

# Embodied Energy Practitioner:

## Somatics & Energetics Level 1 Certification Course

**Duration:** March 24th-September 29nd, 2026

**Format:** In Person, Core Class Every Tuesday from 5:30-8:00pm

Experiential, reflective, and embodied practice with assigned asynchronous learning and homework

**Prerequisites:** This course is open to individuals who feel called to explore embodied awareness, somatic practices, and energetic foundations. No prior formal training in somatics or energetics is required.

Participants are expected to bring:

- An open mind and a genuine curiosity for embodied learning and exploration
- A willingness to actively participate in experiential activities, discussions, and reflective practices
- A commitment to attend all scheduled sessions, except in cases of extenuating circumstances
- A supportive, respectful, and curious mindset when engaging with fellow cohort members

This training is experiential and relational in nature. A shared commitment to presence, integrity, and compassionate inquiry helps create a safe and enriching learning environment for all participants.

# Month 1 - Introduction & Foundations of Somatics

## Coming Home to the Body

### Topics of Each Session

- **Tuesday, March 24th:**
    - Introduction, Community Building and Orientation of Materials
    - What somatics is (and is not)
    - Introduction to the Nervous System
    - Establishing a personal somatic practice
  
  - **Tuesday, March 31st:**
    - Sensory Processing, Top Down Vs. Bottom Up Processing
    - Interoception, proprioception, neuroception
    - Safety, Consent, and choice in somatic work
  
  - **Tuesday, April 7th:**
    - Intro to Dowsing
  
  - **Tuesday, April 14th:**
    - Mastery of Dowsing
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# Month 2 - Trauma in the Body

## Understanding Survival Responses

### Topics of Each Session

- **Tuesday, April 21st:**
    - Definition of and Exploration of Trauma
    - Trauma as a nervous system response
    - Categories of Trauma
    - Window of Tolerance & Resilience
  
  - **Tuesday, April 28th:**
    - Experiences and their effect
    - Emotion Code
  
  - **Tuesday, April 28th:**
    - Emotion Code
  
  - **Tuesday, May 5th:**
    - H.O.P.E. Healthy Outcomes of Positive Experiences
    - Resilience
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# Month 3 — Modalities of Energetics

## Vibration as Medicine

### Topics of Each Session:

- **Tuesday, May 12th:**
    - Sound & Sound as a Regulatory Tool
    - Frequency and Resonance in the body
    - Sound Bath Experience
  
  - **Tuesday, May 19th:**
    - Reiki Levels 1 & 2
  
  - **Tuesday, May 26th:**
    - Flower Essences & Tissue Salts
  
  - **Tuesday, June 2nd:**
    - Energetics of Mindset
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# **Month 4 — Chakras & Energy Centers of the Body**

## **Sensing and Working with Energy**

### **Topics of Each Session:**

- **Tuesday, June 16th:**
    - Root, Sacral, Solar Plexis Deep Dive
  - **Tuesday, June 23rd:**
    - Heart, Throat, Third Eye, and Crown Deep Dive
  
  - **Tuesday, June 30th- Tuesday, July 7th**
    - SUMMER BREAK
  - **Tuesday, July 21st:**
    - Meridians
  - **Tuesday, July 28th:**
    - Chi Flow
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## **Month 5 — Somatic Movement**

### **Evoking Safety, Emotion & Personal Power through movement**

#### **Topics of Each Session:**

- **Tuesday, August 4th**
    - BREAK DAY
  
  - **Tuesday, August 11th**
    - Yoga
  
  - **Tuesday, August 18th**
    - Dance
  
  - **Tuesday, August 25th**
    - Breathwork
  
  - **Tuesday, September 1st**
    - Heartmath
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## **Month 6 — Integration & Practicum**

### **Connection, Integration, Expression & Consciousness**

#### **Topics of Each Session:**

- **Tuesday, September 8th:**
    - Personal and Professional Integration
    - Assessments/Practicum
  
  - **Tuesday, September 15th:**
    - Guest Speaker, Melissa Morgan, LCPC, Yoga Teacher, Business Owner
  
  - **Tuesday, September 22nd:**
    - Share outs & Practicum
  
  - **Tuesday, September 29th:**
    - Closing Ceremonies, Completion, Graduation
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