



The Art and Practice of Embodied Mindfulness 2016-2017 Certified Facilitator Training Program

The Foundational Training, the first step in our certification process, can be taken by itself. After learning the foundational practices you can apply for the full two-year, low-residency training which includes four additional 4day intensives coupled with group and individual supervision with Dr. Kaparo and individual sessions for certification as a Level One Somatic Learning Facilitator.

Who is this training for?

Health practitioners, including physicians, mental health practitioners, counseling students, nurses, chiropractors, acupuncturists, physical therapists, bodyworkers, etc.

Meditation teachers and spiritual counselors.

Practitioners of somatic disciplines, including yoga, martial arts & chi-gung, dancers & athletes.

Coaches and educators seeking a solid foundation for building innovative relational, facilitative and counseling skills to increase their effectiveness with clients/students.

People in career transition, interested in facilitating others to transform pain, stress, trauma & aging through awakening Somatic Intelligence.

Intensive Dates

February 12-15, 2016
May 27-30, 2016
October 7-10, 2016
February 17-20, 2017
May 26-29, 2017

For more information and to register,
visit www.somaticlearning.com

You will learn to:

- Break the misidentification with image/object bound experience and awakening non-dual awareness.
- Embody mindfulness to live from a deeper awareness of your authentic nature.
- Transform your relationship to gravity, aging and trauma.
- Use proprioceptive feedback to potentiate your capacity for learning, self-healing and self-renewal.
- Facilitate compassionate communication and creative dialogue to deepen intimacy and break inhibiting life scripts.
- Facilitate somatic meditations that:
 - Engage awareness, breathing, intrinsic/micro-movement and movement in space to reorganize your structure, optimize performance, and reduce strain.
- Integrate Somatic Learning with other modes of intelligence and into all activities.
- Maximize neuroplasticity along with tissue healing and regeneration.

Dr. Kaparo developed Somatic Learning® for healing and self-renewal over three decades of research, clinical practice and training health care practitioners. She leads seminars internationally and practices somatic-psychotherapy. Dr. Kaparo also teaches at universities, including MIT, JFK and CIIS, India's Jindal



Global University, China's Dalian Medical School. She was a long-time student of Vanda Scaravelli, David Bohm and Jiddu Krishnamurti. Author of *Awakening Somatic Intelligence: The Art & Practice of Embodied Mindfulness* and companion DVDs, she is also an award-winning poet and songwriter: *Awaken and Grateful*, two CDs of poetry and music, and *Embrace*, a book of poems.