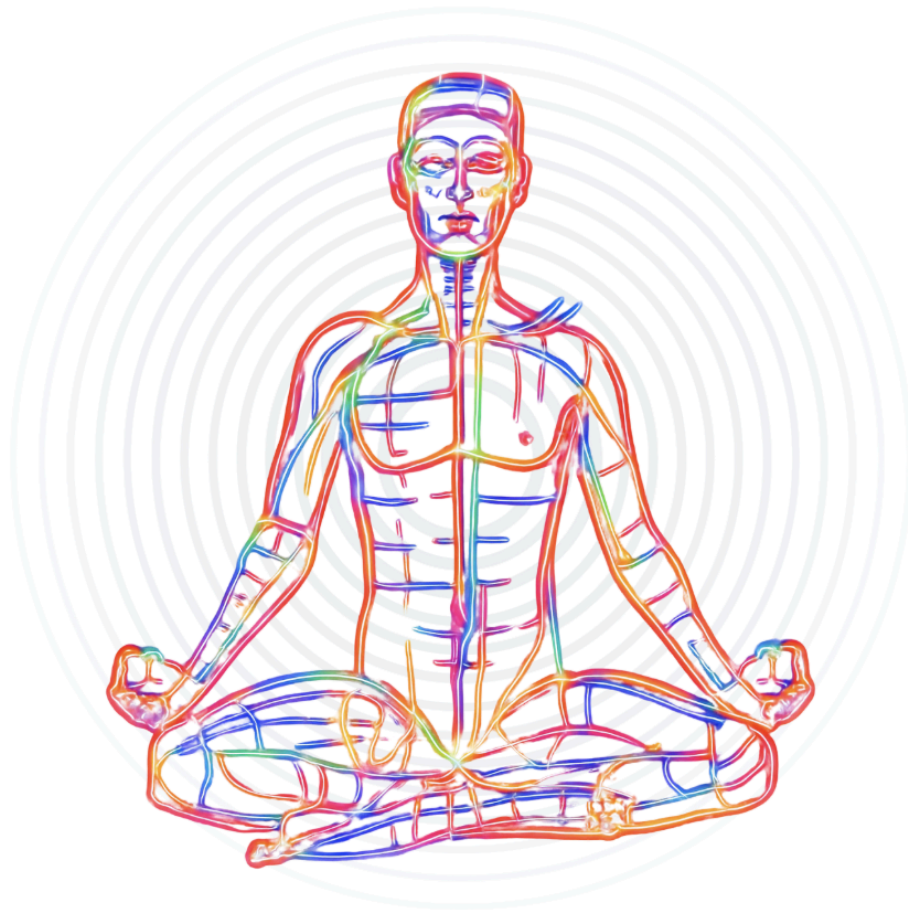


# Somatic Healing Summit Playbook



**Your Guide to Healing, Integration & Embodied Transformation  
Through Daily Reflection and Practice**



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## Welcome & Orientation

### How to Use This Journal:

This companion guide is here to support your journey through the Somatic Healing Summit—and beyond. You can use it in various ways:

- As a **daily journal** to process insights from each session
- To **stay present** with your embodiment practices and breathwork exercises
- For **post-summit integration** and ongoing reflection
- To set **intentions** and track emotional and physical

It is your space to reflect, regulate, and reconnect.

Each day includes:

- Guided journal prompts
- Somatic self-check-ins
- Practice integration spaces
- A key takeaway section
- A moment for grounding and gratitude



Even more than a journal, you can use this as a **personal playbook for transformation**. By engaging with it fully, you'll amplify and deepen the impact of everything you experience throughout the summit.

### Our Intention for This Summit:

- To support you in returning home to your body—gently, curiously, and with compassion.
- To help you access the innate intelligence within your breath, your cells, and your pulse.
- To guide you to heal trauma, regulate your nervous system, and reawaken the joy of simply being.
- To cultivate a space where your body is a sanctuary for growth, connection, and aliveness.

This is your invitation to **pause, listen, and begin again—from within**.

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## Your Personal Roadmap for Transformation

*A pre-summit reflection to deepen your learning journey*



This section will help you approach the summit with intention and clarity. Take 15-20 minutes to work through these six questions before you begin. Your answers will become your personal compass, helping you identify which sessions to prioritize and how to apply what you learn.

### 1. Where You Are Now

Who are you at this moment in your life?

*Write about your current strengths, core values, and what feels most authentic about who you're becoming. What aspects of yourself do you want to build on?*

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### 2. What You're Ready to Leave Behind

What patterns no longer serve you?

*Consider the physical tensions, emotional reactions, or limiting beliefs you're ready to release. What feels heavy or stuck that you'd like to transform?*

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### 3. Your Body's Deepest Needs

What is your body asking for?

*If your body could send you a message, what would it be? Think about what safety, vitality, and ease would actually look and feel like in your daily life.*

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#### 4. Your 12-Month Vision

What shift matters most to you?

*Describe the specific change you most want to see in how you move through the world. This could be about your breathing, posture, emotional responses, or energy levels.*

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#### 5. Your Deeper Why

What makes this transformation essential?

*Go beyond surface goals. How would this change impact your relationships, work, and sense of purpose? What becomes possible when you feel truly at home in your body?*

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#### 6. Your Future Self

How will you know you've arrived?

*Describe the felt sense of your transformed self. What will be different about how you breathe, move, rest, and engage with life? Paint a vivid picture using sensory details.*

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## Integrating Your Summit Experience

*How to make the most of your learning journey*

Congratulations on committing to this path of somatic healing! You're about to engage with world-class teachers who will guide you toward a deeper relationship with your body and nervous system.

### What to Expect

Most speakers will offer a 10-15 minute experiential practice during their session, whether it's breathwork, gentle movement, or guided awareness. These aren't just demonstrations; they're invitations for you to experience transformation in real time.



### How to Engage Fully

- **Create Your Space:** Find a quiet spot where you can move freely and won't be interrupted. Have water nearby and wear comfortable clothes.
- **Show Up Present:** When a practice begins, resist the urge to multitask. Close your laptop, put down your phone, and give yourself permission to be fully here.
- **Follow Your Body's Lead:** Some practices will resonate deeply; others might feel less relevant. Trust your instincts about what serves you in each moment.
- **Release Perfectionism:** There's no "right" way to breathe, move, or feel. Your only job is to stay curious and notice what emerges.

### Your Integration Practice

After each session, take two minutes to notice: What shifted in your body? What felt significant? What do you want to remember or try again?

These small moments of awareness compound into lasting transformation. Let each practice meet you exactly where you are and gently guide you toward where you want to be.



Now that you've set your intentions and prepared your space,  
let's explore Day One's powerful content

# Day 1

## Foundations of Somatic Healing: Rewiring Trauma & the Nervous System

### Morning Check-In

1. How am I feeling in my body?

- ☐ Grounded
- ☐ Tense
- ☐ Numb
- ☐ Energized
- ☐ Calm
- ☐ Anxious
- ☐ Other: \_\_\_\_\_



2. Where is my attention drawn in my body?

- ☐ Head
- ☐ Chest
- ☐ Belly
- ☐ Legs
- ☐ Hands
- ☐ Nowhere in particular
- ☐ Other: \_\_\_\_\_

3. What word best describes my state?

- ☐ Curious
- ☐ Overwhelmed
- ☐ Hopeful
- ☐ Disconnected
- ☐ Peaceful
- ☐ Restless
- ☐ Other: \_\_\_\_\_

## DAY 1 SPEAKERS' INTERVIEWS



### **Bessel van der Kolk, MD**

*World-renowned trauma pioneer Dr. Bessel van der Kolk helps us understand how trauma shapes the brain and how healing is possible through the body.*

#### **Session Title: Befriending the Body to Move Beyond the Past**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

—> What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### **Peter A Levine, PhD**

*Dr. Peter A. Levine is the creator of Somatic Experiencing® and a pioneering voice in body-based trauma healing for over 50 years.*

#### **Session Title: Find Your Healing Rhythm with Somatic Experiencing**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

—> What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### Alex Howard, PhD

*Dr. Alex Howard is a psychologist, author, and creator of Therapeutic Coaching®, whose trauma-informed work has reached over two million people worldwide.*

#### Session Title: Reconnecting to Your Body One Choice at a Time

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### DaeEss 1Dréa Pennington Wasio, MD

*DaeEss 1Dréa Pennington Wasio, MD, is a trauma therapist and Sonic Alchemist guiding others through healing, self-love, and conscious evolution using sound, ritual, and neuroscience.*

#### Session Title: Rewiring the Nervous System Through Ritual, Scent, and Soul

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_





### **Deb Dana, LCSW**

*Deb Dana, LCSW, is a leading voice in Polyvagal Theory, known for making the science of the nervous system accessible for healing and everyday life.*

#### **Session Title: Finding Safety, Story, and Self Through Your Body**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### **Laurence Heller, PhD**

*Laurence Heller, PhD, is the creator of NARM®, a pioneering model for healing complex and developmental trauma through a deeply relational lens.*

#### **Session Title: Dismantling the Survival Strategies That Hold You Back**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



**Mario Martinez, PhD**

*Mario Martinez, PhD, combines neuroscience and cultural insight to demonstrate how mindset and meaning impact immune function, aging, and overall well-being.*

## Session Title: The Secrets of Centenarians: Redefining Aging Through Biocognition

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Evening Check-In

1. Where did today's sessions resonate in my body?

- ☐ Head
- ☐ Heart
- ☐ Gut
- ☐ Whole body
- ☐ Nowhere
- ☐ Unclear



2. Did I notice any shifts?

- ☐ Yes – subtle
- ☐ Yes – strong
- ☐ No
- ☐ Not sure

3. How do I feel now?

☐ Grounded

☐ Tired

☐ Inspired

☐ Confused

☐ Settled

☐ Raw

☐ Other: \_\_\_\_\_



#### 4. Gentle Body Awareness

Without needing to change anything, simply observe:

- Where in your body do you feel most at ease right now?
- Is there a part of your body that feels like it's holding or protecting something?

Send a gentle message of appreciation to your body for the work it did today in supporting your healing.



# Day 2

## Embodied Meditation & Mindfulness Practices

### Morning Check-In

1. My intention for today is...

- ☐ Presence
- ☐ Slowing down
- ☐ Listening
- ☐ Openness
- ☐ Self-compassion
- ☐ Exploration
- ☐ Other: \_\_\_\_\_

2. Where do I feel the most sensation?

- ☐ Head
- ☐ Neck
- ☐ Chest
- ☐ Abdomen
- ☐ Legs
- ☐ Hands
- ☐ Other: \_\_\_\_\_

3. My breath feels...

- ☐ Shallow
- ☐ Deep
- ☐ Stuck
- ☐ Easy
- ☐ Unconscious
- ☐ Grounding
- ☐ Other: \_\_\_\_\_



## DAY 2 SPEAKERS' INTERVIEWS



### Fleet Maull, PhD

*Fleet Maull, PhD, CMT-P, is a meditation teacher, author, and founder of Heart Mind Institute, dedicated to trauma healing, resilience, and conscious leadership.*

#### Session Title: Neuro-Somatic Mindfulness for Deep Healing and Inner Freedom

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### Richard Miller, PhD

*Richard C. Miller, PhD, is a clinical psychologist and founder of the iRest Institute, whose meditation protocol supports healing from trauma, pain, and stress across diverse communities.*

#### Session Title: Healing and Wholeness Through the Power of Somatic Awareness

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Spring Washam

*Spring Washam is a meditation teacher and founder of Lotus Vine Journeys, weaving Buddhist wisdom and Indigenous healing into powerful paths of transformation.*

### Session Title: Embodying Courage, Releasing Trauma, Reclaiming Joy

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Stan Eisenstein, MSW

*Stan Eisenstein, MSW, is a mindfulness teacher and mentor whose work blends somatic awareness, self-inquiry, and embodied healing practices.*

### Session Title: From Clinging to Clarity: Tuning the Body for Emotional Freedom

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Debra Poneman

*Debra Poneman is the founder of Yes to Success, teaching timeless principles of prosperity, purpose, and personal transformation worldwide.*

### Session Title: Accessing Your Body's Wisdom for Lasting Transformation

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Reggie Hubbard

*Reggie Hubbard is a yoga teacher, wellness strategist, and founder of Active Peace LLC, sharing movement, meditation, and sound as pathways to justice and inner peace.*

### Session Title: Sound, Spirit, and Sovereignty: Healing from the Inside Out

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_

## Evening Check-In

1. What practice nourished me today?

- ☐ Body scan
- ☐ Seated meditation
- ☐ Walking meditation
- ☐ Breath focus
- ☐ Loving-kindness
- ☐ Not sure

2. Did I give myself permission to pause?

- ☐ Yes
- ☐ No
- ☐ A little
- ☐ I wanted to, but I forgot!

3. What do I want to carry forward?

- ☐ Stillness
- ☐ Curiosity
- ☐ Softness
- ☐ Attention
- ☐ Breath awareness
- ☐ Trust
- ☐ Openness
- ☐ Non-judgement
- ☐ Other: \_\_\_\_\_





## Day 3

### Breathwork as a Portal for Healing & Transformation

#### Morning Check-In

1. How does my breath feel this morning?

- ☐ Shallow
- ☐ Deep
- ☐ Uneven
- ☐ Calm
- ☐ Energized
- ☐ Other: \_\_\_\_\_

2. What sensation is most present in my body?

- ☐ Warmth
- ☐ Tension
- ☐ Tingling
- ☐ Heaviness
- ☐ Openness
- ☐ Other: \_\_\_\_\_

3. What is one intention I want to breathe into today?

- ☐ Release
- ☐ Courage
- ☐ Focus
- ☐ Softness
- ☐ Joy
- ☐ Other: \_\_\_\_\_



## DAY 3 SPEAKERS' INTERVIEWS



### Niraj Naik

*Niraj Naik is the founder of SOMA Breath and a former pharmacist who blends science, music, and breathwork to ignite healing and transformation worldwide.*

#### Session Title: Awaken Healing Through the Bliss of Breath

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### Belisa Vranich, PsyD

*Belisa Vranich, PsyD, is a clinical psychologist and renowned breathing expert whose science-based methods have transformed wellness for athletes, professionals, and first responders worldwide.*

#### Session Title: The Mechanics of Healing Breath

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Dan Brulé

*Dan Brulé is a breathwork pioneer and Navy veteran who has taught over 300,000 people across 70+ countries to harness the power of breath for healing, growth, and spiritual awakening.*

### Session Title: Awaken Healing, Creativity, and Connection Through the Breath

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Michael Stone

*Michael Stone is the founder of NeuroDynamic Breathwork®, bringing transformative breathwork experiences to over 120 countries through accessible online sessions and global summits.*

### Session Title: Unlocking Your Inner Intelligence with Breathwork

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### Ela Manga, MD

*Ela Manga, MD, is an integrative physician and founder of Breathwork Africa, using conscious breathing to transform health systems and inspire wellness across communities worldwide.*

#### Session Title: Breath as Medicine for Stress, Trauma, and Reconnection

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### Anthony Abbagnano

*Anthony Abbagnano is the founder of Alchemy of Breath and a global leader in breathwork, known for his trauma-informed teachings and transformational healing programs.*

#### Session Title: Repatterning Trauma with the Language of Breath

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_

## Evening Check-In

1. Did I notice my breath supporting me today?

- ☐ Yes
- ☐ Sometimes
- ☐ Not really



2. What shifted in my body or emotions during the breathwork session?

- ☐ Relaxation
- ☐ Energy
- ☐ Tears / Release
- ☐ Clarity
- ☐ Peace
- ☐ Other: \_\_\_\_\_

3. What am I grateful for right now?

- ☐ My breath
- ☐ A moment of calm
- ☐ Connection
- ☐ Learning
- ☐ Presence
- ☐ Other: \_\_\_\_\_

4. Take a moment to sense the quality of energy in your body after today's breathwork. Do you feel more spacious, grounded, or flowing? What lingers now in a supportive way?"

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# Day 4

## Energy Healing & Bioenergetic Practices

### Morning Check-In

1. How does energy feel in my body today?

- ☐ Blocked
- ☐ Flowing
- ☐ Buzzing
- ☐ Grounded
- ☐ Scattered
- ☐ Other: \_\_\_\_\_



2. What support do I need today?

- ☐ Stillness
- ☐ Movement
- ☐ Nature
- ☐ Connection
- ☐ Rest
- ☐ Other: \_\_\_\_\_

3. What is one area I'd like to energize today?

- ☐ Heart
- ☐ Gut
- ☐ Mind
- ☐ Legs
- ☐ Hands
- ☐ Other: \_\_\_\_\_

# DAY 4 SPEAKERS' INTERVIEWS



**Andrea Kennedy**

*Andrea Kennedy is a Reiki Master Teacher and channel, offering grounded, accessible energy healing and education through her global platform, Mainstream Reiki.*

**Session Title: From Skepticism to Stillness: The Transformative Power of Reiki**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



**Dawson Church, PhD**

*Dawson Church, PhD, is a pioneering researcher and bestselling author whose work in energy psychology has transformed trauma treatment for over 22,000 veterans.*

**Session Title: Activating Bliss with Embodied Energy Medicine**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### **Lonny Jarrett**

*Lonny Jarrett is a leading scholar and practitioner of Chinese Medicine known for integrating classical wisdom with modern clinical practice.*

#### **Session Title: A Soul-Centered Map of Somatic Healing**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### **Alexandra Millman**

*Alexandra Millman is the founder of Rhythm Bliss, blending global hand drumming and yoga philosophy to foster healing, joy, and nervous system balance.*

#### **Session Title: Return to Yourself with Rhythm Meditation**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_





## Roger Jahnke, OMD

*Roger Jahnke, OMD, is a Doctor of Traditional Chinese Medicine and founder of IIQTC, who has trained thousands globally in Qigong and Tai Chi for self-healing and vitality.*

### Session Title: Move, Breathe, Heal: The Ancient Path to Modern Well-Being

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Alberto Villoldo, PhD

*Alberto Villoldo, PhD, is a medical anthropologist and founder of The Four Winds Society, known for uniting shamanic healing with neuroscience and energy medicine.*

### Session Title: Unlocking the Power of Your Luminous Energy Field

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Jennifer McLean

*Jennifer McLean is an acclaimed energy healer and creator of the Spontaneous Transformation Technique, guiding thousands in releasing trauma and accelerating self-healing.*

### Session Title: From Reaction to Resonance: A Powerful Path to Transformation and Healing

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### Evening Check-In

1. What helped shift my energy today?

- ☐ One of the practices
- ☐ Rest
- ☐ Food
- ☐ Breath
- ☐ Movement
- ☐ Other: \_\_\_\_\_



2. What sensations or insights came through during today's sessions?

- ☐ Expansion
- ☐ Heat
- ☐ Images
- ☐ Lightness
- ☐ Emotion
- ☐ Other: \_\_\_\_\_



3. What energy do I want to carry into tomorrow?

- ☐ Ease
- ☐ Curiosity
- ☐ Empowerment
- ☐ Love
- ☐ Stability
- ☐ Confidence
- ☐ Other: \_\_\_\_\_

4. Are there areas in your body that feel more open and flowing energetically versus places that feel dense or stuck? How has the movement of energy in your body shifted since today's sessions?"

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# Day 5

## Embodied Awareness & Movement Practices

### Morning Check-In

1. What is my sense of my body this morning?

- ☐ Disconnected
- ☐ Vibrant
- ☐ Heavy
- ☐ Present
- ☐ Light
- ☐ Other: \_\_\_\_\_



2. Which part of my body wants attention today?

- ☐ Shoulders
- ☐ Hips
- ☐ Spine
- ☐ Hands
- ☐ Gut
- ☐ Feet
- ☐ Other: \_\_\_\_\_



3. What kind of movement would nourish me right now?

- ☐ Stretching
- ☐ Dancing
- ☐ Walking
- ☐ Stillness
- ☐ Shaking
- ☐ Running
- ☐ Other: \_\_\_\_\_

## DAY 5 SPEAKERS' INTERVIEWS



### Liz Koch

*Liz Koch is an international educator and creator of CoreAwareness, known for her pioneering work on the psoas and somatic intelligence.*

#### Session Title: Beyond Biomechanics: Listening to the Living Psoas

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### Mark Walsh

*Mark Walsh is a leading voice in the global embodiment movement and founder of Sane Ukraine, bringing trauma-informed embodiment tools to conflict-affected communities worldwide.*

#### Session Title: The Somatic Path of Connection and Courage

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection: What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Philip Shepherd

*Philip Shepherd is a global embodiment leader and creator of The Embodied Present Process™, helping people reconnect with the body's innate wisdom through over 250 grounding practices.*

### Session Title: Returning to Wholeness Through Embodied Presence

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Arielle Schwartz, PhD

*Arielle Schwartz, PhD, is a licensed psychologist and leading voice in integrative trauma recovery, blending EMDR, somatic psychology, and yoga-informed therapy.*

### Session Title: Awaken Safety and Presence Through Somatic Practice

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### **Martha Eddy, EdD**

*Martha Eddy, EdD, is the founder of Dynamic Embodiment®, integrating somatic therapy, biobehavioral science, and movement for trauma healing, leadership, and well-being.*

#### **Session Title: Reset and Regulate with Dynamic Embodiment**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### **Robert Peng**

*Robert Peng is a world-renowned Qigong master and spiritual teacher known for guiding global audiences in energy cultivation, healing, and awakening.*

#### **Session Title: Qigong Wisdom to Align Body, Mind, and Spirit**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



**Amber Elizabeth Gray, PhD, MPH**

*Dr. Amber Elizabeth Gray is a pioneering Dance/Movement Therapist and trauma psychotherapist who integrates Polyvagal Theory with somatic and human rights-based healing.*

**Session Title: Polyvagal Pathways to Embodied Freedom and Repair**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



**Simon Emery**

*Simon Emery is a globally recognized mental strength coach and somatic regression mentor helping clients build emotional resilience and embodied safety.*

**Session Title: Cultivating the Felt Sense of Safety in Everyday Life**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Evening Check-In

1. What movement practice spoke to me today?

- ☐ Dance
- ☐ Yoga
- ☐ Walking
- ☐ None
- ☐ Other

2. Did I notice any shifts in my body awareness?

- ☐ Yes
- ☐ Slightly
- ☐ No

3. How would I describe my body's voice today?

- ☐ Gentle
- ☐ Loud
- ☐ Wise
- ☐ Quiet
- ☐ Demanding
- ☐ Other: \_\_\_\_\_

4. If your body could speak about today's movement experience, what would it say to you?

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## Day 6

# Integrative Approaches to Healing & Transformation

### Morning Check-In

1. How do I want to show up for myself today?

- ☐ Open
- ☐ Receptive
- ☐ Brave
- ☐ Soft
- ☐ Curious
- ☐ Other: \_\_\_\_\_



2. What part of me feels most integrated right now?

- ☐ Mind
- ☐ Heart
- ☐ Body
- ☐ Spirit
- ☐ Emotions
- ☐ Other: \_\_\_\_\_

3. What is one practice I want to commit to today?

- ☐ Breathwork
- ☐ Grounding
- ☐ Movement
- ☐ Journaling
- ☐ Reflection
- ☐ Other: \_\_\_\_\_

## DAY 6 SPEAKERS' INTERVIEWS



### Ronald Siegel, PsyD

*Ronald Siegel, PsyD, is a Harvard Medical School faculty member and mindfulness-oriented psychotherapist integrating meditation into clinical practice.*

#### Session Title: Releasing Buried Emotions in the Body: The Somatic Key to Healing

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### Tara Judelle

*Tara Judelle is an international yoga teacher and co-founder of Embodied Flow™, blending yoga, somatics, and transpersonal psychology.*

#### Session Title: Reimagining Yoga as Somatic Liberation

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Michael Ryoshin Sapiro, PsyD

*Michael Ryoshin Sapiro, PsyD, is a Zen Buddhist monk, clinical psychologist, and psychedelic psychotherapist exploring the intersection of consciousness, healing, and service.*

### Session Title: Finding Freedom in the Stillness of the Body

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Miranda Tufnell

*Miranda Tufnell is a dance artist, writer, and somatic therapist whose five-decade practice explores movement as a doorway to imagination, healing, and breath.*

### Session Title: Opening to Presence Through Play, Touch, and Imagination

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### **Brian Tierney, PhD**

*Brian Tierney, PhD, is a somatic psychologist, CIIS professor, and international trainer who integrates touch, movement, and consciousness work to support trauma healing and personal transformation.*

#### **Session Title: A Somatic Return to Flow After Trauma**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



### **Andrés González**

*Andrés González is a Puerto Rican-American author, musician, and co-founder of the Holistic Life Foundation, bringing yoga and mindfulness to underserved communities worldwide.*

#### **Session Title: Finding Peace Within Your Body Through Embodied Presence**

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Paul Linden, PhD

*Paul Linden, PhD, is a body awareness educator, martial artist, and creator of Being In Movement®, helping people heal trauma and embody peace through somatic practice.*

### Session Title: Grounded in Motion: Transforming Trauma through Breath, Posture, and Power

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_



## Ilarion "Kuuyux" Merculieff

*Ilarion "Kuuyux" Merculieff is an Aleut elder and global voice for Indigenous wisdom, bridging traditional ecological knowledge with modern sustainability.*

### Session Title: Feel the Body, Heal the Earth

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Personal Reflection:

What did I feel in my body during this session? How did the practice land with me?

- \_\_\_\_\_
- \_\_\_\_\_

## Evening Check-In

1. What stood out to me today?

- ☐ A teaching
- ☐ A feeling
- ☐ A release
- ☐ A insight
- ☐ A connection
- ☐ A silence
- ☐ Other: \_\_\_\_\_



2. What parts of me feel more whole now?

- ☐ My body
- ☐ My nervous system
- ☐ My emotions
- ☐ My beliefs
- ☐ My relationships
- ☐ Other: \_\_\_\_\_



3. What is one insight I want to take forward from this summit?

- ☐ Healing is possible
- ☐ I am not alone
- ☐ My body knows
- ☐ Presence heals
- ☐ I can trust myself
- ☐ Other: \_\_\_\_\_

## Final Reflections: Your Somatic Integration

As your 6-day healing journey draws to a close, take a moment to pause and tune in to your inner landscape. What shifted? What opened? What now feels possible?

Use the prompts below to honor your experience and set the tone for what comes next.

What surprised you most about your body's wisdom or your healing journey?



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Which somatic practices felt most natural or powerful for you?

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### A Note to Yourself

Write a few words to your future self, gentle reminders, intentions, or hopes for the path ahead.

*Dear future me,*

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