**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 4-day intensives coupled with group and individual supervision with Dr. Kaparo and individual sessions for certification as a Level One Somatic Learning Facilitator.

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.

**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](http://www.somaticlearning.com)

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.