

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

250 Hour Yoga Somatics Teacher Training & Mentorship Program
in affiliation with Somatic Awareness Institute & NIA Movement Goteborg

Guided by Ateeka

Goteborg - Sweden

May 2015 – June 2016

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 therapeutic techniques and meditative practices to help reduce stress, shift neuro-emotional/psycho-somatic patterns, 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 Yoga Somatics

22 – 24 May, 2015

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

21 – 23 August 2015

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 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”
- 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

21 – 25 October 2015

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 cranio-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.

- Inquire upon sound/vocalization as an activation of the healing/creative process.

-Reading Body Language and Body Tissues

MODULE 4

ROOTS & WINGS: Involution & Expansion

2 – 6 December 2015

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.

-Deeper investigation into the emotional body, body tissue and neuromuscular connections.

-Awareness of spatial clarity, intention, creativity through movement, breath and asana.

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

-Introduction to the heart as a resonant organ.

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

-Yoga Philosophy relevance to memory and traumatic experiences.

MODULE 5

TEACHING EMPOWERMENT #1: Becoming the Mirror

19 – 21 February 2016

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

- Welcoming the Inner Healer
- Cultivating Perception and Observation Skills
- Cultivating Neutrality with Fullness of Feeling
- Working with the Shadow
- Noticing and cultivating neutrality towards projection, transference from students

MODULE 6

INNER TANTRA: Sexual Energy, Power & Presence

13 – 17 April 2016

A safe and sacred space towards coming home to your beautiful and unique body, channeling your life and sexual energy and moving into life in an integrated and empowered way. All of our meditations 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 sexual energy.

- The Healing Power of Pleasure
- How recognize the inherent creative power of sexual 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 sexual energy
- Open and honest discussions that help release taboos around sexuality
- Develop personal rituals of Self – Care and Self
- Discover your own way to express and receive loving intimacy
- Accessing the Stillness of the meditative state through sexuality

MODULE 7

TEACHING EMPOWERMENT #2: The Art of Transmission

8 – 12 June 2016

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.

ELECTIVE MODULES

To fulfill training program requirements, student must complete 45 hours of elective workshops from the options below, in their own timing.

INNER CONTACT RETREAT – 30 hours
(Spain, Bali & Sardegna are planned in 2015 - 16)

CONSCIOUS TOUCH WORKSHOP – 15 hours

RESTORATIVE YOGA TRAINING – 30 hours

AQUATIC YOGA WORKSHOP– 15 hours

MINDFULNESS & MEDITATION WORKSHOP with Ola Borud– 15 hours

BASIC TANTSU – 15 hours

The dates of these various courses will be released over the year, and can be taken when it is convenient for the student.

Cost of these modules is NOT included in course price.

MENTORING PROCESS

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

PERSONAL MENTORING – 15 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:

- 5 – 90 minute individual session with Ateeka in person
Additional cost is 90 euros per session.
- 5 – 60 minute virtual sessions with Ateeka via Skype
(followed by a 30 minute writing assignment)
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 2014 to training start date.

PRACTICE TEACHING with feedback report – 50 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 25 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. Your feedback reporting time is considered the 2nd 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

Course times to be announced

5 Day Seminar Schedule

Course time to be announced

Location: All 7 Core modules are held at NIA MOVEMENT STUDIO in GÖTEBORG, SWEDEN.

Language: This training course will be taught in English

INVESTMENT for 140 hour Course with 65 Hour Mentoring Feedback

3000 Euro when the deposit (500 euro) is made **by** 1 January 2015.

3200 Euro when the deposit (5000 nok) is made **after** 1 January 2015.

Balance due on 15 March 2015.

This investment includes 140 hours contact hours of teaching (Modules 1 – 7), 25 Class Report mentoring feedback via email and comprehensive support materials delivered online.

Method of payment:

By bank transfer

Non-refundable deposit 500 euro required to reserve your space in this training .

Payment plan may be available in 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.

In case of needing to cancel your commitment to this training BEFORE THE COUSE BEGINS, you can apply 50% of the non-refundable deposit to the next immediate Yoga Somatics Training in Europe within 2 years. No cash refunds will be given.

Accomodation and Meals:

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

To register for this training, please submit application form to Ateeka at:
Ateeka111@mac.com

For further information about this somatic approach to yoga and Ateeka, please visit www.ateeka-yoga.com

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.*

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 by email to ateeka111@mac.com