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## 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 possibility to fine-tune already existing practices. The introductory module M0 is the prerequisite for the following 6 Modules as well as to apply for a position at the SOMA Clinics.

Contact Shirin for more information on the content of the 7 modules comprising the SOMA HEART Training, the prices, dates and locations.



SOMA HEALTH & HEALING  
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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.



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## SOMA HEART



SOMA HealingArt  
A training in the Art of  
Healing Touch





CORE

**M0: SOMA HEART CORE PRINCIPLES**

2.5 DAYS - 250€

Magic of SOMA and the Art of Healing Touch: How to open the 8 senses and activate the 7 energy centres working with the 5 elements, intention, consent & intuition.



EARTH

**M1: STRUCTURE**

5 DAYS - 500€

Parietal system, Orientation & Grounding, Axis & Territoriality, Body-reading, Body-types, direct & indirect Osteopathic techniques, treating client fully dressed



WATER

**M2: FLOW**

5 DAYS - 500€

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



FIRE

**M3: ENERGY**

5 DAYS - 500€

Opening the Gates: Myofascial release for the Psoas, pelvic floor & other diaphragms. Fascia, interoception and trauma healing. Breath, movement and voice, self-massage



AIR

**M4: BREATH**

5 DAYS - 500€

Breath as mirror of feelings and key to the heart. Breathwork & meditation. Polyvagal Theory & principles of trauma therapy. The SOMA self-realisation Method



ÆTHER

**M5: CONSCIOUSNESS**

5 DAYS - 500€

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



INTEGRATION

**M6: SOMA HEART INTEGRATION**

2.5 DAYS - 250€

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