

SOMApsych

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

Dunedin, New Zealand July 6- 16, 2024

info@somapsych.org | 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 Trauma-Informed & Nervous System Centered Approach to Yin Yoga

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 whilst 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

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

Who is This Training For?

**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

Upon Completing The Training You Will Be Able To:

- 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).

Venue & Daily Schedule

This training runs at the lush studio and classroom space at **AYU Dunedin**. Find AYU at 7 Crawford Street, on the ground floor. This studio is located right in the hip Warehouse District, surrounded by parks, water views and stellar cafes. Metered street parking is available.

Food and accommodation

Each individual is responsible for providing their own food and accommodation for this training to allow you to find options that best suit your needs, and to keep the cost of this training as low and accessible as possible. We will provide tea, coffee and light refreshments throughout the training. There are many hostel and air bnb options available in Dunedin accessible to the studio via walking, driving or public transport options.

**There is 1 day off between Module 1 and Module 2 to allow and encourage integration and self-care throughout this exploration*

Your Day

Wake up to yin yoga in the morning to gently guide you into the flow of the day. Morning theory classes will intricately break down the components, principles, and aspects of yin yoga, functional anatomy, mindfulness neuroscience and so much more! Lunch breaks up the day and is followed with the art of mindfully facilitating through interactive sessions that keeps your development growing and evolving. Evening asana and other practices close the day to keep your body and mind balanced. This training takes you beyond just asana and teaching yoga, it is a deep dive into who you are and your sacred responsibility as a facilitator in any and all spaces and interactions.

Approximate Daily Schedule *subject to change

- 7.00-8.30a Morning Yin Practice
- 8.30-9.15a Breakfast Break
- 9.15-12.15p Theory
- 12.15-1.15p Lunch Break
- 1.15-4.15p Mindful Facilitation / Workshop / Clinic
- 4.15-4.30p Break
- 4.30-5.30p Evening Practice

Pricing

Price: \$2,214.90 for the full 100 hours

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.

Register [HERE](#).

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

info@somapsych.org for queries or visit

[Visit website.](#)



Training Facilitator

Amanda Hanna

TCTSY-F, E-RYT, YACEP Certified Mindfulness & Meditation Teacher Trainer,
Certified Holistic Nutritionist, BA Psych - MA Psych Student

Amanda holds over 1000 hours in Yoga, Anatomy & Physiology

Trainings as well as extensive training and experience in holistic

nutrition, meditation, mindfulness neuroscience, and energetics

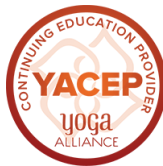
allowing her to develop a style unique to her. Amanda has a BA in Psychology and is currently undertaking her Master's and holds regular workshops and trainings with an emphasis on trauma-informed facilitation, resilience, nervous system regulation, neuroscience and embodied practices.

Amanda holds over 500 hours in trauma-informed trainings, including social justice and inclusivity. As a Certified Nutritionist and somatic practitioner, her focus is nervous system support and hormonal balancing through a whole-being approach.

I look forward to working alongside you,

Amanda Hanna

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



Be Well & Live Loud. ♥