



**SomaPsych** is honoured to offer this  
**100HR Nervous System Yin Yoga Teacher Training**  
**Trauma-Informed Approach**

**2025 Dates**

Online | March 3rd - April 27th 2025

Online | August 18th - October 12th, 2025

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

**This is for those who aim to create a nurturing and restorative  
space for practitioners to explore body and mind...  
A space that encourages nervous system regulation  
on and off the mat.**

**Module 1** 50 Hrs

**Anatomy & Fascia | A Bioindividual Approach to Yin**

**Module 2** 50 Hrs

**Nervous System | Foundations of Trauma-Informed Facilitation**

# A Nervous System Centered Approach to Yin Yoga through a Trauma-Informed Lens

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Through personal practice, embodiment workshops, and educational lectures, you will learn about functional anatomy, in-depth fascia study, nervous system regulation, the science behind yin yoga's impact on stress and mental health, as well as how to facilitate a somatic experience for others from a trauma-informed lens.

SomaPsych approaches yin yoga with the intention of helping to regulate, balance and restore one's nervous system. Throughout this training, students will learn about the guiding principles of yin and how to weave in somatic tools to help support one's nervous system. These principles help us move from reaction to response on and off the mat, enabling us to foster our innate resilience by regulating the nervous system through polyvagal-informed practices. Through this method, which integrates trauma-informed practices, students can create a supportive environment for practitioners to explore their present-moment experience on a somatic level while enhancing autonomy, choice, and resilience. Through growth-based discussions and explorations, students will navigate trauma-informed concepts that explore how to make this practice more accessible to those we're working alongside.

In today's fast-paced world, yin yoga provides a sanctuary for slowing down and cultivating stillness. Students will be able to create an environment where practitioners can fully immerse themselves in the gentle, introspective energy of yin yoga on the mat. Equally important is the integration of this yin energy into the world beyond the mat, fostering a more regulated nervous system as individuals navigate their daily lives.

SomaPsych teacher trainings advocate for social justice and systemic change, recognizing that nurturing both body and mind empowers individuals to effect positive change in their lives and communities.

This training offers a valuable opportunity for self-exploration and personal practice enhancement, alongside the development of skills for creating supportive spaces for others. We recognize the significance of equipping teachers with tools to regulate their own nervous system, enabling them to seamlessly integrate these techniques into their classes to support the wellbeing of practitioners.

## **Why should Yin Yoga be Trauma-Informed?**

The body holds trauma to different degrees and complexities. As a teacher, you are creating space for individuals to explore and connect with their breath, body and mind. Therefore it is important to be sure we are able to hold students in the wholeness of their experience, understand what may be happening for them on a physiological and neurological level, without needing to alter or change their experience. We are here to bear witness, allow, and hold space for transformation in their own time and way.

Trauma-Informed Yin Yoga does not aim to heal or "release" trauma. Instead, it prioritizes supporting individuals' nervous systems by offering tools and practices for regulation. This training provides the knowledge and facilitation skills necessary to empower practitioners to manage emotions during practice through regulation tools, while also guiding students to recognize when it's appropriate to modify or step back from a pose.

# Training Modules

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## **Module 1** 50 Hrs

### **Anatomy | A Bioindividual Approach to Yin Yoga**

Yin and yang asana practice

Functional breakdown of muscle groups in relation to Yin

Skeletal, muscular, fascial system studies

How tension and compression can impact your yoga practice

Mindfully facilitating yin yoga in a safe, accessible way for all

Cueing and sequencing workshops

Power of props and an intricate breakdown of each asana

Mind-body connection and Embodiment workshop

## **Module 2** 50 Hrs

### **Nervous System | Foundations of Trauma-Informed Facilitation**

Mental and emotional approach to yin yoga

Nervous system

Mindfulness theory and workshops

Neuroplasticity, our thoughts, and emotions

Yogic philosophy and social change

Types of stress and trauma

Trauma-informed ways of approaching classes

Appropriate language and communication

Scope of practice and teaching responsibly

Group work and study time

# Weekly Schedule

<p><b>Week 1</b>          Yin Yoga Introduction          Functional Anatomy          Trauma-Informed Facilitation          Asana Breakdown          60-Minute Yin Yoga Practice</p>	<p><b>Week 5</b>          Neuroscience/ Nervous System          Trauma-Informed Facilitation          Asana Breakdown          75-Minute Yin Yoga Practice</p>
<p><b>Week 2</b>          Functional Anatomy          Trauma-Informed Facilitation          Asana Breakdown          60-Minute Yin Yoga Practice</p>	<p><b>Week 6</b>          Neuroscience          Philosophy          Mindfulness &amp; Meditation          Asana Breakdown          90-Minute Yin Yoga Practice</p>
<p><b>Week 3</b>          Functional Anatomy          Trauma-Informed Facilitation          Asana Breakdown          60-Minute Yin Yoga Practice</p>	<p><b>Week 7</b>          Neuroscience          Mental Health &amp; Yin          Trauma-Informed Facilitation          Asana Breakdown          Backbody Meditation          75-Minute Yin Yoga Practice</p>
<p><b>Week 4</b>          Functional Anatomy          Trauma-Informed Facilitation          Asana Breakdown          Breathing Techniques          60-Minute Yin Yoga Practice</p>	<p><b>Week 8</b>          Student Practicum          Scope of Practice          The Path Forward as a Yin Yoga          Trauma-Informed Teacher          Meditation for Stilling the Mind          Asana Breakdown</p>

## Who is This Training For?

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*\*The below list offers an insight into previous students' professions. However, the list is not limited to the professions that this training is suitable for.*

- Yoga Practitioners looking to develop their personal practice
- Individuals that are new to the practice of yin yoga.
- Yoga Therapist/ Yoga Teacher
- Social workers
- Mental Health or Pastoral Counselors
- Physicians (MD, DO, ND, DC & others) & Physician Assistants
- Educator
- Emergency Medical Personnel
- Movement Therapists
- Complementary & Alternative Medicine Professional
- Other Wellness Professionals
- Human Resource Manager & Business Owners

## Training Dates & Locations, 2024

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### Online, Live

March 3rd - April 27th 2025 [REGISTER HERE.](#)

August 18th - October 12th, 2025 [REGISTER HERE.](#)

To find your timezone click [HERE](#)

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

# Training Schedule

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This training is held online for 8 weeks. Each week you will be sent an asana recording to self-practice. Each week you will need to set the time aside for this asana practice and studying the module content.

Every 2 weeks you will have a **LIVE** embodiment workshop where you will explore embodiment practices for self-discovery and transformative concepts rooted in the energy and philosophy of yin. There will also be open discussions about the practice and how our practice is a form of social justice for self, others, and our wider communities.

\*\*Please note that the embodiment workshop and community call will run in alternate weeks.

## **Live Embodiment Workshop Schedule - March 3rd - April 27th 2025**

Tuesday 4th March, 7-8pm NZDT

Tuesday 18th March, 7-8pm NZDT

Tuesday 1st April, 7-8pm NZDT

Tuesday 15th April, 7-8pm NZST

## **Live Embodiment Workshop Schedule - August 18th - October 12th, 2025**

Tuesday 19th August, 7-8pm NZST

Tuesday 2nd September, 7-8pm NZST

Tuesday 16th September, 7-8pm NZST

Tuesday 17th September, 7-8pm NZDT

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 along the way*

### **Access to Content & Course Completion**

Students will have access to the content via the learning platform for 2 months post training completion date. Student practicums must be submitted within this timeframe to gain certification.

### **Certificate of Completion**

In order to earn a Certificate of Completion, participants must be present for all live community calls and submit homework in a timely manor. These guidelines for completion are to ensure that we are building a safe and robust community during this transformational learning experience.

Students will have access to all training content held on the online learning platform for one month after the training end date.



# Upon Completing The Training You Will Be Able To:

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- In depth understanding of functional anatomy, whilst acknowledging how bio individuality and the present moment experience or practitioners impacts their unique exploration of shapes.
- Explore fascia's relationship to overall health and its multifaceted role in proprioception, mobility, emotional well-being, nervous system regulation, and holistic vitality
- Learn how to understand and apply tools for regulating the nervous system as a teacher, while seamlessly integrating appropriate techniques throughout your classes to support the wellbeing of practitioners.
- Gain insight into the effects of stress and trauma on the mind and body, and understand the significance of providing trauma-informed care.
- Have a strong foundational understanding trauma-informed ways of teaching for the general public
- Be mindfully aware of how to facilitate an accessible class for all bodies
- Understand the intricacies of yogic philosophy and discover how this practice is a form of social justice for self, others, and our wider communities
- Embody the energy of yin on and off the mat for self & collective healing
- Confidently offer your students a practice that works with the physical, energetic, mental and emotional layers of the body
- Receive a 100-Hour YACEP Certification (Yoga Alliance Continuing Education Provider)

## What you can expect from the training:

- A deep understanding of yin yoga and how it works with the physical, energetic, mental and emotional dimensions of the body
- Workshops on the following: - Embodiment Workshops, Personal Practice - on and off the mat, Educational Lectures on content including philosophy and trauma theory, Self-reflection and inquiry
- A look into the art of teaching Yin, and an upgraded self-practice
- A strong foundation in the anatomy for safe yin postures
- Multiple tools to facilitate a practice that considers mental health and wellness
- A 100-Hour YACEP Certification (we are a Yoga Alliance Continuing Educational Provider!)
- 2 manuals that cover both modules
- Time with a knowledgeable and qualified teacher, Amanda, who is a registered Psychology student and holds over 1000 hours in Yoga, Anatomy & Physiology Trainings and 500 hours in trauma-informed trainings, including social justice and inclusivity.
- Access to a global community of SomaPsych certified trauma-informed practitioners (including FB community Page & monthly community call).

# Pricing

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## 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 offer tiered pricing as we recognise that we live in systems of inequity and believe this is a way to find some more balance within this.

We find that the deepest engagement and greatest benefit comes when there is a meaningful mutual exchange. 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.

Find out more about [tiered pricing](#).

### **All prices are in New Zealand Dollars (NZD)**

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**TIER 1:** \$1,695 – For those who are financially well-resourced. Reflects the value of the course in Western economic markets.

**TIER 2:** \$1,465 – For those on medium incomes and access to financial resources.

**TIER 3:** \$1,125 – For those on low incomes, caring responsibilities and from marginalized communities.

Upon receiving your deposit or full payment, you will receive your **welcome email** with all further details and receipt of payment.

## Finance Policy

By purchasing this training, you agree to these terms and conditions regarding refunds and payments. [View finance policy here.](#)

# Registration

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Email [info@somapsych.org](mailto:info@somapsych.org) for queries or visit

# Training Facilitator



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## **Amanda Hanna**

**BA Psych - MA Psych Student, Integrative Somatic Practitioner  
300hr TCTSY-F, 1000hr E-RYT, YACEP, Certified Mindfulness & Meditation  
Trainer, Somatic Dance Teacher, Shaking Medicine Facilitator**

Amanda holds over 1000 hours of training in Yoga, Anatomy & Physiology, with a special focus on Yin Yoga, complemented by her extensive expertise in holistic nutrition for the nervous system and hormonal support, meditation, mindfulness neuroscience, and energetics. She has developed a unique teaching style that integrates these disciplines.

Through her Yin Yoga workshops and teacher trainings, Amanda shares her deep knowledge of trauma-informed facilitation, resilience, and nervous system regulation. Her approach emphasizes the restorative power of Yin Yoga as a gateway to inner strength and healing. Amanda is dedicated to enhancing our understanding of stress, adversity, and trauma, offering compassionate, evidence-based practices that support personal growth and nervous system restoration

I look forward to working alongside you,

Amanda Hanna

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