yogaSOMATICS

Teachers Conference

7 - 11 December 2016
Oslo - Norway

Wednesday 7 December 2016

Arrivals - Welcome to Oslo!

Peer-Led Workshops (schedule to be announced)

Thursday 8 December 2016

7:30 - 8:00	Welcome to the Sagene Samfunnshus- Frysia Room Kristiansandsgate 2 - 0463 Oslo (map)
8:00 - 10:00	INDRA'S NET: *Exploring Continuity and Flow in the Fascial Web* Workshop with ATEEKA -Sagene Samfunnshus - Frysia
11:30 - 14:30	DYNAMIC CHANGE: *Entities of Movement as Life Itself* Workshop with ATEEKA - Sagene Samfunnshus - Frysia
18:45 - 21:15	AQUA-YOGA-SOMA: YogaSomatics in Warm Water Workshop with ATEEKA - Diakonhjemmet Therapy Pool Diakonveien 14-18, 0370 Oslo **Aqua-Yoga-Soma is Open to first 20 registrants only**

Friday 9 December 2016

7:30 - 8:00 am	Welcome to Sagene Samfunnshus - Frysia Room
8:00 - 10:00	HARA HAPPINESS: *Awakening the Core of Aliveness* Workshop with ATEEKA - Sagene Samfunnshus - Frysia
11:00 - 13:00	DWELLING in the SPINE: *The Entity of Spine as an Inner Guide* Workshop with ATEEKA - Sagene Samfunnshus - Frysia
15:00 - 17:00	TEACHING from ESSENCE: *A Direct Approach to the Teachings* Workshop with ATEEKA - Sagene Samfunnshus - Frysia
19:00 - 22:30	CONSCIOUS TOUCH "PARTY" An Evening of Giving & Receiving &Togetherness - Sagene Samfunnshus

Saturday 10 December 2016

Morning:	Peer-Led Workshops (schedule to be announced)
12:00 - 20:00	A DAY at THE WELL *Optional Day for all who wish to participate at a luxury spa, sauna and bathhouse about 40 minutes outside of Oslo. All participants will pay their own entrance fee for this day. Entrance cost for full day plus lunch is 655 nok per person. Reservation required. See details below*

Sunday 11 December 2016

Morning:	Peer-Led Workshops (schedule to be announced)

www.yoga-somatics.com

For WHO?

The 2016 YogaSOMATICS Teachers Conference is by invitation only. It is for you, who has participated in a YogaSOMATICS Teacher Training, Tantsu Training, Somatic Bodywork training or some students who have had extensive experience practicing YogaSOMATICS with Ateeka.

If you have a student or a friend in your circles who you feel has a good understanding for the practice and would enjoy coming to deepen their practice in this environment, you can sponsor them and ask for them to receive an invitation. Please send your request for sponsored students to ateekaoffice@gmail.com If there are spaces open after 1 October 2016, sponsored students will receive an invitation to join us too!

COST

2016 YogaSOMATICS Teacher Conference ticket cost is 1500 NOK (plus processing fees) and can be purchased online at

https://ticketbud.com/events/4ade4604-4532-11e6-afff-73486dbd2250

This ticket gives you access to all workshops with ATEEKA on Thursday 8 December and Friday 9 December, 2016. Note: The Aqua-Yoga-Soma workshop on Thursday night is only open to first 20 registrants, so book early.

ACCOMODATION

Your accommodation is your own responsibility, and we are happy to help out of town guests with some suggestions.

If you are an Oslo resident and have an extra room or couch to share or rent for a “peer-price”, please let us know and we will try to match you up with others coming from out of town.

FOOD

Your meals are your own responsibility. There are many good cafes and markets in close proximity to the Sagene Samfunnshus where most of our workshops will take place. There are meal or snack breaks between each workshop.

Friday evening’s CONSCIOUS TOUCH party: You are invited to bring some food to share . . . finger food, snacks, tapas.

THE VENUE

Most of Thursday and Friday’s workshops will be held at Sagene Samfunnshus, a centrally located community center in Oslo with very good public transport connections. You can arrive to the bus-stop “Sagene” on bus nr. 20 / 37 / 54 / 34 depending on what part of the city you are arriving from. You can find exact bus routes at www.ruter.no

You will need to bring your own yoga mat, cushion, blanket, practice items.

A DAY AT THE WELL

Saturday 10 December is an optional (but very suggested!) day for all who wish to gather at Oslo's newest and most luxurious spa, THE WELL!

The Well is the largest and most comprehensive spa and bathhouse in the Nordic region. It is a paradise to be experienced, with 11 different pools, 15 different saunas and steam rooms, more than 100 showers, waterfalls, a Japanese bathhouse with onsen hot springs, Oriental Hammam, rhassoul clay treatments, relaxation rooms, a restaurant, bars and much more. Our outdoor area features a large swimming pool, two whirlpools and a sauna built in a rustic style, nestled among rocky outcrops and pine trees. You can book various types of massages and treatments in one of our many lovely treatment rooms. The Well is focused on physical wellbeing, mental balance, effective treatments, socialising and good hygiene. The Well is open on this day from 10 am - 20 pm.

They have offered a special package price for our group: NOK 655,- per person

Package includes:

Two course lunch (drinks not included)
Entrance to the Wellness bathroom and Japanese bathhouse
Use of Bathrobe, slippers, sauna towel, shower towel
Access to many of the activities on the regular schedule
(Swimwear not included, NOK 75 - 125)

THE WELL is a clothing optional facility. For hygiene and health reasons, swimwear is not permitted in the saunas and steam rooms. You can cover yourself with a towel or peshtemal*. Swimwear is optional in the pools*. If you choose to have swimwear, you must purchase a swimsuit at the well. This costs between 75 - 125 NOK.

Read more here about the etiquette and house rules.

THE WELL has a luxury bus service that picks up in central Oslo and drives you all the way to the front door of THE WELL. This service is available at various times during the day (both coming and going) for 50 NOK each way.

Get to know more: www.thewell.no

PEER LED WORKSHOPS

We are delighted that some of our YogaSOMATICS peers have agreed also to share some workshops as added events on Wednesday 7 December, Saturday 10 December and Sunday 11 December. These workshops are optional and are organized by the workshop leaders themselves. Each of these peer-led workshops will be in various locations around Oslo and will be paid for directly to the workshop leader. These workshop are really interesting points of view from various YogaSOMATICS teachers and really suggested. The workshops are not included in your Conference Ticket price. The schedule for these extra workshops will be released shortly.

ELECTIVE CREDIT

For who is in the completion phases of a YogaSOMATICS Teacher Training or Somatic Bodywork Training with Ateeka, this conference is valid for 15 credit hours of elective credit.

I really hope that you will join us for this enriching, inspiring conference with many of your YogaSOMATICS and Tantsu and Somatic Bodywork colleagues from around the world!
With Love, Ateeka

You can register today at this link: https://ticketbud.com/events/4ade4604-4532-11e6-afff-73486dbd2250