



SOMATIC EDUCATOR FOR WOMEN



2024 PROGRAM OVERVIEW



Welcome to the Somatic Educator For Women Certification 2024. I'm over the moon that you are considering joining this program. This is not just a program- it's a paradigm shifter. It's a life changer. It's a sanctuary for the soul. It's a place of remembrance & reclamation. It's your place of rest, contemplation, inquiry, feeling, embodying, re-birth & integration. A place of community & of communing. It's a home for women, to reclaim the legacy of our body wisdom outside of the patriarchal constructs that have etched their way into our nervous system, psyche & bodies.

This program has been curated and offered to you from the depth of my soul. It is a transmission of a collective field of powerful leaders who are here to usher in a restoration of the feminine soul as a form of embodied activism for future generations to come & our beloved earth mother.

In this document you will find all the nuance of the training to gain a deeper understanding of what's involved to help you in making a clear decision to join us. I hope to see you in the 2024 co-hort!

Love Maanee Chrystal Lynn Joy



TABLE OF CONTENTS

1. Introduction
2. The power of somatics
3. IICT international accreditation
4. Session schedule information
5. What you will receive in this training
6. What do I need to gain certification?
7. Course benefits
8. Course modules
9. Teacher bio's

The training with Maanee will change your life and the life of all those you are in contact with. Reclaim your body sovereignty and lifeforce and learn the importance of being part of the current reset humanity is undergoing, through embodiment of the feminine with Maanee and her team, in a safe, trauma informed and empowering way.

- KAY, UK

The somatic erotic educator training has truly changed my life. My nervous system will be thanking me for the rest of my life. I was already in the field of sexuality and women's health and this training truly brought me the next level. I'm so grateful I followed my inner guidance and decided to join the training.

- FEATHER, USA

This training brought so much value into my life. I found safety in my body, learned how to self regulate, access pleasure and aliveness in my body. I'm so grateful for Maanee & Blaire, for the transmissions, their presence and care for the whole group, for opening the space to cultivate more permission, inner authority and more acceptance of who I am.

- INES, BELGIUM

One of the biggest challenges we face today is the phobia of deeply feeling...

and connecting to our full emotional, sensual, psychological & spiritual landscape, through the body.

We have been conditioned to forget how to communicate from and be grounded in our body's intelligence. We no longer trust our inner knowing.

Because of this, many of us often don't feel safe to just be ourselves. Rather, we are programmed to adapt ourselves, please others & live by unattainable standards based on what we do, how we look, how successful, youthful & sexy we are, to affirm our worth.

It is in our search to be accepted, belong & avoid feelings or experiences of abandonment, we end up self abandoning, losing touch with some of the most intimate & holy aspects of ourselves that provide us with our innate, felt experience of belonging - the experience of belonging to yourself, and to life itself.

We have been conditioned that living from and being grounded in authenticity, presence & embodiment, is not even an option for a fulfilling and enriching life. A life on our terms. A life of connection, pleasure & nourishment.

Somatic wisdom is one of the most powerful sources to integrating our pain, feeling our aliveness and actualising our potential.

It is a re-orientation towards feeling safe to feel & express all of you.

It is a journey inward, taking you face to face with the intensity of discomfort, the power of eros, and the mystery of the unknown; helping you come to these with open arms, deep exhales and full surrender.

It is a home-coming, back to the core of who you are & how that translates as an act of embodied service towards a new world that places love, connection & liberation at the centre.

THE POWER OF SOMATICS

Having a deep knowing of this work will not only impact you personally, it will also impact your ability to change the world by educating others into how to re-connect to their own somatic world.

Somatics offers us a therapeutic, sensation-based approach to self-exploration and transformation.

Different from top-down, masculine oriented modalities that encourage people to follow an outside-in formula for change and healing, somatic learning is centred in feminine intelligence, guiding you to form a unique and FELT relationship with yourself and your own wisdom by sensing your experience from the inside.

Somatic inquiry assists us in birthing otherwise unknown parts of ourselves and our experience into the known, by making the unconscious conscious.

This inquiry allows a softening into what is alive for us in the present moment, gently empowering you to meet, explore, feel, breathe into, hold and integrate exiled parts of yourself; the parts that we want to ignore, push away and not feel - from unprocessed shame, anger and unworthiness to the disowned pleasure, power & life force living inside of you.

Through somatics, as we fine-tune our bodies into exquisitely sensitive instruments, we access the freedom to simply feel and fully embrace our authentic selves, moment by moment.

The term "Soma" rooted in Greek, means the subjective experience of the body. Somatics is a home coming dedicated to a profound exploration of understanding ourselves through the body's language.

Somatics is not a practice to learn, it is a re-connection to who we are as human beings.

By tuning into the felt sense, we venture into a space rich with sensations, emotions, and intricate narratives that our nervous systems relay. Through this immersion, we access our body's profound wisdom, unlocking truths that lie beneath the surface of cognitive recognition.



An Institute of Complementary Therapists accredited course

The IICT (International Institute of Complementary Therapies) is a network of over 10,000 complementary therapists from around the world, helping to support the recognition and credibility of over 1,100 different modalities of this work.

The Somatic Educator for Women Certification has been registered as a course in the modality of “somatic education”.

We are the first of our kind with IICT, as somatic education is a new modality that we had to apply to have created and approved, so we're very excited to be broadening the reach and recognition of this work. Your certificate of completion of the course (subject to you completing all the practices and final practicums) will now formally recognise the 100+ hours of education you have been through.

IICT membership as a Qualified Practitioner of Somatic Education is the available to graduates, offering you access to IICT's insurance partners and network.

The Somatic Institute for Women receives no benefit, financial or otherwise, from your membership with IICT: we have applied for our accreditation entirely to boost the credibility and value of our course and are in no other way affiliated with IICT.

This course provides you with grounded somatic practices to use with your client in order to give them access to their aliveness and authenticity. It is rich in content and experience, something every woman should experience.

- DEANNA, USA

The significant nuanced shifts I sensed in myself over the course of this incredibly intimate and intricate journey has brought new meanings, and new ways of feeling and being at home within myself. I "cherish the love" that emanated and passed between everyone present and was held authentically and compassionately by the facilitators and faculty.

- MARWA, EGYPT

This training is an accurate combination of intellectual, emotional, embodied & spiritual work that every women who desires aliveness & freedom within should have access to.

- ZO, ISRAEL

SESSIONS SCHEDULE



The program runs from 15th March - 10 May 2025

Ever 3 months you will have a 4 week integration period.

- The training offers over 130 hours of content - Live & Pre-recorded.

Components of the Training

1. Live Classes
2. Pre-Recorded Sessions
3. Monthly Pod Integration Calls held by your support coach
4. Monthly Q&A: Opportunity to ask questions and get answers.
5. Self-Study Time: Allocated for personal study and reflection.

Time Commitment

- Approximately 25-30 hours per month are required for the course.

Accessibility of Live Sessions

- All live sessions are recorded for later viewing.

Schedule of Live Teaching Sessions

- Held every second weekend
- Each weekend includes a Saturday and Sunday session.
- Each session lasts about 3 hours, including a short break.

Integration periods

- Every 2-3 months you will have an integration period for 4 weeks that include no teachings. This will be spread through out the whole year in order for you to be able to pace the teachings.

Session Times & dates available on January 20th

- Times for these sessions will be announced on January 20th.
- Session will be across USA, EU & AUS timezones and vary depending on where the teacher is located on the weekend they are teaching. All sessions are available within 24 hours for replay if you can't make the live session.

Monthly pod Group Calls

- Once a month on a weekday.
- Time of call is organized with you and your pod once the program starts. Your pod will be allocated to you according to your timezone.
- Each call lasts around 1.5 hours.

SESSIONS DATES



The session times are mostly fixed however there may be some sessions that are re-scheduled due to unforeseen circumstances and guest teachers needing to shift dates. Session times vary across USA, EU & AUS time zones and will fluctuate through the year depending on where the teacher is located. All sessions are available for replay within 24 hours if you can't make the live session. Session times are to be confirmed and will be available before the training begins

March 16-17, 2024

March 30-31, 2024

April 13-14, 2024

April 27-28, 2024

May 11-12, 2024

May 25-26, 2024

Integration period

June 15-16, 2024

June 29-30, 2024

July 13-14, 2024

July 27-28, 2024

August 10-11, 2024

August 24-25, 2024

Integration period

September 14-15, 2024

September 28-29, 2024

October 12-13, 2024

October 26-27, 2024

November 9-10, 2024

November 23-24, 2024

December 7-8, 2024

December 21-22, 2024

Integration period

January 4-5, 2025

January 18-19, 2025

February 1-2, 2025

February 15-16, 2025

March 1-2, 2025

Integration period

March 22-23, 2025

April 5-6, 2025

April 19-20, 2025

May 3-4, 2025

May 10-11, 2025



What will you receive in this training?

LIVE & PRE RECORDED LECTURES, PRACTICES, Q&A WITH EXPERT TEACHERS

7 modules with more than 130 hours off of live & recorded teachings sessions. These sessions are 3 hours long & include lectures, practices & q&a. You will also have a live Q&A each month with our head teacher, Maanee.

THREE TRAINING MANUAL WITH LECTURE NOTES, PRACTICES ,FACILITATION & COACHING PROMTS & TRAUMA INFORMED FACILITATION

You will have a several different digital training manual that will be updated through out the program.

1 x lecture notes manual

1 x practices manual

1 x somatic coaching & faciliation manual

This will be an organic process of receiving the manual slowly through the program



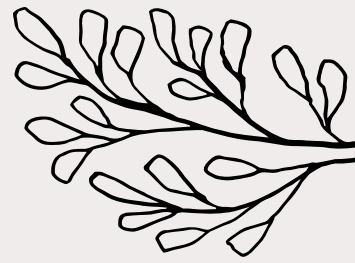
A PACKAGE OF EMBODIMENT PRACTICES

Through out the training you will be trained in and receive guidance in a variety of practices from Nervous system regulation tools, somatic dance therapy & feminine embodiment, shadow work exercises, journal questions pleasure practices, erotic dance, menstrual cycle support & more. You can use these practice in 1-1 or group sessions. You will receive step by step prompts to facilitated these practices as well as being trained in how to embody them yourself.

LESSONS PLANS FOR ONE-ONE & GROUP SESSIONS

You will receivec class outlines & session plans that will support you in creating 1-1 session experiences, women circles & workshops. These sessions are to support you in your own creativity and curation. This is not a cookie cutter program where you mimic your teachers or we give you scripts. These session plans are to help you have a base line to support you in creating beautiful class & sessions flow that you can add your own touch into.

POD GROUPS



You'll be part of a pod group of 8-10 women, guided by an experienced support coach throughout the program. This coach will assist with program material and answer questions. Within a private community group, you'll connect and witness each other's experiences, sharing and supporting each other's progress. This setting fosters growth, reflection, and profound vulnerability, making it a transformative aspect of the program.

BI-WEEKLY DUE PRACTICES

Every two weeks, you'll receive a new practice to complete, upload, and have reviewed by your support coach. This process ensures accountability, encouraging you not just to learn the teachings intellectually but to embody them personally. Alongside you, each woman in your pod will also upload their practices to the same group. Your support coach will provide somatic reflections, highlighting your strengths and identifying areas for growth. Timely submission of these practices is a crucial part of the certification process.



What do I need to do in order to gain certification?

Completion of Practices : All practices must be completed by their respective due dates during the course.

FINAL SUBMISSION OF PRACTICUMS FOR ASSESSMENT

Deadline: Within 4 weeks of the course's closing date.

Group Session Video: A video of you facilitating a group session with a minimum of 2 other women participating.

1:1 Session Video: A video of you facilitating a one-on-one session.

Content of Videos: Both videos should include themes and practices of your choice from the training.

You will receive detailed information about final assessments closer to the end of the training

Assessment Criteria:

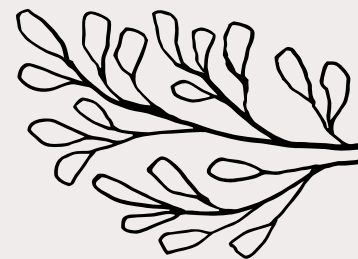
Demonstration of Understanding: The practicums should demonstrate your embodiment of the course material.

Application of Teaching: They should also show your ability to apply and be guided by the teachings from the course.

Certification: Upon meeting these criteria, you will be eligible a certificate of completion for the Somatic Educator course & to apply for your IICT accreditation.

Should you NOT wish to complete the assessment requirements, either knowingly at the start of your journey or should you come to this conclusion during the course, you are welcome to continue with the course without adhering to the due dates, however we will not be able to certify you as a graduate.

Course Benefits



Acquire Embodied Skills in Somatic Feminine Intelligence

Gain comprehensive skills and in-depth knowledge in somatic feminine intelligence, equipping you to guide other women through transformative feminine embodiment work.

Facilitation of Women's Circles and Workshops:

Develop the ability to facilitate engaging women's circles, workshops, and one-on-one sessions. These sessions offer women opportunities to explore their sensuality, bodies, menstrual cycles, and shadows, incorporating nervous system regulation practices, embodiment techniques, and somatic dance therapy.

In-depth Methodology Understanding

Delve into the underlying principles of somatic feminine intelligence, understanding its role in fostering women to become more deeply connected to their power & their bodies

Comprehensive Feminine Embodiment Toolkit

Receive a toolkit filled with powerful feminine embodiment practices, including shadow work exercises, nervous system regulation tools, and facilitation guidance, along with strategies on structuring and creating personalized workshops and one-on-one sessions.

Course Benefits

Somatic Coaching & Facilitation skills:

Develop the skillset to facilitate women into knowing the language of their bodies, be able to access unconscious material, communicate their feelings & sensations and process stored emotions in the body. This puts the talking in the backseat & feeling in the front seat—where long lasting transformation can happen.

Integrating Trauma-Informed Practices:

Understand and apply trauma-informed practices to ensure sensitive and safe facilitation for individuals with diverse backgrounds and experiences, allowing them to feel safe in their bodies to slow down & feel.

Potential to Join the team at the Somatic Institute For Women

Many women after the program become eligible to join the support coach team in future trainings. If you embody the principles of the training & become an incredible space holder, there is an opportunity to enter our apprenticeship program holding your own pod group the year after & in the second year entering into a paid position as a support coach. Our team has grown over the last 3 years and most of our support coaches have been with us since the beginning while bringing in more incredible women each year. This is an incredible opportunity to become apart of a growing team of women holding space for this program



What will you be able to do with this certification?

Feel safe to feel & guide other women to do the same

From this certification, you will master the art of Somatic Safety, learning to nurture a deep, loving relationship with yourself through bodily awareness. This involves creating a safe space to fully experience and accept your feelings. You'll develop skills to cultivate a strong sense of somatic safety. This foundational aspect of somatics emphasizes developing an embodied presence and gentle attentiveness. It empowers you to hold space for both your own complexities and those of others, fostering a deep, grounded relationship with your inner self. This leads to an unwavering trust and the ability to harmoniously navigate the full spectrum of emotions and sensations.

Learn to embody your sacred activism

The suppression of women's bodies & their power has far-reaching consequences, extending to the global violence, environmental harm, and rampant oppression we see today. This program will catalyze a shift towards embracing the regenerative, life-affirming essence the organic feminine principles offer in our lives as a source of activism, simply by the way you embody these teachings. We advocate for embodied leadership, recognizing that by reclaiming the gentle strength of the organic feminine and weaving it back into the world, we collectively contribute to a rebirth from a culture mired in dominance to one of harmony and healing.



Holistic teachings & practices to apply into your work or create offerings with.

Delve into a diverse array of educational topics that you can create workshops, themed embodiment session, include into your 1-1 sessions or create somatic sessions for women to explore various layers to reclaim the organic feminine principle.

The core of our program trains you in the foundations of Nervous System Health, Somatic Shadow Work, Trauma Awareness, Somatic Dance Therapy, Menstrual Cycle Awareness, Sensuality, the feminine shadow & much more. Our training is further enriched by the tenets of Embodied Leadership, Somatic Coaching, and Somatic Facilitation. This multifaceted approach ensures a holistic understanding and application of the Organic feminine

Discover your mission

In this module, you'll not only learn how to be a leader with integrity but also embark on a profound personal journey of discovery. You will explore your unique narrative, understanding its power as a teaching tool. The module provides you with essential tools and insights, guiding you to identify and pursue your passion for supporting women's liberation. Additionally, you'll learn how to structure and create effective workshops and one-on-one sessions, integrating these skills seamlessly into your program. This comprehensive education will equip you with knowledge, skills, and clarity in your mission, empowering you to become a transformative and liberating force for women

COURSE MODULES TOPICS



MODULE 1

THE ORGANIC FEMININE

In this module we will be diving into :

Connecting with our Inner World: Soma

Soma is the Greek word for body. The practice of somatics is an inquiry into knowing ourselves and the world around us, by listening to the body and its language. We do this by connecting with the felt sense: bringing our presence and awareness to the sensations, feelings, emotions, and images contained and spoken by our wild, intricate and delicate nervous systems. We practice dropping into the field of embodied intelligence, simply by listening and following the impulses, messages, movements and sounds that our bodies show us. In turn, we become intimate with the ways that our bodies breathe, dance and speak the truth.

Understanding the Female Body Wisdom

Central to this module is the an understanding of how the female body works in relation to the female nervous system & involves learning about our menstrual cycle as sources of inherent wisdom. This remembering teaches us to tap into this our body wisdom and be guided by it in our daily lives, offering a profound connection to the rhythms and cycles of our bodies.

Remembering the Organic Feminine

In this modulee we start to re-discover ourselves beyond the confines of patriarchal programming that has long infiltrated our bodies, nervous systems, and the collective female psyche. We will challenge the narrow, restrictive cultural narratives of femininity imposed on us and that we live out. Through feminine embodiment practice & sensual embodied engagement practices with nature, our body & sensuality we will remember how to reconnect to the wild, natural tapestry of the feminine.

TOPICS COVERED

- Introduction to the organic feminine principle
- Embodied & Pleasure Centred Leadership
- Dismantling patriarchal femininity
- Body Sovereignty
- Re-wilding the feminine
- Menstrual Cycle Wisdom
- Introduction to the female nervous system
- Sensuality
 - Somatic Pleasure practices for nervous system regulation



MODULE 2

TRAUMA & THE NERVOUS SYSTEM

In this module, we explore somatics; the inquiry into ourselves and the world around us through the language of the body.

This practice involves dropping into a field of embodied intelligence, tuning into the impulses, messages, movements, and sounds our bodies communicate, thereby becoming intimately familiar with how our bodies express truth. We do this by bringing awareness to the sensations, feelings, emotions, and narratives expressed by our nervous systems.

Equipped with these foundations, you'll learn how to work with the four nervous system responses—fight, flight, freeze, and fawn. You'll receive practical somatic tools to maintain emotional safety, stay connected during disconnection, and process challenging sensations.

TOPICS COVERED

- Foundations of Somatic's
- Introduction to the developmental stages of Trauma
- Embodied Somatic safety
- The Nervous System : Fight, Flight, Freeze & Fawn
- Embodiment & the Soul
- Nervous system regulation practices
- Un-shaming : Somatic process work



MODULE 3

SOMATIC SHADOW WORK

We all long to be seen, belong, loved, felt, and accepted, yet since we were young, we received messages that in order to be loved and accepted, we must act and behave in a certain way. These messages come from family, culture, religion, media, and personal and collective trauma.

This programming ends up repressing aspects of ourselves that are intrinsic to our sense of self on some of the most core and fundamental levels of our being. When we repress parts of ourselves, they end up residing in our shadow.

The shadow is the unconscious. It is where our hidden, exiled, rejected & orphaned parts of ourself live. Because the shadow is unconscious we don't know they are there. Shadow work is a process of revealing our shadow, and safely learning how to re-integrate it back into our conscious awareness.

When we feel safe enough to turn toward our shadows, we have the potential to release long-lasting trauma and the emotional, somatic, and psychological bound energy stored in our body/mind. This powerful process work allows us to courageously step into a more authentic, empowered version of ourselves.

TOPICS COVERED

- Foundations of the shadow
- The ways we seek validation & approval
- The shadow side of the Feminine
- Psychological projection
- The Rule Maker, Pusher & the Critic
- Shadow work exercises & inquiries



MODULE 4

SOMATIC FEMININE INTELLIGENCE

In this module, you'll learn to access grounded presence, intimate connection and free expression as felt experiences within your body.

We do this through somatic dance, therapeutic erotic dance, and non-linear movement practices. We also explore breath, touch, sound, and movement as gateways to deepening self-connection.

Additionally, we learn knowledge about menopause, menarche, the power of the luteal phase, and the interplay between sexuality and the nervous system. These elements collectively deepen your connection to your own freedom and aliveness.

TOPICS COVERED

- Sexuality
- Erotic Intelligence
- Menopause & Menarche
- The Dark Feminine & The power of our luteal phase
- Somatic Dance Therapy
- Non-linear movement
- Therapeutic Erotic Dnce
- Non duality & Embodied Presence
- Authentic Movement
- Sensual Embodied Engagement with Nature
- Eco-Feminism & Reclaiming our roots.
- Sexuality & the Nervous System



MODULE 5

THE SHADOW SIDE OF THE FEMININE

In this module, we face the complex and often hidden layers of conditioning that we as women have inherited from patriarchy.

We look honestly at the layers of oppression around our sexuality, menstruation, pregnancy, ageing, motherhood, gender roles, body image, power and other aspects of life.

With attuned awareness, we recognise how we have lost touch with our freedom & aliveness, how we have become subordinate to this paradigm, and how we perpetuate it ourselves.

We face these things, not so that we can shame them within ourselves, but rather, to become aware of them and discover our embodiment outside of narratives that were never ours to begin with.

Equipped with deeper awareness, We will come back to living life in relationship to our authenticity & the Feminine principle, beyond these limited & distorted structures.

TOPICS COVERED

- The Madonna/Whore Split
- Internalized misogyny in women
- Ageism & body shame
- The Unapologetic Feminine
- Slut shaming, threat, jealousy & competition between women
- The Witch Wound
- The History of misogyny in Female Genitalia
- Initiation into menstrual blood art



MODULE 6

TRAUMA INFORMED SOMATIC COACHING & FACILITATION

Somatic coaching & facilitation goes beyond traditional techniques with its' emphasis on connecting with the body & the nervous system to discover the truth that lies within.

We will decode the unspoken emotional narratives, bridging the gaps where words fail, to cultivate long lasting therapeutic change.

You'll discover how to effectively guide clients into accessing present moment contact with their bodies and skills to support them to access and learn from the sensations & emotions to integrate challenges & emotional pain. This will all be trained with the underscore of being able to create safety through trauma informed practices in your coaching & facilitation skills set.

TOPICS COVERED

- Trauma awareness in facilitation
- How to work with peoples nervous systems when holdings sessions & workshops
- How to work your your nervous system as a coach or facilitator
- How to create safety in transformational spaces
- Somatic Coaching - embodied presence, present moment relating & somatic guiding.



MODULE 7

ACCESSING YOUR GENIUS

This module invites us into how can we reshape our approach to leadership, moving beyond the striving, the constant push to be better, the incessant honing of skills in the quest to become the best version of ourselves.

Instead, we invite a shift in our value system around leadership with the profound understanding that who we are, rather than what we do, is the true leader. This module is a gateway into reimagining pleasure, leadership, and the deep connections they share.

You will also learn how your story is a powerful teacher to inspire women and how to structure the teachings of this program together into powerful workshops & 1-1 session.

TOPICS COVERED

- How to be a leader with integrity
- Purpose
- Creating & structuring workshops
- How to create workshops & sessions using the tools learnt from the training
- Lesson plans & 1-1 session structures
- How to create your own teachings through your story.

FACULTY



Maanee is the founder of the Somatic Institute For Women, A Somatic Trauma Psychotherapist, Dance Therapist, Erotic Educator and Sensual Embodied Activist.

Her teachings explore the intersection of the feminine, the shadow, trauma, somatics and embodied non duality. Maanee has over 11 years of experience as a therapist & teacher. As the visionary founder of The Somatic Institute for Women, Maanee has created a sanctuary for women seeking to reclaim their power and embodiment. She has trained over 250 women to become somatic educators in her year long teacher trainings & her courses have empowered over 25,000 students. For Maanee, the themes she works with extends beyond a mere vocation—it is a form of activism. She stands for an era of integrated change in a world that is increasingly disconnected from our embodied selves and advocates for women reclaiming the freedom of their bodies & their somatic intelligence as the agent of change towards a restored & regenerative future.



Saida Désilets, Ph.D is an international advocate for conscious, integrated sexuality through the understanding of our Erotic Genius. She has spoken in over 13 countries world-wide, including at the Kripalu Institute, Mama Gena's School of Womanly Arts, and the St. James Church in London.

She has guested on a variety of radio shows where she has talked passionately about her "Art of Succulent Living" philosophy. Also, she has been featured in such prominent magazines as NEXUS and Réves De Femmes.

She was a co-contributor to the best-selling books of Dr. Christiane Northrup and Dr. Rachel Abrams. Saida supports women to deeply understand their sensual/sexual nature and encourages them to self-define what sexuality is for themselves.



Michaela Boehm travels and teaches internationally as an expert in intimacy, relationship and sexuality. A gifted speaker and counselor, her unique body of work centers around the intersection of intimacy and embodiment. With an extensive (30,000 plus hours) in-person counseling background, clinical experience in trauma and addiction and innovative somatic approach, her work with celebrity couples has been featured in international print publications, TV programs and online talk shows. Most recently her work is featured in the 6-part Netflix Show "Sex, Love & goop", which she co-hosted with Gwyneth Paltrow, and Will Smith's bestselling memoir 'Will'. Michaela is the creator of The Non-Linear Movement Method[®], a somatic release modality which utilizes principles of trauma therapy, polyvagal theory and movement for nervous system regulation.

Her book "The Wild Woman's Way" was published by Simon & Schuster/Atria in August 2018.

FACULTY



Amanda is passionate about awakening human consciousness in our bodies and day-to-day lives. With over 25 years of experience in personal and professional development as a therapist, coach, bodyworker and facilitator she combines nervous system wisdom, non-duality and working with the inner critic to help practitioners land more fully in their bodies, honour their inner wisdom and transform their client results.

Amanda is a Somatic Experiencing Practitioner, SAFE-T (Somatic Attachment Focussed Expressive Arts) therapist, Essence Coach and Voice Dialogue facilitator and the creator of the Somatic Soul Method and the Trauma Informed Practitioner Program and Certification.



Jasmine Alicia Carter is a Menstrual Artist & Sacred Feminine Empowerment Mentor devoted to empowering and educating women to reclaim their true feminine nature, embody their menstrual cycles and heal their sexuality. Her favourite way to express the feminine wisdom is drawing with her period blood, a sacred art that changed her life in 2016 and that today is spreading across the globe through the Menstrual Art Movement.



Maya Luna is an Oracular Poet and teacher of Feminine Wisdom. She teaches online and worldwide and is the creator of the Deep Feminine Mystery School. Her work focuses on the resurrection of lost Feminine wisdom and the dimension of Reality she calls the Deep Feminine Current.

She offers through the vessel of Art, Poetry and Spoken word, Wisdom Teachings and Embodiment Practices focused on reconnecting human beings to the Deep Feminine Current.

FACULTY



Kimberly Ann Johnson is a Sexological Bodyworker, Somatic Experiencing trauma resolution practitioner, birth doula, Author and single mom. She helps women heal trauma, awaken their power and feel at home in their bodies to start living life on their own terms.



A'ida Shibli is a queer Indigenous Bedouin woman from Palestine who grew up under Israeli occupation; she is a nurse, feminist, ecological and peace activist, long-term member of Tamera and the founder of Global Campus Palestine.

A'ida teaches on the collective patriarchal embodiment of the feminine weaved with her activist work as a Palestinian women against the oppression of women.



David Bedrick, J.D., Dipl. PW is an attorney, educator, and process worker. He founded the Santa Fe Institute for Shame-Based Studies where he teaches and works with individuals from around the world.

He is the author of *Talking Back to Dr. Phil: Alternatives to Mainstream Psychology and Revisioning Activism: Bringing Depth, Dialogue, and Diversity to Individual and Social Change*. His new book is *You Can't Judge a Body by Its Cover: 17 Women's Stories of Hunger, Body Shame and Redemption*.

FACULTY



Wholistic Sexuality teacher Sheri Winston is a groundbreaking, award-winning author and teacher who offers empowering, entertaining erotic education for everyone.

She's the author of the award-winning *Women's Anatomy of Arousal: Secret Maps to Buried Pleasure* (which won the American Association of Sex Educators, Counselors and Therapists' 2010 Book of the Year) and *Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice*. She's also a contributor to the award-winning *Secrets of the Sex Masters*.

Sheri is the founder of the Intimate Arts Center. She offers pleasure-centered sex-ed for grown-ups with a wide variety of practical and transformational intimate arts educational programs.

Sheri's unique holistic offerings are informed by over 20 years as a sexuality teacher, on top of decades of practice as a certified nurse-midwife, gynecology practitioner, registered nurse, childbirth educator and massage therapist.



Miriam Ropschitz is a writer and teacher of earth + body-based spirituality. For the last decade she's been guiding women through her body of work focused on menstrual and sexual embodiment.

Passionate about the wild power of the Feminine, Miriam's work is dedicated to bringing women home to their bodies and the earth.

She believes all women are witches and that restoring the witch as a sacred feminine archetype is a vital part of women reclaiming lost feminine wisdom. You'll find Miriam teaching retreats and trainings, holding powerful online courses and mentoring magickal women from around the world.

She lives on a farm in Somerset, UK where she's currently writing her first book



Jane Hardwicke Collings is a former midwife, teacher, writer and menstrual educator.

She gives workshops internationally on mother and daughter preparation for menstruation, the spiritual practice of menstruation, and the sacred dimensions of pregnancy, birth and menopause.

Jane founded and runs The School of Shamanic Womancraft, an international Women's Mysteries School. Jane is the author of many books and ecourses



Dates & sessions times will be
launched on Jan 20th 2023

for information & support please
read out FAQ section on the
website or reach out to

contact@somaticsforwomen.com