

170 hour Therapeutic Somatics certification content

[courses can also be take separately and in any order for full certification]



Two courses make up the total hours	100 hours total - YSHR	70 hours total - Somatics for YT
Emphasis of each:	<i>Yoga & Somatics for Healing & Recovery course</i> - the theoretical side; a large part of this exploration will be modern stress and trauma, and what this means for our bodies, minds, yoga teaching and practice; on and off the mat.	<i>Somatics for Yoga Teachers course</i> - the practical side; an experiential journey into Somatic practice to add into yoga teaching skills
Course breakdown	Online course and x4 in-person workshops	Online course and x1 in-person retreat
Why choose this course:	This 100-hr course has been designed as an explorative journey for yoga teachers, yoga therapists and others to delve into how a compassionate and subtly attentive relationship with their bodies, practice and teaching can help address these commonly seen dis-ease states.	This 70-hr course melds practical and theoretical aspects with in-person content, teaching skills etc. The course is designed to help you foster the embodied awareness and personal practice that helps you to teach others.
Pre and supportive reading	Course notes / Yoga Therapy for Digestive health / Teaching Yoga for Stress and Burnout, and for ME/Chronic Fatigue - including Long-COVID (for Yogacampus)	You can purchase the course in advance of the live sessions. As soon as you pay and sign up you get access to all of the online materials and the more exposure you have to these before the live sessions, the more you will get out of the course.
Written materials included?	Online manual included / purchase books: <i>Yoga and Somatics for Immune and Respiratory Health</i> (Singing Dragon 2022), <i>Yoga Therapy for Digestive Health</i> (Singing Dragon 2018)	Online manual included / purchase books: <i>Yoga and Somatics for Immune and Respiratory Health</i> (Singing Dragon 2022), <i>Yoga Therapy for Digestive Health</i> (Singing Dragon 2018)
Live online content hours	10 hours online live sessions	5 hours online live sessions
Live in-person hours	24 hours (4 x 6 hour workshops) in London, Bath & Brighton	16 hours practical over the Teaching Somatics Retreat Weekend in Forest Row, Sussex
Video practice	10 hours (pre-recorded content)	12 hours (pre-recorded content)
Lecture presentations via video	15 hours (2 presentations per 10 themes) with PDFs of slides included	introductions to each of the five themes that the practice videos follow
Home study above presentations/practice	15 hours directed home explorations + 15 hours specific reading	10 hours self-enquiry worksheets (home study). 12 hours supportive reading (home study)
Assessment time	11 hours for written assessment - introduction on chosen theme, class plan and teaching reflections	8 hours personal practice (not following the videos), 2 hours writing 60-90 minute class plan (home study), 2 hour teaching designed class (from plan; home study), 3 hours class attendance (home study)
Certification hours	100 hours total	70 hours total
Info & purchase options	https://www.somatictherapeuticyoga.com/yoga-somatics-healing-recovery	https://www.somatictherapeuticyoga.com/somatics-for-yts