

**21. 22. 23.
NOVEMBER
2025**

BERLIN

SOMATIC RESET

**TRAUMA INFORMED
SOMATIC IMMERSION**

**Alba Raventós &
Selma Bozanic**

Somatische
Akademie
Berlin



what

**3 days
Somatic Reset
immersion**

**“We all yearn to experience
life authentically. Connection
with our bodies is a resource
that empowers our ability to
be authentic.”**

—Gabor Mate

A background image showing a group of people in a swimming pool, with many of them having their arms raised in the air, suggesting a celebratory or joyful atmosphere. The image is slightly blurred and has a warm, golden-brown tint.

why

**We
understand
trauma as a
disconnection
from your
Self**

“The body, not the thinking brain, is where we experience most of our pain, pleasure, and joy, and where we process most of what happens to us. It is also where we do most of our healing, including our emotional and psychological healing. And it is where we experience resilience and a sense of flow”.

—Resmaa Menakem

Tension is who you think you are relaxation is who you really are

ALBA RAVENTÓS



Somatic educator and researcher, co-director of Ara en Moviment Association. She holds a degree in Occupational Therapy, a postgrad in Integrative Bodywork, and is certified in Body-Mind Centering® (Berlin). Since 2016, she has been actively promoting dance and somatic practices. Currently, her work focuses on research in participatory performance creation and mental health.

SELMA BOZANIC

Biologist specialized in human developmental biology. Dancer, somatic artist, and Kundalini Yoga teacher with over 20 years of experience in body-based practices. Therapist and doula, trained in SuperHealth, Conscious Communication, and Compassionate Inquiry.



**PROGRAM
NOV 2025**

FRI 21 | 17-20h

GROUNDING

Embody yourself, ground into the space and into the present moment. Feel what it is, the intelligence that shapes you.

SAT 22 | 10-18h

**NERVOUS SYSTEM
& MIND**

Explore your nervous system and its basic needs. Memories, beliefs, automatic responses—the dance between the conscious and the unconscious.

SUN 23 | 10-17h

**ORGANS &
EMOTIONS**

Feeling the kown own and the unknown. Experience the healing power of your heart’s vortex and come back to the safety of your own body.

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SCAN FOR MORE INFO

**SOMATIC
RESET**

*TRAUMA INFORMED
SOMATIC IMMERTION*

Who is this for?

For those seeking to experience transformation and trauma healing through somatic approaches.

How does somatic work help?

Pain, overwhelm, and coping responses triggered by trauma often prevent us from feeling safe in our own bodies. Somatic practices help process pre- and post-verbal memories, restoring the experience of embodied safety.

How will I feel?

There will be moments of intensity, pleasure, exhaustion, joy, relaxation, deep emotion, and transformation.

RESERVATIONS

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