

WWW.SOMAPSYCH.ORG

# 100HR Nervous System Yin Yoga Teacher Training

**Online & Live**

March 3rd - April 27th 2025

August 18th - October 12th, 2025



SOMAPsych

## 01 // Who is SomaPsych?

**At SomaPsych**, we empower resilience and transformation through trauma-informed care and somatic practices—bridging individual restoration with collective social change.

You may know us through our signature **20HR and 300HR Trauma-Informed Facilitator Trainings**, which are central to our mission. Beyond that, we collaborate with organisations and non-profits to normalise trauma-informed practices and nervous system education across all spaces, not just within healing communities.

### **Where Does Yin Yoga Fit In?**

We believe in making Yin Yoga a cornerstone of this vision. Yin Yoga focused on nervous system regulation offers a deeply therapeutic quality. This training is designed for those wanting to integrate a body-based modality into their personal practice, community, or workplace.

Our participants come from all walks of life—yoga practitioners, community leaders, and professionals in larger organisations. The beauty of this practice lies in its accessibility: every body has a nervous system, every body experiences stress, and Yin Yoga meets individuals exactly where they are.

If you're curious about this gentle yet transformative practice and want to bring **SomaPsych's Nervous System Yin Yoga** to your community, keep reading—or reach out to us at [info@somapsych.org](mailto:info@somapsych.org).

This training blends the art of Yin Yoga with cutting-edge nervous system science and a deep commitment to social justice, creating a uniquely transformative experience.

## 03 // Meet Your Facilitator



### **Amanda Hanna** **Founder of SomaPsych**

I'm the founder of SomaPsych and work alongside a small team of four amazing humans who are deeply passionate about bringing this work to life. You can meet them [here](#).

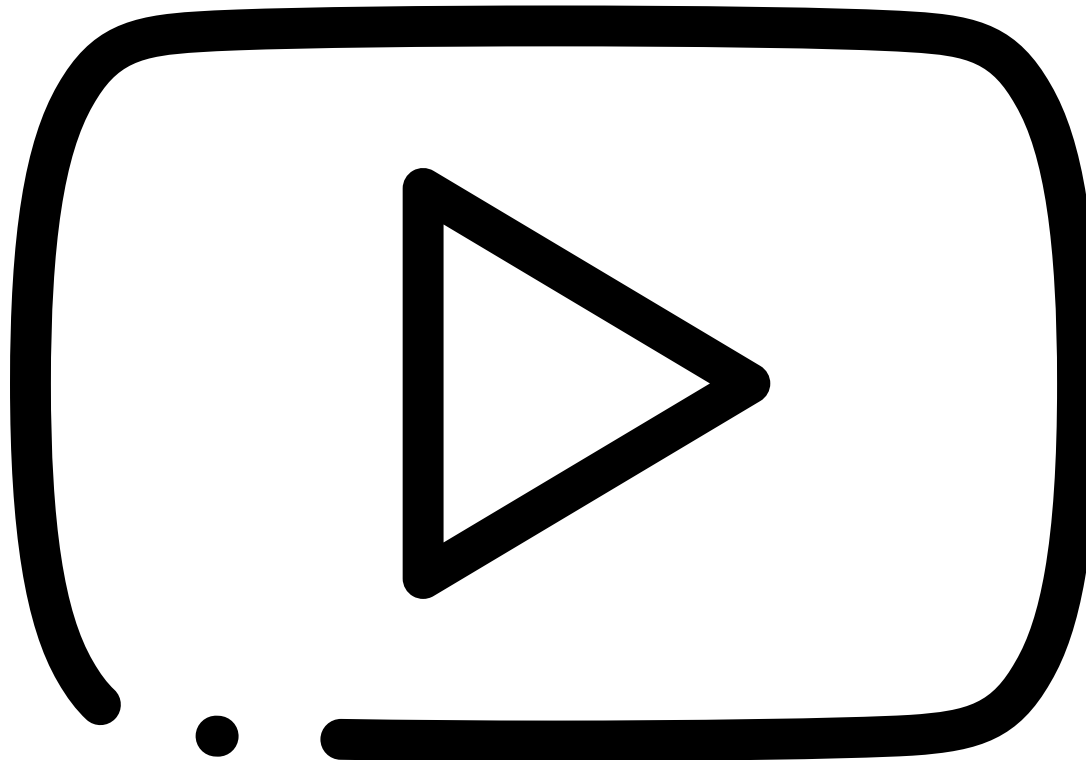
I hold a BA in Psychology and am currently pursuing my MA in Psychology, alongside being an Integrative Somatic Practitioner. My certifications include 300HR TCTSY-F, 1000HR E-RYT, YACEP, Certified Mindfulness & Meditation Trainer, Somatic Dance Teacher, and Shaking Medicine Facilitator.

With over 1,000 hours of training in yoga, anatomy, and physiology, my work focuses on Yin Yoga, complemented by extensive expertise in holistic nutrition for the nervous system and hormonal support, meditation, mindfulness neuroscience, and energetics. My teaching style is a unique blend of these disciplines, emphasizing the integration of body, mind, and spirit.

Through my Yin Yoga workshops and teacher trainings, I share a trauma-informed approach to facilitation, resilience, and nervous system regulation. I see Yin Yoga as a deeply restorative practice that provides a gateway to inner strength and healing. My passion lies in helping others understand and navigate stress, adversity, and trauma through compassionate, evidence-based practices that support personal growth and nervous system restoration.

## For those who prefer to watch and listen...

Prefer to listen and watch? Click the button below to watch the youtube video to learn more about this training.



## 05 // About This Training

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### Why Nervous System & Trauma-Informed?

SomaPsych's approach to Yin Yoga focuses on regulating, balancing, and restoring the nervous system. This training guides students in integrating Yin Yoga principles with somatic tools to move from reaction to response, fostering resilience through polyvagal-informed practices. By incorporating trauma-informed techniques, students learn to create supportive environments that enhance autonomy, choice, and resilience while making the practice accessible to diverse individuals and communities.

This training offers a space for self-exploration and skill development, equipping teachers with tools to regulate their own nervous systems and seamlessly integrate these practices into their classes to support others. As teachers, we hold space for individuals to explore their connection to breath, body, and mind. It's essential to honor each person's experience without trying to alter it, allowing transformation to unfold in its own time. By understanding the physiological and neurological aspects of practice, we can witness and support students in their journey toward healing.

Trauma-Informed & Nervous-System Yin Yoga doesn't aim to heal or "release" trauma but to support nervous system regulation through accessible tools and practices. Teachers gain the knowledge and skills to guide students in managing emotions, modifying poses when needed, and fostering a sense of safety and autonomy.

At SomaPsych, we believe trauma-informed work extends beyond individual healing to collective well-being. This approach addresses how trauma is perpetuated within systems, emphasizing the role of nervous system restoration in fostering social justice and meaningful change.

## 06 // Who is this training for?

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### ◆ **Yoga Practitioners**

Deepen your understanding of yin yoga and cultivate tools for nervous system support to create healing and accessible spaces in your community.

### ◆ **Social Workers, Mental Health or Pastoral Counselors**

Enhance your practice with somatic tools that foster resilience and body-based healing, particularly for the vulnerable communities you support.

### ◆ **Individuals that are new to the practice of yin yoga**

Explore the foundations of yin yoga and learn to bring a gentle, body-based healing approach into both personal and community settings

### ◆ **Complementary & Alternative Medicine Professionals**

Integrate yin yoga's gentle approach into your practice, enriching your holistic offerings with trauma-informed, body-based healing.

### ◆ **Human Resource Managers & Business Owners**

Foster healthier workplace environments by incorporating restorative, body-based tools that support stress reduction and collective resilience.

**Module 1 50 Hrs**  
**Anatomy | A Bioindividual Approach to Yin Yoga**

- Yin and yang asana practice
- Functional breakdown of muscle groups in relation to Yin
- Skeletal, muscular, fascial system studies
- How tension and compression can impact your yoga practice
- Mindfully facilitating yin yoga in a safe, accessible way for all
- Cueing and sequencing workshops
- Power of props and an intricate breakdown of each asana Mind-body connection and Embodiment workshop



**Module 2 50 Hrs**  
**Nervous System | Foundations of Trauma-Informed Facilitation**

- Mental and emotional approach to yin yoga
- Nervous system
- Mindfulness theory and workshops
- Neuroplasticity, our thoughts, and emotions
- Yogic philosophy and social change
- Types of stress and trauma
- Trauma-informed ways of approaching classes
- Appropriate language and communication
- Scope of practice and teaching responsibly
- Group work and study time

## 09 // Weekly Descriptions of Content

1.

### **Principles of SomaPsych's Nervous System Yin Yoga**

Explore the foundational principles of nervous system-focused yin yoga. Learn what makes this practice trauma-informed and person-centered, emphasizing accessible spaces for restoration and self-regulation. Begin studying functional anatomy, connecting postures to nervous system regulation and diverse body needs.

2.

### **Fascia, Bones, Joints & Connective Tissue**

Dive into the interconnected systems of fascia, bones, joints, and connective tissue. Understand how yin yoga's stillness supports mobility, stability, and emotional resilience. Discuss how the body stores and releases tension and explore inclusive practices for unique skeletal and joint structures.

3.

### **Muscles and Target Areas: A Musculoskeletal Deep Dive**

Examine the musculoskeletal system, focusing on key muscle groups and target areas in yin yoga. Learn how posture and movement patterns influence the body and nervous system. Adapt sequences using props to honour individual structures and experiences.

### 3.

#### **Breathing, the Nervous System & Resourcing**

Discover how breathing techniques regulate the nervous system, reduce stress, and promote grounding. Practice methods to enhance vagal tone and calm, supported by the science of breath.

### 5.

#### **Sequencing for Nervous System Yin Yoga**

Learn to design yin yoga sequences that balance activation and restoration. Explore the latest research on the nervous system, trauma, and somatics to create accessible, curiosity-driven classes.

### 6.

#### **Brain Waves, Therapeutic Rest & Yogic Philosophy**

Explore the relationship between brain wave states, therapeutic rest, and yoga philosophy. Understand how yin yoga shifts brain waves for deep rest and integrate modern neuroscience with yogic teachings for resilience.

## 7.

### **Stress Response, Closing Loops & Intentional Language**

Understand the stress response and techniques for recovery and emotional processing. Learn the impact of intentional language and cueing to support diverse experiences and learning styles.

## 8.

### **Scope of Practice, Ethics, Personal Inquiry & Boundaries**

Reflect on facilitating with integrity and authenticity. Explore scope of practice, ethical considerations, and boundaries while enhancing self-awareness and regulation to better support others. Integrate the training to confidently apply trauma-informed, person-centered yin yoga.

## 12 // Explore A Week in The Life

Each week of the SomaPsych training is an immersive journey into nervous system and bodily wisdom through yin yoga and embodied practices.

### ◆ **Live Call**

Weekly 2-hour virtual sessions featuring practice, theory, and group discussions.

### ◆ **Self-Study**

2-3 hours of curated videos, readings, and practices designed to deepen understanding of nervous system and trauma theory, polyvagal informed therapeutic practices, yin yoga principles, and ecosomatic connections.

### ◆ **Personal Embodied Practice**

A deepening of personal embodied practices is cultivated through yin yoga practices, yoga nidra, resourcing, integrative somatic inquiry and mindfulness to observe how their nervous system responds and restores over time.

### ◆ **Homework Reflections**

Short prompts to integrate teachings into embodied wisdom and creative application.

### ◆ **Community Interaction**

Engage in an online space to share insights, ask questions, and support each other's growth.

## 13 // Live Schedule

Each week of the SomaPsych training is an immersive journey into nervous system and bodily wisdom through yin yoga and embodied practices.

### ◆ **Live Call Schedule - March 3rd - April 27th 2025**

Tuesday 4th March, 6.30-8.30pm NZDT

Tuesday 11th March, 6.30-8.30pm NZDT

Tuesday 18th March, 6.30-8.30pm NZDT

Tuesday 25th March, 6.30-8.30pm NZDT

Tuesday 1st April, 6.30-8.30pm NZDT

Tuesday 8th April, 6.30-8.30pm NZST

Tuesday 15th April, 6.30-8.30pm NZST

Tuesday 22nd April, 6.30-8.30pm NZST

### ◆ **Live Call Schedule - August 18th - October 12th, 2025**

Tuesday 19th August, 6.30-8.30pm NZST

Tuesday 26th August, 6.30-8.30pm NZST

Tuesday 2nd September, 6.30-8.30pm NZST

Tuesday 9th September, 6.30-8.30pm NZST

Tuesday 16th September, 6.30-8.30pm NZST

Tuesday 23rd September, 6.30-8.30pm NZST

Tuesday 30th September, 6.30-8.30pm NZST

Tuesday 7th October, 6.30-8.30pm NZST

To find your timezone click [HERE](#)

\*\*All times are based on Auckland Time (NZT)

\*\*please pay attention to Daylight Savings Time and any changes in your region along the way

1.

**Professional Outcomes:**

Gain the skills and knowledge to lead classes, workshops, and group sessions with confidence and a trauma-informed approach. You'll learn how to craft sequences that support nervous system regulation, adapt practices to meet diverse needs, and create safe, accessible spaces for all.

2.

**Personal Growth:**

Develop tools for self-regulation, resilience, and burnout prevention through a deeper understanding of your own nervous system and embodied practices. This training equips you to integrate mindfulness, restorative techniques, and somatic inquiry into your daily life, fostering balance, emotional well-being, and a renewed sense of purpose.

3.

**Broader Impact:**

You'll be equipped to apply these principles in your work or community spaces, fostering safer, inclusive environments for healing. Whether you're teaching yoga, working in wellness or social services, or supporting your community in another way, this training will enhance your ability to create meaningful impact.

# Tiered Pricing

We are dedicated to providing high-quality, affordable, and accessible trainings, with equity and mutual exchange at the heart of what we do. Our tiered pricing reflects our commitment to addressing systemic inequities, inviting you to reflect on your resources, privilege, and the value of this work. By choosing what you can genuinely afford, you help make this work accessible to others.

Learn more about our tiered pricing [here](#).



## Tier 1

For those who are financially well-resourced. Reflects the value of the course in Western economic markets.

\$1,695 NZD



## Tier 2

For those on medium incomes and access to financial resources.

\$1,465 NZD



## Tier 3

For those on low incomes, caring responsibilities and from marginalized communities.

\$1,125 NZD

**[\\*\\*View Financial Policy Here.](#)**



16 // Enrolment

# Ready to embark on a journey of transformation?

If you're ready to become a yin yoga teacher and facilitate classes and workshops in your community, enrol today!

**Enrol Today**

**March 3rd - April 27th 2025**

**Enrol Today**

**August 18th - October 12th, 2025**



# FAQs

## **How long will I have access to the course content?**

You will have access to the course content for two months after the training's completion date. After this period, your access will be removed from the online platform. This is because the material is constantly evolving and being updated. Due to unforeseen circumstances, students occasionally need extra time - we are happy to work with you on a case by case basis to ensure you have the space to complete the training. Please reach out to the team at [info@somapsych.org](mailto:info@somapsych.org) should you need extra time.

## **Do I need to attend the Live Sessions Live?**

We ask that students attend at least 70% of all live lectures in real-time to fully engage with the content and interactive aspects of the training.

We understand that life happens, and if attending 70% of the live sessions is genuinely not possible, we're happy to work with you on a case-by-case basis to find a solution. Please reach out to our team to discuss your circumstances. There will be recordings available within 24 hours,

## **Why did SomaPsych leave Yoga Alliance, and how does this impact your training?**

SomaPsych has chosen to part ways with Yoga Alliance to uphold our commitment to quality, ethics, and community focus. This decision stems from concerns about Yoga Alliance's lack of quality control, US-centric approach, and limited transparency regarding financial contributions. For you, this means that while we are no longer affiliated with Yoga Alliance, your training will continue to meet the highest standards. If you wish to maintain or pursue accreditation with Yoga Alliance, our partner organisation, Legacy Motion, still provides that option. While we are no longer with YA, this course does adhere to continuing education standards and requirements

# FAQs

## **Will I receive a certificate upon completion?**

Yes, you will receive a certificate of completion for the 100HR Nervous System Yin Yoga Teacher Training. You will be certified as a SomaPsych Facilitator of Nervous System Informed Yin Yoga.

## **What is your cancellation policy?**

[Please view our financial policy by clicking here.](#)

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## **Do you already teach yin yoga and wish to deepen your impact?**

Join us for the [100HR Advanced Therapeutic Yin Yoga Teacher Training](#). This training is designed for certified yoga teachers who wish to deepen their understanding of Yin Yoga and integrate somatic practices into their teaching, specifically for individuals and communities who have experienced trauma. It's ideal for facilitators looking to offer trauma-informed, nervous-system-regulating practices in their classes, workshops, and private sessions.

# FAQs

## **How much experience do I need to participate in this training?**

We welcome individuals with all levels of experience, from novice yoga practitioners to experienced teachers. Some participants join to explore nervous system restoration for personal growth, while others are looking to deepen their understanding of anatomy and neuroscience in Yin Yoga. This training is designed to be accessible and valuable to everyone, regardless of background.

## **What ongoing support is available after the training?**

We offer access to free alumni community gatherings, educational resources, and an online community network to support your continued growth.

## **Can I take this training if I don't plan to teach?**

Absolutely. This training is also for those seeking personal growth and nervous system regulation through yin yoga.



“This training offered me an educational and experiential understanding of what it means to embody the energy of Yin. It allowed me to sit in curiosity as I questioned the balance of the energies of yin and yang in my life, which led to big personal shifts. It has reinforced my belief of how important it is to embody this energy for the healing of humanity and the earth.

From a educational perspective, I have learnt in depth about the nervous system and the vital role it plays on our mental health. Through the embodiment calls I was able to cultivate more tools and internal awareness as to how I can regulate my nervous system in 'busier situations', and when facilitating a yin yoga class!”

To explore videos of student testimonials, click the icon below...

