

# Y O G A S O M A T I C S

250 Hour YogaSomatics Teacher Training & Mentorship Program  
in affiliation with Somatic Awareness Institute

Guided by Ateeka  
Organized by Birgitte Gorm Hansen

Copenhagen - Denmark

March 2017 - November 2018

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 body consciousness, cultivate health, vitality and balance. You will learn effective mind-body connection practices for re-appropriating, grounding, circulating and utilizing 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 how to share this with students and clients.

All modules include deep investigation into asana, movement, breath, sound, contact, embodied and energetic anatomy, collective symbols & archetypes, yoga philosophy from a somatic perspective. All modules include explorations made individually, in partners and with hands-on contact.

## MODULE 1

### **OPENING TO FLOW: Introduction to YogaSomatics**

17 - 19 March 2017

*Setting the foundation for a journey into Yoga Somatics discovery, Opening to Flow introduces a new perspective on relating . . . with earth, with energy, with ourselves, with others*

- Principles of Yoga Somatics – safety, support, containment, education, giving freedom, empowerment to students/clients/patient
- Introductory exploration of the natural bio-movements of the body from pre-vertebral beginnings to basic neurological and movement patterns of the human being.
- Become well acquainted with the terrestrial environment and nature of Earth:  
Grounding/Rooting/Landing.
- 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.
- Introductory investigations of how to free repetitive movement patterns to create new pathways for somatic expression and enhanced health.
- Introduction to Nervous System Resets
- Introduction to the Myofascial web and Unwinding

## MODULE 2

### **BREATHINGNESS: Yoga Pranayama & the Movement of Life Energy**

12 - 14 May 2017

Breath is the vital element that initiates our movements and carries us through the flow of our movement and stillness meditations. Breath is the transparent medium through which we meet ourselves. Breathing is an “action” that transmutes itself into an “existence”. As we open more and more to our authentic breath, we sense an ongoing dance of polarities and their union exchange within us.

- The nature of the in-breath and the out-breath and its intimate connection with the nervous system.
- Yogic perspective of the “5 Airs” the movements of Pranic Life energy through the energy system.
- A multitude of pranayama/breathing techniques that unfold into the freedom of “no technique”
- Touching the inner body with the breath, widening perception and awareness.
- Pulmonary Respiration (lungs) / Cellular Respiration (tissues) / Primary Respiration (fluid)
- Perceiving and freeing the 3 respirations in various yoga asanas as a means for creating new neuromuscular and respiratory pathways for health.
- Noticing and helping to free respiratory diaphragm and habitual breathing patterns.
- Recognizing emotional content held in the breathing patterns.
- Exercises and hands-on work to facilitate tension release and as an activation for becoming a breathable body and initiating the regenerative process.

## MODULE 3

### **INVOKING THE SPIRAL: Deepening into Life's River**

1 - 3 September 2017

*Spiral motion deeply complexifies and reinforms your bio-system. All information rides on the spirals. Movement, breath, sound and contact will activate spiral movement in our bodies, helps us to free stored tension and open up to new somatic and life potential.*

-Deeper investigation into the 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.

-Investigation into utilizing spiral patterns of air within pranayama practice.

-Continued explorations into the bio-movement of the natural body/breath through yoga asana and riding these movements towards stillness.

-Initiation into Reading Body Language and Body Tissues

## MODULE 4

### **ROOTS & WINGS**

10 - 12 November 2017

*Expanding upon the spinal wave and spiral investigations, learn to more deeply perceive the origins of movement within your body and how to extend it outward as creative expression wave movement while maintaining an integrated center. Investigations into tantric meditations of expanding our perceptive centers to be in harmonic resonance with the surrounding world.*

- Back and front field awareness & support 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.

- Investigate how to recognize and free repetitive movement patterns to create new pathways for somatic expression and enhanced health.

- Yoga Philosophy relevance to memory. How memory remains in the body tissue.

## MODULE 5

### **THE YOGA OF THE EMBRYO**

8 - 10 December 2017

*A return to the pre-formative, our movements turn inward to reflect and explore the very first movements of life, those which we have experienced through our cells during conception, embryonic development, pre-natal and birth.*

-Embryological relevance of the bio-movements and asana from a somatic perspective

-The primal streak, notochord and midline as point of reference for living in a human body.

-Exploring form to formlessness to form again

- Stem cell and undifferentiated sources of energy and information in the human body
- Introduction to the heart as a resonant organ
- How one's own birth informs tissue development/movement patterns.
- Creating new neural pathways in which we can integrate our earliest moments of life.
- Yogic and tantric references to embodiment.

## MODULE 6

### **TEACHING EMPOWERMENT #1: Becoming the Mirror**

2 - 4 March 2018

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

- Welcoming the Inner Healer - Inner Guide
- The Masculine and the Feminine in Yoga
- Cultivating Perception and Observation Skills
- Cultivating Neutrality with Fullness of Feeling
- Working with the Shadow/Anima/Animus aspects of one's own psyche
- Noticing and cultivating neutrality towards projection, transference from students

## MODULE 7

### **SOUND & FREQUENCY in YogaSOMATICS**

11 - 13 May 2018

*Sound creates a multitude of vibrations that initiate meaningful harmonized movement explorations in the body. The sounds we utilize in the YogaSomatics practice are not repetitive – instead they expand out, fold in and complexify. In this module, learn to listen with deep openness to the sound and also feel its dynamic effect on your body's tissues and how to transmit to students.*

- Sound/vocalization as an activation for the psycho-somatic regenerative process.
- Sound coupled with movement.
- Sound coupled with specific hands-on contact.
- Sound as an activation for liberating repetitive patterned tissue and psycho-emotional limitations.
- Exploring the frequency of mantra.
- Sacred and vibrational healing music.

## MODULE 8

### **THE MYSTERY OF THE COBRA**

22 - 24 June 2018

*Practice transforms into prayer, a deepening into gestural motif of the cobra and its life-affirming movements. In deep explorations of Bhujangasana and Matsyasana, we meet the collective symbol of Serpent as a symbol of water, of transformation, of creation, of life energy of power, of the eternal return. All of our movement meditations in this module will lead toward deeper awareness of your inner self and will help you to cultivate trust in the intelligence, power and flow of your own life energy.*

- The Healing Power of Pleasure / Eros
- How recognize the inherent creative power of life energy
- The sacred anatomy of the pelvis and how to recognize and free held tension in these areas
- How to create safe boundaries in which to explore your life energy
- Bringing ritual into the practice - as a practitioner and also creating ritual space for your students.
- Dynamic stillness of the meditative state.

## MODULE 9

### **TEACHING EMPOWERMENT #2: The Art of Transmission**

14 - 16 September 2018

*Sufi teacher Hazrat Inayat Khan explains it best: "The work of a mystical teacher is not to teach, but to tune, to tune the pupil so that he may become the instrument of God. For the mystical teacher is not the player of the instrument; he is the tuner. When he has tuned it, he gives it into the hands of the Player whose instrument it is to play. The duty of the mystical teacher is his service as a tuner."*

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 Yoga Somatics 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.

## MODULE 10

### **COMING FULL CIRCLE: YogaSOMATICS Group Retreat**

21 - 25 November 2018

Location: Sassetta Alta - Grossetto - Tuscany - Italia

*Sassetta Alta, in the hills of Tuscany, offers a place for us to be together, in a quiet nature setting to integrate the work that we have done and dedicate to the collective field of YogaSomatics. In this retreat, we will also work daily with Aqua-Yoga-Soma, the aquatic expression of YogaSomatics in the center's beautiful warm water pool. Each day will have moments of silent reflection, land practice, aquatic practice, relaxation, group discussion/Q&A, and three WONDERFUL organic meals. A celebration and a continuation of the practice.*

*You are responsible for your own travel and accomodation/food costs for this retreat. The full pension price per night is approximately 85 euros/double occupancy to be paid directly to Sassetta Alta during the retreat.*

## **ELECTIVE MODULES**

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

SARDEGNA RESIDENTIAL RETREAT 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 elective modules with Ateeka or other teachers may be announced.

Cost of these modules is NOT included in course price.

## **MENTORING PROCESS**

To complete full training and receive a certificate as YogaSOMATICS TEACHER, you must also complete the mentoring process with Ateeka.

### **PERSONAL MENTORING – 5 hours**

A deeper inquiry into your own personal process around life energy, what the somatic practice evokes in your own being. These private 60 – 90 minute individual sessions with Ateeka are opportunities to create integration and understanding of our group work and your own inner process.

You must complete:

- 3 – 75 minute individual session with Ateeka in person  
Additional cost is 80 euros per session.
- 2 - 60 minute individual session with Ateeka via Skype  
Additional cost is 50 euros per session.

Individual session fees are NOT included in the training price.

Formative credit will be given for any individual sessions you have received with Ateeka from 1 January 2016 to training start date.

### **PRACTICE TEACHING with feedback report – 40 hours**

After the first 50 hours of formative training (After module 3), it is suggested that you begin to share what you are learning with others, in small practice groups, or integrated into your existing student class schedule.

To complete full training requirements, you will need to teach 20 class or private sessions with the material you are learning from this training, and submit a report form about each class to Ateeka. You will receive written feedback on each of your class reports. Class sessions need to be a minimum of 1 hour in duration with a minimum of 3 students. (if you have special needs, please ask for exceptions) Your feedback reporting time is considered the 2<sup>nd</sup> hour of credit time.

Mentoring feedback from Ateeka is included in the full training price.

### **COURSE DETAILS**

#### 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.

#### 3 Day Seminar Schedule

Friday - Sunday 9:00 am - 15:00 pm (1 hour lunch break)

Location: Modules 1 - 9 are held at Metropolis Yoga Shala, Oscar Pettifords Vej 25, 2450 Copenhagen SV, denmark

Module 10 Retreat will be held in Sassetta Alta, Italy (Tuscany) at the beautiful and very secluded SASSETTA ALTA AGRITURISMO. You are responsible for your own travel and accomodation/food costs for this retreat. The full pension price per night is approximately 85 euros/double occupancy.

Language: This training course will be taught in English

## **INVESTMENT for 160 hour Course with 40 Hour Mentoring and Feedback**

3000 Euro when the deposit (1300 euro) is made **by** 1 October 2016.

3300 Euro when the deposit (1300 euro) is made **after** 1 October 2016.

All deposits are non-refundable.

Balance due on 10 February 2017.

This investment includes 160 hours contact hours of teaching (Modules 1 – 10), 20 Class Report mentoring feedback via email and comprehensive support materials both printed and digital.

### Method of payment:

Non-refundable deposit 1300 EURO required to reserve your space in this training .

Payment plan may be available in a few certain cases. Please inquire if you have need for paying over time.

### CANCELLATION POLICY:

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

### Accommodation and Meals:

Price of training does not include travel, accommodation or meals.

### APPLICATION FOR COURSE:

To apply for this training, please submit application form (see below) to Ateeka at: [Ateeka111@mac.com](mailto:Ateeka111@mac.com)

For further information about this somatic approach to yoga and Ateeka, please visit [www.yoga-somatics.com](http://www.yoga-somatics.com) [ateeka111@mac.com](mailto:ateeka111@mac.com)

For organizational / practical questions, please contact course organizer: Birgitte Gorm Hansen [info@dynamicyoga.dk](mailto:info@dynamicyoga.dk) +4526169309

# SOMATIC AWARENESS INSTITUTE

## APPLICATION for YOGA SOMATICS TEACHER TRAINING

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

Name:

Mailing Address:

City/State/Zip:

Country:

Email:

Website:

Telephone:

Skype Name:

Date of Birth:

Referring Contact if any:

1. Please describe your personal and professional experience with bodywork, healthcare or yoga or somatic movement approaches.
2. Do you have any prior experience teaching yoga?
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?
9. What aspects of yourself do you feel need more integration?
10. How do you foresee applying what you learn in this training to your professional life?
11. Do you have any specific questions about this training?

Please return completed application by email in Word/Pages or PDF document:  
[ateeka111@mac.com](mailto:ateeka111@mac.com)