THE THINKING BODY

SOMATIC TEACHER TRAINING WITH LISA PETERSEN

SPACE AT THE MILL, MANCHESTER - STARTS 11th June 2027

Somatic Movement Education (in the tradition of Hanna Somatics) offers the gift of embodiment, awareness and freedom. It is a safe, fast and profound way to release and recalibrate tight muscles by reprogramming the nervous system and re-patterning the soma (body-mind).

This training unites modern neuroscience and ancient body wisdom within the practice of somatics. Learn how to make the unconscious conscious and feel how everything becomes freer and pain free from your head to your toes. Beyond the basics, this practice will teach you how to bring ease into your body, mind and life. 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, physio, physical and massage therapists, personal trainers, athletes, dancers, bodyworkers, psychotherapists, GP's, mindfulness teachers and anyone interested in functional movement and the connection between the body-mind.

This training will equip you with the skills to seamlessly incorporate somatic movement into your professional practice or teaching. SEC certification is gained with the completion of three modules and attendance at a half day assessment.

- **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:** This module guides you towards deeper understanding, embodiment and refinement. Re-pattern and re-calibrate your learning from Module 1. Learn thirty new exercises. Discover profound ease in walking and breathing.
- **Module 3:** Learn how to be a safe, competent and professional somatics exercise coach. This module includes teaching practice, class planning, sequencing, language, modifications, and peer-to-peer and teacher feedback
- **Integration and Competency:** a half day of group practice, small group teaching and peer review. This is followed by indepth and personalised feedback from our faculty

Upon successful completion of Module 1, Module 2, Module 3 and Integration and Competency, 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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LIVING YOGA

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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 body reading
- Investigate the unique embodied anatomy of your nervous system, including muscles, ligaments, tendons, bones and myofascias
- Discover new found ease, flexibility, balance, co-ordination and movement possibilities
- Enhance sensory awareness, proprioception (your sixth sense) and interoreception
- 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
- Experience for yourself the innate wisdom of your body-mind-spirit

In Module 2 you will:

- Dive deeper into somatics as an art, science and practice
- Recalibrate your understanding and embodiment of the exercises learnt in Module 1
- Explore, refine, and break-down over thirty new somatic movements with a focus on upper and lower limbs, breathing and functional walking
- Receive individual instruction and hands on feedback on your practice from our teaching faculty
- 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, 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 somatic inquiry
- 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 movement practice sessions each morning to both embody and calibrate the exercises
- Short lectures, guided somatic inquiry, movement re-patterning, postural analysis, and restorative practices
- A comprehensive toolkit of exercises, practices and programs to use in your classes or private sessions
- A clear understanding of the methodology behind Somatic Movement Education as an art, science and process
- Instructions on teaching techniques, sequencing, class planning, cueing, modifications, customising instructions, language, and imagery
- Full colour manuals with teaching and practice fundamentals, full instructions and photographs of each exercise, history and philosophy of somatics
- Individual guidance, instruction and feedback from members of our teaching faculty
- Partner and small group work to refine your learning, teaching, touch and feedback skills

> *"Somatics has completely transformed my approach to my personal yoga practice and to yoga teaching."*
> – Colette Kealy, Yoga Teacher

What will I be qualified to do?

Upon successful completion, you will be qualified as a Somatic Exercise Coach (SEC) which means you can safely, competently, and professionally teach somatic exercises to groups or individuals

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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, Northern Ireland

"Somatics is the subtlest, deepest, most integrated body therapy I have experienced."
– Peter Labanyi, Psychotherapist

"As a teacher myself I recognize that having knowledge does not always mean an innate ability to teach. Teachers, real teachers have a gift, a special something that helps them to share their knowledge in a myriad of ways, styles and voices so that everyone in the class can feel, understand and ultimately learn in their own unique way. Lisa is one of these teachers and to be in her class is a privilege. This work, delving into the soma through somatic training, is an essential component for any movement and wellbeing professional and indeed anyone interested in really connecting to the Mind-Body experience." — Michelle Riordan, Yoga Teacher, Ireland

"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 Teacher, Ireland

"There is something about Hanna Somatics that is more than just releasing muscle tension, improving posture and deeply relaxing my body/mind. Something a bit magic happens. I feel more connected to my body, more at home in my body, and more at home in myself. It's helped me access a piece of the puzzle that nothing else has yet." — Sarah White, Yoga Teacher, Scotland

"I am not the same body, mind or spirit that came to the mat at the start of the training. The somatic teachings seem simple but are profound and have added so much to the way I practice, teach and perhaps most importantly live my life." — Paul Oakley, Yoga Teacher, UK

"The somatics training exceeded all my expectations and has been immensely supportive and nourishing. Lisa's teaching is generous, deeply insightful, clear, and concise. She teaches with authenticity, integrity and huge compassion." – Cheryl Jenkins, Yoga Teacher, UK

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 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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TRAINING IN SOMATIC MOVEMENT EDUCATION WITH LISA PETERSEN

VENUE for Modules 1, 2 & 3

Space at the Mill, 2nd floor, Wellington Mill,
Duke Street, Manchester M34NF
www.spaceatthemill.co.uk

Module 4 is Online

TRAINING DATES

Module 1: Fri 11th - Mon 14th June 2027 (4 Days)
Module 2: Fri 10th - Mon 13th Sept 2027 (4 Days)
Module 3: Sat 6th - Sun 7th November 2027 (2 Days)
Module 4: Fri 11th - Mon 14th February 2028 (Attendance is only required at a half day of Module 4)

WORKSHOP TIMES

10.00am – 1.00pm and 2.30pm – 5.30pm 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 **somatics@gabyporter.co.uk**

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

FEES

Deposit: £500 payable on application
Total Investment: £1,900
Early Bird: £1,650 (Before March 11th 2027)

Payment plan available.
Please contact somatics@gabyporter.co.uk

WHAT TO DO NEXT?

1. Request an application form, bank details, logistics and FAQ documents at somatics@gabyporter.co.uk
2. Submit the application form with your deposit of £500. We will confirm your acceptance within a week. Your deposit is fully refundable if you are not offered a place.
3. 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 somatics@gabyporter.co.uk.
4. Check out Lisa's online somatics classes at yogaeasy.com. There is a 30-day trial available for €1.
5. See Lisa's website www.living-yoga.ie for free somatic resources and training videos.

CANCELLATION POLICY

Your payment can only be refunded (minus a £50 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 training. Lisa will be supported by 2-4 assistants. This allows for individualised hands-on feedback on your teaching and practice.

WHAT TO BRING

Enjoyment of the training 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. Space at the Mill has equipment if you prefer.
1 x yoga mat and
3 x blankets (Iyengar style preferred)

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