

THE THINKING BODY

TRAINING IN SOMATIC MOVEMENT EDUCATION WITH LISA PETERSEN

LORETO ABBEY DALKEY, DUBLIN - STARTS FEBRUARY 10TH 2018

Somatic Movement Education (SME) offers a safe, fast and profound way to release and recalibrate tight muscles by retraining the nervous system and re-patterning the soma (body-mind).

This training unites modern neuroscience and ancient yogic wisdom within the practice of somatics. Learn how to make the unconscious conscious and feel how everything becomes easier and pain free from your head to your toes. For many movement teachers and students, it is quite simply love at first sight!

*"If you can
sense it
and feel it,
you can
change it"*

– Thomas Hanna

Somatic Exercise Coach (SEC) Training

A certified SEC is qualified to teach a wide range of somatic exercises confidently and professionally, has displayed competency in diagnosing somatic patterns, and is capable of prescribing exercise programs to groups or individuals.

SEC Training is suitable for students and teachers of yoga and pilates, athletes, dancers, bodyworkers, physio and massage therapists, psychotherapists, GP's, mind-fulness teachers and anyone interested in functional movement.

This training is also suitable for people who are not looking to teach somatics, but are simply interested in realizing their personal movement potential and healing the body-mind.

SEC certification is gained with the completion of three modules and attendance at a one day assessment. This course is currently offered in Ireland, Australia and the UK. New groups will start in Spain and Finland in the near future.

- **Module 1:** Learn about the three basic stress responses, how they influence posture and movement patterns, and the somatic movement approach to re-patterning the body-mind. This module is a deep dive into embodying somatics and learning how to do thirty fundamental exercises yourself.
- **Module 2:** Repattern and recalibrate your learning from Module 1. Discover profound ease in walking and learn forty new exercises. This module guides you towards deeper understanding, embodiment and refinement.
- **Module 3:** Learn how to be a safe, competent and professional somatics coach. This module includes sequencing, class planning, instruction and modifications.
- **Assessment and Competency:** a day of group practice, competency, assessment and group teaching.

Upon completion of Module 1, Module 2, Module 3 and the Assessment and Competency Day you will receive a full Somatic Exercise Coach (SEC) qualification.

"I have been exploring Somatic Movement Education for 3 years now and I am continually amazed by the depth and accessibility of the practice. Although the movements may appear simple - they command all of my attention and lure me easily into the depths of my being - to that space of deep connection, bliss and stillness. On a physical level, I have experienced more sustainable postural and functional improvements in three years than I have in 15 years of teaching and practicing asana or my 22 years of working as a Physiotherapist. Somatic movement education is now a regular part of my daily practice, my teaching and my clinical practice - I describe it to clients as the 'missing link' between yoga asana practice and Physio. I love how its simplicity makes it so accessible and how profound and long lasting the effects are on the body, mind and spirit- thank you Lisa Petersen for coming to Australia and sharing this amazing practice with us. "

- Shelly Fruend,
Physiotherapist
and Yoga Teacher

"Every time I attend a workshop with Lisa I enter with one body and leave with quite another! I deepen my understanding of myself, my practice, the human body and walk away with practical tools, sequences and information that I can immediately apply to my own teaching and practice."

- Claire Nettley, Yoga Teacher



"LEARNING IS MOVEMENT MOMENT TO MOMENT"

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The body has three primary stress responses that hijack our posture and movement patterns. These responses are hardwired into unconscious neuromuscular reflexes. This training will teach you to recognise these reflexes, understand how they affect you and what to do to create lasting change.

In Module 1 you will:

- Learn about the three primary neuromuscular reflexes in the body – what they are – and how they influence your entire soma (body-mind)
- Explore, refine, and break-down over thirty somatic exercises with a focus on posture and repatterning the central torso (somatic centre)
- Refine awareness of your own posture and become competent in analysing posture in others
- Learn how to set a kinaesthetic baseline for self-enquiry
- Investigate the functional/embody anatomy of your muscles, ligaments, tendons, bones and myofascias
- Discover new found ease, flexibility, balance, co-ordination and muscle function
- Enhance kinesthetic awareness and proprioceptive feedback
- Learn to pandiculate instead of stretch
- Investigate sensory-motor amnesia: the nervous system response to injury, trauma, and repetitive strain
- Find freedom from pain, tension and muscular contraction
- Create natural and impeccable alignment
- Learn to become your own somatic educator: self-sensing, self-correcting and self-healing

In Module 2 you will:

- Dive deeper into somatics as an art, science and practice
- Recalibrate and refine your understanding and embodiment of the exercises learnt in Module 1
- Explore, refine, and break-down over forty new somatic movements with a focus on upper and lower limbs, breathing and functional walking
- Continue to enhance your awareness, muscle function, control, posture, alignment, flexibility, balance and strength

In Module 3 you will:


- Learn the art of teaching somatics and how it is different from other teaching modalities like Yoga or Pilates
- Explore how somatic movements can be seamlessly incorporated into a public class or private session, exercise routine, or other training program
- Learn how to sequence a somatic class or session
- Refine your instruction, touch, and ability to teach self-enquiry
- Practice using somatic exercises for common conditions such as neck pain, shoulder pain, hyper-kyphosis, functional scoliosis, lower back pain, hip/knee pain, and arthritis
- Learn how to educate others to be self-sensing, self-correcting and self-healing

This training includes:

- Guided practice sessions each morning to both embody and calibrate the exercises
- Short lectures, visual content, guided somatic enquiry, movement re-patterning, postural analysis, dyad and group work, restorative practices
- A comprehensive program to use in your classes or private sessions
- A clear understanding of the methodology behind Somatic Movement Education as an art as well as science
- Instructions on teaching techniques, cueing, modifications, customising instructions, language, and imagery
- A colour manual detailing history, philosophy, anatomy, teaching and practice fundamentals, full instructions and photographs of each exercise.

What am I qualified to do?

- You are qualified as a Somatic Exercise Coach (SEC) which means you can safely, competently, and professionally teach somatic exercises to groups or individuals



"I feel for the first time that someone has actually talked to my scoliosis."

– Jessie Collins,
Journalist

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'Lisa has a way of teaching that opens the door for possibilities you don't even know are there. She has an ability to shine a light into corners and let you see what is going on without making you feel bad or small in any way. The way she presents the somatics practice makes it such a gift of awareness and freedom in your body. Thank you for creating such a well structured and fascinating course!'
— Nicole Minogue, Yoga Teacher

I suffered a compressed fracture of my lower back 12 months ago and have suffered constant pain since. The back specialist told me that I would be prone to back-pain for the rest of my life. All I can say about the Somatics sessions is that they have almost completely cured the pain. I learnt more about the subject from you than I did from the specialists'. — Ian McGlynn, Radio Producer

"Accidentally discovering Somatics, over the last two years I have fallen in love with it. Through deep listening I have begun to unravel places within myself previously unknown, allowing space for my inner voice to be heard. The sense of curiosity and exploration attracts me to watch as my body's self-healing capacity guides me towards balance. Lisa's training has gifted me the knowledge, tools and attitude to continue this exploration within myself and also to share this gift with others." — Deirdre Mullins, Yoga and Somatics Teacher

"After only one session of Somatics, it was like a reset button was pressed and old patterns of holding and tension were released and my pain was gone. It was truly remarkable and so simple to maintain myself" — Cathy Enright, Yoga Teacher

"Despite a lot of stress and anxiety in my personal life my back has never been stronger and healthier. I have had no pain or discomfort since I started Somatics, and I know that if my old problem recurs I can put it right myself." — Julie Parson, Author

"Somatics is life changing. I recommend it highly – it is truly amazing. My back was no longer my problem – instead it became like a long lost friend." — Teresa Hynes, Housewife

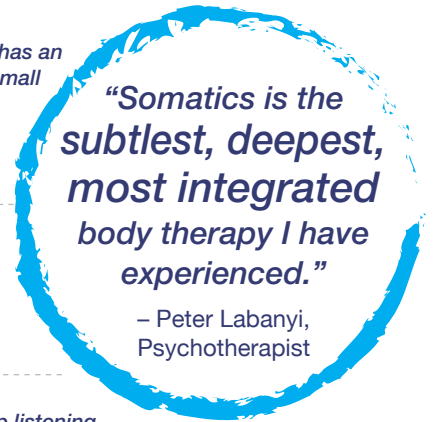
About Lisa

Lisa Petersen is an internationally acclaimed somatics innovator and yoga teacher who is passionate about guiding people towards personal transformation both on and off the mat. She has a deep understanding of anatomy, alignment, and functional movement patterns that she brings to life in her workshops through embodied exploration, experiential anatomy, somatic enquiry and innovative play. Lisa teaches with quintessential Irish charm and humour, imparting clarity and sensitivity - while revealing yoga and somatics as living, breathing and constantly evolving arts and sciences.

Lisa has helped thousands of clients get out of pain and back on their feet. Originally trained at Vivekenanda Kendra, India's most reputable Yoga Therapy Hospital, Lisa has vast experience working as a Yoga Teacher and Somatic Movement Educator and incorporates Body-Mind Centering extensively into her work. She offers workshops in Yoga, Somatics and Embodied Anatomy around the world. See www.living-yoga.ie or www.somatics.ie for more details.

"Lisa is simply superb – seamlessly combining her knowledge of Somatics and Yoga in a way that is clear, accessible and engaging. She brings a palpable warmth and enthusiasm into her teaching that is infectious and that encourages even the most timid of students to explore new territory. As a faculty member for my own teacher training programs she has surpassed all my expectations."

- Donna Farhi



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VENUE

Loreto Abbey Dalkey, County Dublin

TRAINING DATES

Module 1: February 10th- 13th 2018

Module 2: June 2nd- 4th 2018

Module 3: October 6th- 7th 2018

Integration and Competency: November 23rd - 26th 2018
(Attendance is only required on one of the above integration and competency dates.)

WORKSHOP TIMES

10am – 1pm and 2.30pm – 5pm each day

Registration is open from 9.15am on the first day of each module.

REGISTRATION, PAYMENT AND QUERIES

For information, bookings, payments and other queries, please contact info@living-yoga.ie.

Please be aware that your booking is for the entire course.

FEES

Total cost: €1700

A payment plan option is available. Please contact info@living-yoga.ie for details.

Early Bird: €1450 payable in one amount before October 31st, 2017.

WHAT TO DO NEXT?

1. Request an application form with an email to info@living-yoga.ie.
2. If you need more information, we are happy to organise a phone call to answer any individual queries and help you plan your training and optimise your learning. Please contact info@living-yoga.ie.
3. Check out Lisa's sample somatics online classes at Ekhartiyoga.com. There is a 30-day trial available for €1.
4. See our website www.living-yoga.ie for upcoming workshops in your area.

CANCELLATION POLICY

Your payment can only be refunded (minus a €40 administration fee) if your place can be filled from the wait-list

PARTICIPATION NUMBERS

Early booking is highly recommended as there are a limited number of places at the workshop.

WHAT TO BRING

Enjoyment of the workshop is enhanced by having the equipment listed. To avoid loss or confusion, please make sure all equipment is clearly named. We are happy to provide equipment for international students by prior arrangement.

- 1 x yoga mat and
- 3 x wool blankets
(lyengar style preferred)



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