

SOMA*Psych*

**SomaPsych is honoured to offer this  
100HR Advanced Therapeutic Yin Yoga Training**

Online & Live  
May 13th - August 18th, 2024

---

***This is for facilitators and teachers looking to offer the practice of yin and somatics to specific populations and communities who have experienced trauma.***

<b><u>Applications &amp; Prerequisites</u></b>	<b>02</b>
<b><u>What is Trauma-Informed Facilitation?</u></b>	<b>02</b>
<b><u>Why Become a Trauma-Informed Yin Yoga Therapist</u></b>	<b>03</b>
<b><u>How does this training equip you to facilitate Trauma-Informed Yin Yoga in therapeutic settings?</u></b>	<b>04</b>
<b><u>Training Schedule</u></b>	<b>05</b>
<b><u>Live Online Lectures</u></b>	<b>06</b>
<b><u>Live Online Embodiment Workshops</u></b>	<b>06</b>
<b><u>Timezone and Live Attendance</u></b>	<b>06</b>
<b><u>Breakdown of Hours</u></b>	<b>07</b>
<b><u>Weekly Schedule</u></b>	<b>08</b>
<b><u>Training Content</u></b>	<b>09</b>
<b><u>Practical Information</u></b>	<b>12</b>
<b><u>What to Expect From This Training</u></b>	<b>12</b>
<b><u>Investment &amp; Payment Plans</u></b>	<b>13</b>
<b><u>Applications</u></b>	<b>13</b>

## Applications

If you want to join us, please fill out the [Expression of Interest Form](#).

## Prerequisites

At a minimum, the student must have completed at least 50Hrs Yin Yoga Teacher Training. An educational trauma theory training program is recommended before enrolling, such as the [20HR Trauma Informed Facilitator Teacher Training](#).

**Welcome to Trauma-Informed Yin Yoga Therapy**, an intentional and exploratory practice that meets participants where they are and allows the practice to unfold in its own time and way. Trauma-Informed Yin Yoga aims to provide a space that offers evidence-based tools and techniques to rest and restore the nervous system in a slow and sustainable way. It invites each person into an exploration of what is present in their body and mind.

## What is Trauma-Informed Facilitation?

When it comes to processing and integrating trauma, talk therapy is beneficial but leaves out the body, which is a crucial component when processing trauma. Our approach is both bottom-up, drawing on body-based practices including yin yoga, breath exploration, and somatic and sensory awareness; and top-down with education around neuroscience, anatomy, and trauma theory.

Trauma-informed really means people-informed: it is an approach that honours our fundamental humanity, celebrates our diversity, and supports the wellbeing of all, individually and collectively through accessibility and inclusivity, embodying this work in how we show up in our spaces.

Trauma-Informed approaches are generally characterized by an awareness in which traumatic experiences shape our nervous systems, brains, relational attachment patterns, sense of self and our view of the world. Through this perspective, we can fill our yin yoga facilitator tool belts with more therapeutic and supportive somatic-based practice.

## **Why Become a Therapeutic Trauma-Informed Yin Yoga Therapist**

Trauma-informed means knowing, understanding, and honouring the fact that stress and the gradient of trauma impact every single person to some degree, either firsthand or vicariously. It means that we respect our role as a space holder and allow people to experience their practice in their own time and way with no alternative healing agenda. We trust that the process is not linear, it is not a one-size-fits-all, it is beautifully and powerfully unique to each person and we are simply here to walk alongside them on their journey.

In yin yoga, we ask people to come to their edge of comfort, find a sense of stillness, and hold for a length of time. This is a challenge for many people. Add the layers and nuances of stress and trauma and now there are so many more considerations to take into account. The quiet depths of yin yoga hold vulnerable potential for triggered experiences, challenging emotions, and so much more. It is our sacred duty as teachers and practitioners to know about, deeply understand, and honour these lived experiences and the activating and triggering potential they hold. When navigated intentionally from a trauma-informed perspective, we can work towards mitigating these harmful experiences.

The sympathetic activation energy and experience of stress and trauma reside in the tissues of the physical body. Nervous tissue and fascial memory hold the residue of these experiences. Memories or behaviours can be triggered through language, scent, touch, atmosphere, music, and so much more. It is our ethical responsibility to know and understand how to create safe(r) spaces and environments for people to explore movement and various practices in their own time and way.

## **How does this training equip you to facilitate Trauma-Informed Yin Yoga in therapeutic settings?**

By learning the science behind stress and trauma's impact on the mind and body, we can explore how to build a resilient foundation for restoring, supporting, and nourishing the nervous system through yin yoga. This training explores the needs of specific populations and appropriate considerations to ensure you are equipped with the tools to be responsive, creative and agile in the moment. It is one thing - one very important thing - to approach a general studio class with a trauma-informed lens and create a safe and inclusive space; it takes another, more in-depth and nuanced understanding to hold trauma-informed spaces specifically for individuals and groups who have experienced trauma.

By exploring how trauma often happens in relation to others, we unpack how healing and restoration can also happen in relationship. The sacred responsibility of holding this type of powerfully beautiful and vulnerable container is something we explore and work to integrate in order to hold the most responsive, respectful, and dignity-enhancing spaces.

We explore techniques, models and frameworks like invitational and interoceptive language, specific trauma-informed sequencing for a yin offering, holding participant-centred exploratory spaces, verbal and visual cueing for accessibility and inclusivity, and much more to help keep the power in the participants' hands. We learn about the different manifestations of coping mechanisms. Not only how these mechanisms may present in a yoga class but how to hold space for them without dismantling and destabilizing them but, through building a foundation to introduce new mechanisms in a safe and steady way.

You will learn foundational tools that will assist you in screening and onboarding participants and setting up trauma-informed series for a variety of populations. You will also be equipped to design and deliver responsive and adaptive classes that are tailored to the people you work with. This training also offers insights and practices to explore, set, and hold your personal and professional boundaries in a respectful and dignity-enhancing way from start to finish.

## What to Expect From This Training

**Embodiment Workshop:** Here you will explore embodiment practices and self-discovery transformative concepts rooted in the energy and philosophy of yin. As well as open discussion about the practice and how this practice is a form of social justice for self, others, and our wider communities.

**Live Lecture:** The intention of these sessions is to create a place where all students can come together to explore any and all topics that are alive for them throughout the training.

**Community Engagement:** We strive to build a safe and strong community during this transformational learning experience. Through the live calls and messaging platform (slack), we expect students to be present, interactive and supportive of one another.

**Personalized feedback and interaction with lead facilitators:** SomaPsych lead facilitators understand the importance of support and feedback throughout this training to allow the space for each student to step into their full potential and to uphold integral trauma-informed practices as a facilitator.

### Personalized feedback schedule:

- 1:1 call every 2 weeks. [Schedule here.](#)
- Group Call 3 weeks after training completion date - August 12th, 2024
- 1:1 call 6 weeks after training completion date.

## Training Schedule

This training is held online for the duration of 12 weeks. Each week you will be sent a recorded practice to self-explore. Each week you will need to set time aside for this practice and study of the module content.

Every week there will be an embodiment workshop where you will explore practices and self-discovery. Through exploring transformative concepts rooted in the energy and philosophy of yin, you work towards true embodiment as a facilitator before taking this work into therapeutic settings. It is crucial that facilitators know and understand what it means to self-regulate and hold space for whatever may arise for themselves and participants during sessions. There will be space for open discussion about the practice and how this practice is a form of social justice for self, others, and our wider communities in order to cultivate a sense of individual agency and collective responsibility.

Every week you will have a live lecture that unpacks a concept in depth, and creates space for questions and discussion to ensure content is landing and integrating appropriately. The intention of this session is to create a place where all students can come together to explore any and all topics that are alive for them throughout the training.

## Live Online Lectures

May 13th - August 18th, 2024

Mondays from 7.00pm - 9.00pm NZST

## Online Embodiment Workshops

Weekly pre-recorded sessions.

To find your timezone click [HERE](#)

*\*\*All times are based on Auckland Time (NZT)*

*\*\*Please pay attention to Daylight Savings Time and any changes in your region throughout*

## Timezone and Live Attendance

Because we care about community building and group support we ask for 50%+ live online attendance for Certification and CEUs. However, we are able to make individual exceptions - this must be discussed prior with lead facilitators.

<b>Live Lectures: Every Monday</b>
May 13th, 7.00-9.00pm NZST May 20th, 7.00-9.00pm NZST May 27th, 7.00-9.00pm NZST June 3rd, 7.00-9.00pm NZST June 10th, 7.00-9.00pm NZST June 17th, 7.00-9.00pm NZST June 24th, 7.00-9.00pm NZST July 1st, 7.00-9.00pm NZST
<b>2 Week Break &amp; Integration</b>
July 22nd, 7.00-9.00pm NZST July 29th, 7.00-9.00pm NZST August 5th, 7.00-9.00pm NZST August 12th, 7.00-9.00pm NZST

## Breakdown of Hours

Asynchronous learning	4 hrs per week	52 hrs
Embodiment Workshops	1.5 hrs per week	18 hrs
Live Lecture	2 hrs per week	24 hrs
1:1 Calls	30 mins x 6	3 hrs
Group integration call after break	1.5 hrs	1.5 hrs
Integration call 3 weeks after completion	1.5 hrs	1.5 hrs



## **Training Content Breakdown:**

### **Science of Mind-Body Connection**

- Take a deeper, evidence-based look at the mind-body connection and how we can work with all of the levels and layers of our being in a safe, trauma-informed way, alongside the principles of yin yoga
- Understand the impact trauma has on a neurological and physiological level and the role fascia plays. Explore how to work with the fascial network and mind-body connection for experiential integration of stored cellular memories, current and unprocessed emotions, unprocessed stress and/or trauma
- Learning how using props can not only signal to the nervous system there is a cue of potential safety but also how to navigate the relationship between mind and body, building a strong foundation for safety, inclusivity, accessibility, and thoughtful to traditional yin yoga shapes
- Explore the evidence-based, bottom-up approach of working with the body to build the capacity and tolerance to process and integrate past and present experiences of stress and trauma

### **Neuroscience of Mindfulness**

- Hone your teaching expertise with knowledge from a neurological, mental health and yin perspective
- Learn tools and techniques to restore and regulate the nervous system to build a foundation for people to move forward and build their capacity to hold emotions and sensations in their body and healthily process and integrate them
- A psychological and philosophical look at mindfulness theory and how to powerfully incorporate this into your own practice as well as the classes you deliver
- Explore, from a scientific and evidence-based approach, the mental and emotional aspects of yin yoga and how to create a safe(r) container for every individuals' experience
- Accessible and trauma-informed breath, mindfulness and meditation techniques

## Trauma Theory

- Take a deeper look at trauma theory to understand how stress and trauma influence and impact people as well as how yin yoga can be a transformative and restorative practice
- Explore various types of stress and trauma and the underpinning theories that help us work with and integrate these experiences in a safer, more contained, and restorative way
- Develop a deeper appreciation and respect for your scope of practice as a yin yoga teacher and explore the sacred responsibilities you hold
- Understand the intricacies of trauma-informed approaches and discover how this practice is a form of social justice for self, others, and our wider communities
- Incorporate evidence-based techniques into offerings specific to populations and communities you want to walk alongside

## Art of Trauma-Informed & Therapeutic Facilitation

- Experience guided practices for personal exploration and develop your own personal practice that fosters a visceral and embodied understanding of this sacred practice
- Mindfully and powerfully facilitate yin yoga in a safe, accessible way for all through Art of Facilitation workshops
- Learn the art and power of verbal and visual cueing to allow people to experience the practice from the inside out, creating a somatic journey for the student to restore a sense of self-agency and choice within their body.
- Sequencing workshops that unpack the science behind crafting and delivering empowering and transformative classes
- Build a toolkit of appropriate language and communication during all elements of your experience as a yoga teacher
- Multiple tools to facilitate a practice that considers mental health, trauma-informed approaches, and overall wellbeing
- A look into the art of teaching and an upgraded self-practice
- Confidently offer your participants a practice that holds space for and is responsive to the physical, energetic, mental and emotional layers of the body in a trauma-informed way

---

## Practical Information

- An in-depth manual that covers all topics for future reference
  - A 100-Hour YACEP Certification (we are a Yoga Alliance Continuing Educational Provider!)
  - Plenty of time for group work, collaboration, discussion, and study time to not only foster community and a deepening of your understanding but to help unpack what this practice truly means to you
  - Time with knowledgeable and qualified teachers, and a supportive, like-minded community of yoga practitioners
  - Have tools to cultivate and facilitate a powerful and informed practice that compliments a well-rounded and integrative approach to health and wellness
- 

## Weekly Schedule

### Week 1 - Yin Yoga & Personal Responsibility

This session will set the foundational understanding of yin yoga as a practice and begin to layer over how this practice can be transformed into a therapeutic offering. We will also look at the true nature of radical self-care within the context of therapeutic work. Here you will also learn tools and resourcing techniques for nervous system regulation for yourself and others.

### Week 2 - Trauma & the Brain

Here we unpack the intricacies of the nervous system and how the brain is impacted by stress and trauma. We will look at the anatomy, physiology, and neurobiology of stress and trauma and ways in which yin yoga can support self-regulation and nervous system support, as well as lay the foundation for post-traumatic growth.

### Week 3 - The Language We Use

Language has the power to establish and dismantle power dynamics and hierarchies. Here, we look at how invitational and interoceptive language can help establish and support the therapeutic relationship between facilitator and client. We'll look at how language can invite pockets of embodiment and exploration of one's own sense of safety from the inside out. We will learn various ways to verbally and visually cue to support a hands-off, empowering approach to this practice to help cultivate self-agency and a deeper connection to one's mind and body.

## **Week 4 - Trauma, Fascia, and Memory**

This session explores the role of fascia in how traumatic memories are stored and processed and how they can manifest. We will look at the function of memory and how a therapeutic yin yoga practice can help to integrate and transform the somatic and neural memory of stress and trauma.

## **Week 5 - Inclusivity & Accessibility: Mental Health & Addiction**

When it comes to creating safer, more inclusive, and accessible spaces we must take the entire human experience into account. In this session, we will look at mental health and addiction as well as physical limitations and how we can intentionally curate safer spaces for all.

## **Week 6 - Navigating Dissociation**

Dissociation is a coping and survival mechanism that is healthy and useful when engaged appropriately. We will look at the healthy gradient of dissociation and how it may become problematic for some. We will also learn ways to work with dissociation and work toward a more empowered and embodied experience in a safer way through practices like titration and pendulation.

## **Week 7 - The Stress Response Cycle**

Stress is a natural part of everybody's life, yet our relationship with it can be problematic. This session explores the Stress Response Cycle and how to work with it effectively and consistently; closing the loops to help support and restore the nervous system, while cultivating greater inner resilience. Here we also look at triggered responses and how we can safely and effectively hold space for them while honouring the entirety of the stress cycle.

## **Week 8 - Trauma-Informed Mindfulness & Meditation**

While meditation is not safe nor appropriate for everyone, we will look at how to safely deliver and navigate trauma-informed mindfulness and potentially meditation. This session also focuses on frameworks for intentional sequencing of therapeutic yin yoga practices.

## **Week 9 - Navigating Power Dynamics**

As a facilitator, there are certain power dynamics to be aware of and navigate in order to establish and maintain a safe therapeutic environment and relationship with those you are working alongside. We will look at empathy and compassion and work with and through both for the benefit of our participants.

## **Week 10 - Your Role as a Therapeutic Yin Yoga Facilitator**

Here we further explore our role as a therapeutic yin yoga facilitator and unpack concepts such as co-regulation, transference and countertransference as well as trauma stewardship. Understanding our responsibility to self-regulate and set and hold authentic boundaries is paramount in this work. Learn tools for self-reflection and reflexivity for a safer, more effective therapeutic practice.

## **Week 11 - Code of Ethics & Onboarding**

By exploring our Scope of Practice and establishing a Code of Ethics, we can more powerfully ground into our role while keeping ourselves and others safe. Here we also develop a thorough, yet very intentional, screening and onboarding process to ensure safety from the very beginning.

## **Week 12 - Moving Forward**

The final week is all about bringing everything together and focusing on next steps and how you want to move forward in this work. We will discuss ethical and responsible business practices and marketing in relation to the communities and populations you currently or wish to work with in the future.

---

## Equity in Investment - Choosing Your Tier

We are committed to offering trainings, mentorships and opportunities that are of the highest quality, affordable and accessible while striving to keep equity and mutual exchange at the soul of how we serve.

We recognize that we live in systems of inequity and we strive to find ways of finding balance within this. We feel that the deepest engagement and greatest benefit comes when there is a meaningful mutual exchange.

For these reasons, we offer tiered pricing. There is an invitation to reflect on your access to resources and privilege, the value of this work, what you can genuinely afford, and what you might pay for comparable training programs. By committing to what is truly within your means you make it possible for others to show up within theirs and we are all grateful for this.

**TIER 1:** \$1995 NZD – For those who are financially well-resourced and who are able to contribute to our scholarship fund. Reflects the value of the course in Western economic markets.

**TIER 2:** \$1695 NZD – For those on medium incomes and access to financial resources who also are able to contribute to our scholarship fund.

**TIER 3:** \$1395 NZD – For those on low incomes, caring responsibilities and from marginalized communities.

\*\*We have limited space in our training in order to be able to fully support each participant in their learning journey.

Payment plans are a binding contract between you and SomaPsych. If payments are not kept up-to-date, you may lose access to your course until payments are back on track. Email Emily at [info@somapsych.org](mailto:info@somapsych.org) for registration with details of your payment tier, and installment choice for your plan. Payment plans can be paid on a weekly, bi-weekly or monthly basis unless agreed otherwise.

A non-refundable deposit of \$600 is required to secure your spot with payment plan options available to best suit you e.g. weekly, bi-weekly or monthly payments with full payment completed by the certification date of your training. Payment plans are a binding contract between you and SomaPsych. If payments are not kept up-to-date, you may lose access to your course until payments are back on track. Email Emily at [info@somapsych.org](mailto:info@somapsych.org) for registration with details of your payment tier, and instalment choice for your plan.

Upon receiving the deposit or full payment you will receive a full **Welcome Email** with all further details and receipt of payment.

---

## Applications

If you would like to enrol on this training, please fill out the [Expression of Interest Form](#)

---

Please email Esther for any further questions or inquiries - [info@somapsych.org](mailto:info@somapsych.org)

We look forward to sharing this experience with you!

Be Well & Live Loud,

**Amanda**

[info@somapsych.org](mailto:info@somapsych.org) | [www.somapsych.org](http://www.somapsych.org) | Instagram; [soma.psych](https://www.instagram.com/soma.psych)