, 28, September 4, 11, 18

Live Stream Teaching from 18:00 - 20:30 CET (Central European Time) on Zoom

All sessions are recorded and yours watch and re-watch through the continuation of your training period. You must participate in 8 of 10 of each modules live stream to get full credit for the training. If you miss any live streams, you will need to practice with the replay and submit a short reflection journal about your practice.

Pre-requisite: Module 1 or previous certification as a yogaSOMATICS Teacher

MODULE 3:

## THE BUTTERFLY SESSIONS

### Healing Aspects of yogaSOMATICS

30 hours (10 weeks)

The Butterfly Sessions is about the art of transformation, the transformation of stress into pleasure.

- We will continue to work with the practices from module 1 & 2 and bring in specific healing aspects. We work from the deep current that we have no particular intention to fix, cure, heal or change anything, yet when we work in the field of wholeness, change occurs.
- Starting from the assumption that when vital energy is fluid and balanced, the body becomes healthy, we will explore experiential practices of connection between mind and body, rooting, circulation and use of vital energy (prana) to convey the experience of this life in a balanced emotional state, towards mental clarity and a deeper understanding of the inner process.
- We will continue to work with the practices from module 1 & 2 and bring in specific healing aspects.
- Some focus will be given to understanding and giving support to chronic illness, chronic pain, fibromyalgia, chronic stress and fatigue, anxiety and other wide-spread states of disease that yogaSOMATICS has been known to help.
- Continuing inquiry into energetic aspects of the practice including chakras, energy streams and etheric body points and inner exercises.
- Creative expression and dreamwork creates a gateway into a deeper understanding of the body-mind-emotion connection.

Dates: Wednesdays October 9, 16, 23, 30 November 6, 13, 20, Dec 4, 11, 18

Live Stream Teaching from 18:00 - 20:30 CET (Central European Time) on Zoom

All sessions are recorded and yours watch and re-watch through the continuation of your training period. You must participate in 8 of 10 of each modules live stream to get full credit for the training. If you miss any live streams, you will need to practice with the replay and submit a short reflection journal about your practice.

Pre-requisite: Module 1 & 2 or previous certification as a yogaSOMATICS Teacher

## YEAR TWO - Deepening Inward & Developing a Wider Reach

### MODULE 4:

#### MESSAGES FROM THE UNCONSCIOUS: Body, Mind & Emotional Connection

30 hours

Detailed description and dates to come after completion of Year One.

### MODULE 5:

#### ALCHEMY, TRANSFORMATION & INTEGRATION

30 hours

*A deeper meeting of one's inner process, its containment and expression in the role of a teacher.*

Detailed description and dates to come after completion of Year One.

# MENTORING PROCESS & PRACTICE TEACHING

50 hours

*You will practice and learn how to transmit your personal experience and extensive study to your students in an open, coherent, relevant and effective manner.*

- Professional Protocols for yogaSOMATICS Teachers
- Cultivating confidence in the resonant field
- Collective themes that emerge in group settings
- Acknowledging the role of the ego
- Refining Observation Skills  
Protocols for specific health and movement issues
- Effective containment and “being with” emotional content
- Refining communication skills through transmission.

## **ABOUT THE MENTORING PROCESS:**

You will be asked to organise and teach 25 yogaSOMATICS classes to small groups or some one-to-one, depending on your area of focus and how you plan to use your new skills from yogaSOMATICS.

After each practice class, you will write a report of your experience and submit to Ateeka.

After every 5 class submissions, you will have a 60 minute one-to-one mentoring call with Ateeka to discuss and reflect upon your themes, questions and practice.

You will also have the opportunity for open communication with Ateeka via email and messages when small questions about the practice arise.

The cost for the mentoring process is 90 euro per mentoring call and this can be paid as you go along the program at your own pace.

Most of the yogaSOMATICS Teacher Training graduates say that this is one of most valuable and personalised aspects of the training.

**There are no written or verbal tests in the yogaSOMATICS Teacher Training.** We prepare you for sharing with others by walking step by step to help you integrate the practice, go deeper into your own experience and help you shape a teaching practice that is comprehensive, coherent to yogaSOMATICS but in your own unique voice. Only a mentoring process can offer that.

Usually student begin some practice teaching classes during or after Module 3.

## ELECTIVE CREDIT

50 hours

**REMAINING 50 HOURS is completed by ELECTIVE COURSES** with Ateeka or Ola Borud of your choice and interest. You have up to 2 years after the completion of Module 5 to complete the elective courses.

Elective course prices are not included in the above prices and you can pay-as-you-go for those courses

Some of the elective courses you can choose from could be:

- yogaSOMATICS RESTORATIVE Teacher Training
- Aqua-Yoga-Soma
- The Yoga of the Embryo
- Art Therapy, Dreamwork & Somatics
- Tantra for Women
- Inner Contact Retreat
- Weekend yogaSOMATICS or Somatic Bodywork course
- Some online yogaSOMATICS courses

At least 20 of the 50 hours of elective courses must be taken LIVE & IN PERSON with Ateeka or Ola.

**Existing credit:** If you have already taken some workshops or trainings with Ateeka or Ola from 2020 and later, those courses may be eligible for elective credit towards your YSTT. Please ask Ateeka if your existing course credits are valid towards this training.

## SUMMARY OF HOURS required for CERTIFICATION

To receive certification as yogaSOMATICS TEACHER, student must complete the following requirements equaling 250 credit hours.

MODULES 1 - 5 (Online or Live)	150 hours
Practice Teaching / Mentoring Process	50 hours
Elective Courses	50 hours

### FOR WHO:

This course is open to mature, open-minded yoga practitioner, yoga teachers, bodyworkers, massage therapists, movement specialists, dance/somatic practitioners, healthcare professionals, physiotherapists, personal coaches, psychologists and counselors who are interested to take their own personal practice to new depths of inquiry and share what they have integrated with others.

### LANGUAGE:

This training course will be taught in English.



# TRAINING COST

## **YEAR ONE - 90 hour foundation training ONLINE**

EARLY BIRD PRICE: 1350 EURO - paid in full by 10 January 2024

REGULAR PRICE: 1800 EURO - deposit of 500 euro by 1 February 2024 and balance due (1300 euro) by 1 May 2024.

Some payment plans may be available in some cases. The payment plan is always calculated upon the regular price of 1800 euro. Please inquiry to Ateeka via email for that option.

All Deposits and Payments are non-refundable and non-transferable

## **YEAR TWO - 60 hour continuation ONLINE**

REGULAR PRICE 1500 euro (upon acceptance in 2025)

**MENTORING PROCESS:** 90 euros per mentoring call x 5 calls

**CANCELLATION POLICY:** If in any case, a participant elects at any point to withdraw from the training no refunds will be made. If a student is unable to participate in given module during the duration of the training, In most cases, student is given options for fulfilling the module requirements either by watching the replays and submitting a written journal about their experience of the practice.

**To register for YEAR ONE - yogaSOMATICS Foundation Training**

For any specific questions, please feel free to reach out to Ateeka

[ateekayoga@gmail.com](mailto:ateekayoga@gmail.com)

[www.yoga-somatics.com](http://www.yoga-somatics.com)

