



WWW.SOMAPSYCH.ORG

Nervous System Rejuvenation Program

Online & Live

6 Weeks

February 5th - March 12th

Enrol Today

February 5th - March 12th



SOMAPsych

01 // SomaPsych & The Nervous System

At SomaPsych, we empower resilience and transformation through trauma-informed care and somatic practices—bridging individual restoration with collective social change.

You may know us through our signature **20HR and 300HR Trauma-Informed Facilitator Trainings**, which are central to our mission. Beyond that, we collaborate with organisations and non-profits to normalise trauma-informed practices and nervous system education across all spaces, not just within healing communities.

So, WHY Nervous System Regulation?

At SomaPsych, the nervous system is at the heart of everything we do. It's the foundation of our bodily functions and the body-mind connection, reflected in our name, SomaPsych.

This six-week program is a space to deepen your understanding of how the nervous system operates, particularly in navigating burnout, dysregulation, and finding pathways back to balance. Through experiential practices like Yin Yoga, Yoga Nidra, Polyvagal Theory, and Resourcing Techniques, you'll nurture your nervous system and gain valuable educational insights to support resilience and restoration.

If you're curious about this gentle yet transformative practice and want to develop your relationship to your nervous system, keep reading—or reach out to us at info@somapsych.org.

Developing a relationship with your nervous system is foundational for both individual and collective healing. By learning to manage stress, build resilience, and process past trauma, we open pathways to personal well-being while contributing to a larger movement for social justice and systemic change. Imagine a world where these tools are accessible to all—supporting liberation, equity, and healing on every level. This connection between nervous system health and social transformation is key to creating lasting change for individuals and communities alike.



03 // Meet Your Facilitator



Amanda Hanna **Founder of SomaPsych**

I'm the founder of SomaPsych and work alongside a small team of four amazing humans who are deeply passionate about bringing this work to life. You can meet them [here](#).

I hold a BA in Psychology and am currently pursuing my MA in Psychology, alongside being an Integrative Somatic Practitioner. My certifications include 300HR TCTSY-F, 1000HR E-RYT, YACEP, Certified Mindfulness & Meditation Trainer, Somatic Dance Teacher, and Shaking Medicine Facilitator.

With over 1,000 hours of training in yoga, anatomy, and physiology, my work focuses on Yin Yoga, complemented by extensive expertise in holistic nutrition for the nervous system and hormonal support, meditation, mindfulness neuroscience, and energetics. My teaching style is a unique blend of these disciplines, emphasizing the integration of body, mind, and spirit.

Through my Yin Yoga workshops and teacher trainings, I share a trauma-informed approach to facilitation, resilience, and nervous system regulation. I see Yin Yoga as a deeply restorative practice that provides a gateway to inner strength and healing. My passion lies in helping others understand and navigate stress, adversity, and trauma through compassionate, evidence-based practices that support personal growth and nervous system restoration.

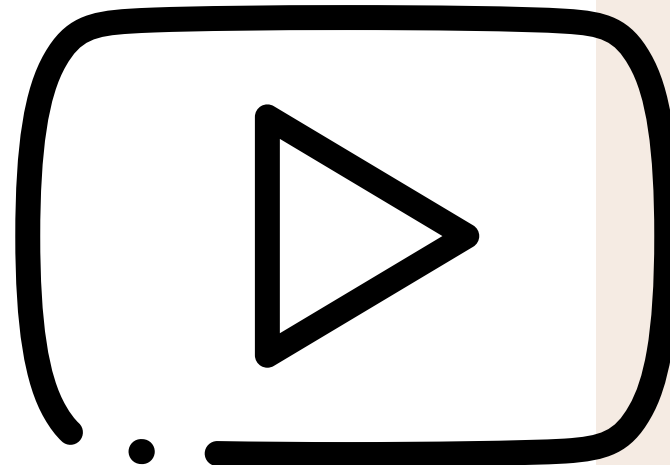
04 // About This Program

This course is quite literally all about you and your nervous system. This Nervous System Rejuvenation Course is designed for anyone and everyone, regardless of previous experience or knowledge. Each participant will learn, explore, and experience the course material in their own unique way, ensuring a personalized journey that addresses individual needs and challenges.

In our fast-paced world, constant challenges and uncertainty take an exhausting toll on our nervous systems. This course harnesses the wisdom of our bodies, teaching you to become your own radical self-care expert. We'll explore the intricacies of the nervous system and discover sustainable ways to rejuvenate and support ourselves amid today's stresses.

This online program blends education with practical application. You'll learn about the nervous system and stress response while practicing regulation and resilience tools that you can easily incorporate into daily life. Our sessions focus on various aspects of physical, mental, and emotional health, aiming to leave you feeling nourished and equipped with practical, sustainable tools for the future.

Tap the video icon here to watch a video about the 6 week program over on the SomaPsych Youtube!



05 // Who is this training for?

This six-week program is designed for anyone looking to restore balance to their nervous system and cultivate resilience. This program may benefit you if you resonate with either of the below...

◆ **Burnout Warriors:**

Those feeling physically and emotionally depleted from chronic stress or overwork.

◆ **The Overwhelmed:**

People who experience constant feelings of being "too much" and struggle to slow down.

◆ **Sleep Seekers:**

Anyone battling difficulty falling or staying asleep due to a dysregulated system.

◆ **Every Human:**

Because we all have a nervous system navigating the complexities of this big, busy world.

This program meets you where you are, offering tools for individual and collective healing.

Theory Topics

- Personalised Tools for Nervous System Regulation
- Nervous System Overview
- Supporting and Loving Up Your Vagus Nerve
- Burnout and Completing Stress Cycles
- Relationship Between Nervous System & Stress
- Overview of Nervous System Restoration & Long-Term Support
- Nutrition and Lifestyle Shifts for Mental Health, Resilience & Longevity

07 // Overview of Topics

1.

Foundational Nervous System Understanding

Explore the nervous system's functions, how it is impacted by daily life, and practical tools to restore and revitalise its balance.

2.

Nervous System & Stress Resilience

Navigate uncertainty and its emotional toll by integrating somatic tools, such as yin yoga, to build tolerance and process significant emotions.

3.

Vagus Nerve Support

Delve into Polyvagal Theory, understanding the vagus nerve's role in parasympathetic regulation and finding balance through its activation.

4.

Restorative Nervous System Practices

Discover effective approaches to calm and rejuvenate the nervous system, ensuring resilience and longevity.

5.

Nutrition for Mental Wellness

Learn sustainable, practical strategies for supporting mental health, resilience, and long-term vitality through mindful nutrition.

6.

Tools for Daily Regulation

Implement actionable techniques to sustain nervous system health, recharge during calm periods, and prepare for challenges.

7.

Sustainable Integration

Build a meaningful practice to integrate these tools and concepts into everyday life for lasting impact.

Evidence-Based Approach

Amanda integrates insights from neuroscience, psychology, somatics, and other disciplines and modalities to explain how to support your nervous system and develop a personalised practice. We will explore the science behind nervous system regulation and examine how resourcing techniques can be applied in various situations. Through embodied practices, we'll experience different methods for nervous system support, fostering a comprehensive mind-body understanding.

10 // Live Schedule

Over 6 weeks, we will explore the nuances of implementing daily, evidence-based practices to help regulate and restore your nervous system. Live Sessions will be held on Zoom and all course content will be hosted online through the Thinkific platform. Supplemental learning resources will be offered weekly to explore at your own pace. These will include podcasts, readings, reflection prompts and more. Your involvement is greatly appreciated, be it through questions or interactions within the [online community](#).

◆ **Live Schedule**

Wednesday 5th Feb | 7p - 9p

Wednesday 12th Feb | 7p - 9p

Wednesday 19th Feb | 7p - 9p

Wednesday 12th Feb | 7p - 9p

Wednesday 19th Feb | 7p - 9p

Wednesday 26th Feb | 7p - 9p

Wednesday 5th March | 7p - 9p

Wednesday 12th March | 7p - 9

To find your timezone click [HERE](#)

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

Tiered Pricing

We are dedicated to providing high-quality, affordable, and accessible trainings, with equity and mutual exchange at the heart of what we do. Our tiered pricing reflects our commitment to addressing systemic inequities, inviting you to reflect on your resources, privilege, and the value of this work. By choosing what you can genuinely afford, you help make this work accessible to others.

Learn more about our tiered pricing [here](#).

1

Tier 1 | Supporter

This one's for those who are financially well-resourced. It reflects the value of the course in Western economic markets. By choosing this tier, you're not just valuing the course at its market rate - you're also helping fund our scholarship spots, cool, right?

\$1275

2

Tier 2 | Sustainer

If you're doing okay financially but can't quite stretch to Tier 1, this one's for you. Perhaps you're on a medium income or you're a non-profit with some funding. You'll help us to sustain our existence as an organisation.

\$1075

3

Tier 3 | Access

This is for those on lower incomes, maybe you're from a marginalised community or have caring responsibilities. Perhaps you're a non-profit operating on a shoestring. We have a limited number of these spots.

\$775

Ready to develop a
relationship with your
nervous system?

Enrol Today

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FAQs

What if I cant attend a live lecture?

No worries! All live lectures will be recorded and uploaded to your personal learning portfolio. This way, you can catch up at your own pace, revisit key concepts, and stay engaged with the program content whenever it suits your schedule.

How long will I have access to the course content and recordings?

You will have access to all course content and recordings for one month after the program finishes. This ensures you have time to review and integrate what you've learned.