



# Somatic Learning®

with Risa Kaparo, Ph.D.

The Art & Practice of

## Embodied Mindfulness

[www.SomaticLearning.com](http://www.SomaticLearning.com)



## Embodied Awakening: Share A Joyous Journey into 2014

With Risa Kaparo, Ph.D. and Loren Roche, Ph.D.

January 4th - 5th , 2014 1pm - 7pm

Dr. Kaparo developed Somatic Learning® for healing and self-renewal during three decades of research, clinical practice and training health care practitioners. Somatic Learning is based on a synthesis of psychological, somatic and meditative disciplines.

Teaching meditation since 1968, Loren Roche, Ph.D., is the author of *The Radiance Sutras*, a new translation of the Vijnana Bhairava Tantra, and co-author of *Meditation Secrets for Women* and *Meditation 24/7*. He has also written *Meditation Made Easy*, *Breath Taking*, and *Whole Body Meditations*.

For more information: visit [www.somaticlearning.com](http://www.somaticlearning.com) and [LorenRoche.com](http://LorenRoche.com)  
email [inquiry@somaticlearning.com](mailto:inquiry@somaticlearning.com)

Yoga Kula  
Berkeley

1700 Shattuck Ave  
Berkeley, CA 94709



### Risa Kaparo, PhD.

Psychotherapist, Somatic Learning® facilitator, author, poet, songwriter and dancer, teaches her approach to self-healing and meditation all over the world, and shares these insights in her book, *Somatic Intelligence: The Art & Practice of Embodied Mindfulness*, and its companion material.