
Become a SOMA HEARTIST!

Independent of your previous education and training you are welcome to join this adventure into your own personal development while simultaneously learning how to support others in their growth, health and healing.

SOMA HEART is an excellent foundation as well as a sophisticated path to fine-tune already existing practices and to integrate holistic bodywork with trauma healing. The introductory module M0 is the prerequisite for the following six modules (order is flexible but participation in all modules is necessary for certification).

Contact Shirin for more information on the SOMA HEART Training:



SOMA HEALTH & HEALING
Mobile: +34 634 88 69 39
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SHIRIN NIKPAY



Shirin is a Health Practitioner from Germany. She holds a BSc degree in Psychology & an MSc in Medical Anthropology.

In addition to her academic education she is trained and work-experienced in the holistic modalities of GestaltTherapy, Somatic Experiencing® & SOMA Embodiment® as well as Osteopathy, CranioSacral Therapy, Deep Tissue & Lomi Lomi Massage.

Over the past 30 years Shirin has distilled the essence of all wisdom and practices mentioned above to create a new approach to health, healing and teaching this Healing Art that she calls SOMA HEART.



SOMA HEART



SOMA HealingArt
A training in the art of
trauma-sensitive & healing
touch

HIGHLIGHTS
*in-person training (in Engl.), small groups
with personal tutoring & supervision by
teacher in beautiful settings (Spain)*





CORE



EARTH



WATER



FIRE



AIR



ÆTHER



INTEGRATION

M0: SOMA HEART CORE PRINCIPLES

Magic of SOMA and the Art of Healing Touch: Working with the 5 elements, opening the 6 senses and exploring the 7 energy centres. Heart-connection, intention & consent

M1: STRUCTURE

Parietal system, Orientation & Grounding. Territoriality & Axis. Body-reading & Body-types. Direct & Indirect Osteopathic Techniques. Treating client fully dressed

M2: FLOW

Flow of life & natural cycles. Introduction to full-body massage with oil, mainly using arms. SOMA Flow self-healing practice. Pre- & Perinatal birth trauma. Oil Jam

M3: ENERGY

Opening the Gates: Myofascial release for Psoas, pelvic floor & other diaphragms. Intero-, proprio-, neuro- & nociception. Emotions & movement. DT self-massage with balls

M4: BREATH

Breath as mirror of feelings and key to the heart. Breath-work & voice. Polyvagal Theory, HRV & principles of trauma therapy. Attachment Styles & Co-dependency. SOMAdhi

M5: CONSCIOUSNESS

Nervous system, stress & deep relaxation. CranioSacral touch, brain waves & trance states. Vocation, visualisation & manifestation. Imagery, archetypes, dreams & oracle cards

M6: SOMA HEART INTEGRATION

Integration of all elements. Case studies, supervision, certification & graduation ceremony

2.5 DAYS (20HRS) - 250€

Friday afternoon until Sunday evening (BCN)
Mornings: Theory & Demo
Afternoons: Exercises & Practice

5 DAYS (40HRS) - 500€

either as 2 weekend workshops in town (BCN)
or a 1-week retreat on the countryside
(prices exclude transportation, board & lodging)

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Practice, Q & A