

Somatic Yoga Professional Training Program

Soma Module: May 13-18, 2024 • Psyche Module: Sept. 9-14, 2024

Training held online via Zoom, Novato, California, USA

The Novato Institute for Somatic Research and Training is pleased to announce the Somatic Yoga Professional Training Program. The Somatic Yoga training program is a one-year specialty program designed to complement the participant's approach to yoga or yoga therapy. It is comprised of two 6-day (40 hour) modules, totaling 80 hours. The course is open to people who have completed their 200-hour yoga teacher's training or its equivalent, yoga therapists, and other allied professionals.

Somatic Yoga, developed by Eleanor Criswell, is a unique approach to yoga that blends somatics (mind-body integration), Hatha yoga, and Raja yoga (Patanjali's yoga). It is based on the principles of somatics, yoga, neuroscience (especially the somatic nervous system), applied psychophysiology, and psychology. The emphasis is on doing yoga from a first-person perspective with knowledge and awareness. Somatic Yoga is concerned with the evolution of the person—mind, body, and spirit. It leans heavily on sensing your somatic self and your life's work. The somatics approach to yoga can be used with a wide variety of yoga styles. It can also be used with individuals and groups and in your own personal practice.

The first module includes principles of Somatic Yoga, principles of somatics relevant to yoga, somatic assessment, basic neurophysiology, and a somatic approach to the eight limbs of Raja yoga (yamas and niyamas, asanas, pranayama, pratyahara, concentration, meditation, and unification), how to teach the somatic exercises, how to teach a somatic yoga class, and other topics. The second module focuses on clinical applications of Somatic Yoga: Deeper understanding of the neurophysiology of yoga, the neural basis of motor control, Somatic Yoga case presentations, and more complicated applications of Somatic Yoga. Students who demonstrate proficiency—knowledge and skill—in Somatic Yoga teaching will be certified in Somatic Yoga.

Tuition for each module is \$900. Sliding scale \$550-\$900. Applicants need to email and get approval for sliding scale amount to be paid. A \$200 deposit is due upon acceptance into the program. An application and telephone interview are part of the admissions process. Applications available online at www.somaticsed.com <<http://www.somaticsed.com>>. Application deadlines are one month prior to each module. Late applications considered by arrangement. For further information call (415) 897-0336.

The Somatic Yoga Professional Training Program will be held online via Zoom.



ELEANOR CRISWELL, Ed.D., is emeritus professor of psychology and former chair of the psychology department, Sonoma State University. Founding director of the Humanistic Psychology Institute (now Saybrook University, San Francisco), she is currently a Distinguished Consulting Faculty member for Saybrook University. Editor of *Somatics Magazine*, the magazine-journal of the mind-body arts and sciences, and director of the Novato Institute for Somatic Research and Training, her books include *Biofeedback and Somatics: Toward Personal Evolution*, *How Yoga Works: An Introduction to Somatic Yoga*, and she is editor of *Cram's Introduction to Surface Electromyography*. She is past president of the International Association of Yoga Therapists, the Somatics Society, and past president of Division 32—Society for Humanistic Psychology of the American Psychological Association, the Association for Humanistic Psychology, and the Biofeedback Society of California. She is on the board of the Association for Hanna Somatic Education. She is the originator of Somatic Yoga and Equine Hanna Somatics.

The Novato Institute for Somatic Research and Training
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**SOMATIC YOGA PROFESSIONAL TRAINING APPLICATION FORM
ONE-YEAR TRAINING PROGRAM IN SOMATIC YOGA**

Late applications considered by arrangement - please phone (415)897-0336 to follow up.

Name (last name first) _____

Mailing Address _____

City, State Zip, Country _____

Telephone: Day (____) ____ - _____ Eve (____) ____ - _____ cell (____) ____ - _____

E-mail address _____

Profession/Occupation _____

Age _____ ; Gender Male/Female; Nationality _____

Date of Birth _____ ; Place of Birth _____

Education (place and date of graduation):

High School _____

College _____

Graduate School(s) _____

Professional Training(s) _____

List any honors, awards, or special achievements: _____

