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100HR Advanced Therapeutic Yin Yoga Teacher Training

Online & Live

May 12th - August 18th, 2025



SOMAPsych



Where Does the Advanced Therapeutic Training Fit In?

The Advanced Therapeutic Training represents the next layer—the evolution of how we integrate and embody the profound wisdom of Yin Yoga. This training weaves together somatics, polyvagal-informed practices, trauma-informed Yin Yoga, and human-centered approaches. It invites us to explore what it means to create therapeutic programs in a more clinical or therapeutic context.

This is for practitioners who want to take Yin Yoga and nervous system support into spaces where it can have a deeply transformative impact: clinical practices, incarceration settings, family harm environments, and other areas where people need compassionate support. It's about equipping you to walk alongside individuals and communities in a way that fosters healing and resilience.

Whether you're a yoga teacher, somatic practitioner, therapist, or someone looking to expand their work into therapeutic or clinical settings, this training is designed to empower you to integrate these practices into meaningful, impactful programs. At SomaPsych, this advanced training is the bridge between Yin Yoga as a personal or community practice and its application in systemic change, offering tools to support some of the most vulnerable populations with care and integrity.

This is for facilitators and teachers looking to offer the practice of yin and somatics to specific populations and communities who have experienced trauma.

03 // Meet Your Facilitator



Amanda Hanna

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](#).

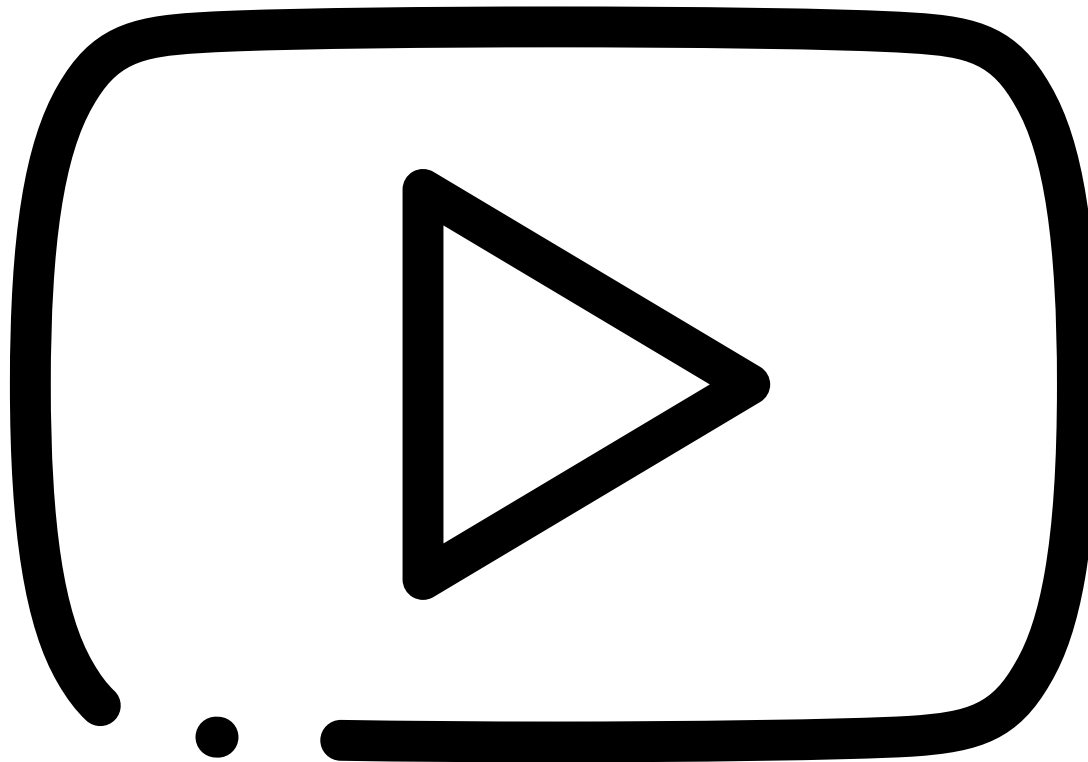
I hold a BA in Psychology and am currently pursuing my MA in Psychology, alongside being an Integrative Somatic Practitioner. My certifications include 300HR TCTSY-F, 1000HR E-RYT, YACEP, Certified Mindfulness & Meditation Trainer, Somatic Dance Teacher, and Shaking Medicine Facilitator.

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.

04 // Youtube Video

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



05 // Why Become a Therapeutic Trauma-Informed Yin Yoga Therapist

Trauma-informed means knowing, understanding, and honouring the fact that stress and the gradient of trauma impact every single person to some degree, either firsthand or vicariously. It means that we respect our role as a space holder and allow people to experience their practice in their own time and way with no alternative healing agenda. We trust that the process is not linear, it is not a one-size-fits-all, it is beautifully and powerfully unique to each person and we are simply here to walk alongside them on their journey.

In yin yoga, we ask people to come to their edge of comfort, find a sense of stillness, and hold for a length of time. This is a challenge for many people. Add the layers and nuances of stress and trauma and now there are so many more considerations to take into account. The quiet depths of yin yoga hold vulnerable potential for triggered experiences, challenging emotions, and so much more. It is our sacred duty as teachers and practitioners to know about, deeply understand, and honour these lived experiences and the activating and triggering potential they hold. When navigated intentionally from a trauma-informed perspective, we can work towards mitigating these harmful experiences.

The sympathetic activation energy and experience of stress and trauma reside in the tissues of the physical body. Nervous tissue and fascial memory hold the residue of these experiences. Memories or behaviours can be triggered through language, scent, touch, atmosphere, music, and so much more. It is our ethical responsibility to know and understand how to create safe(r) spaces and environments for people to explore movement and various practices in their own time and way.

06 // How does this training equip you to facilitate Trauma-Informed Yin Yoga in therapeutic settings?

By learning the science behind stress and trauma's impact on the mind and body, we can explore how to build a resilient foundation for restoring, supporting, and nourishing the nervous system through yin yoga. This training explores the needs of specific populations and appropriate considerations to ensure you are equipped with the tools to be responsive, creative and agile in the moment. It is one thing - one very important thing - to approach a general studio class with a trauma-informed lens and create a safe and inclusive space; it takes another, more in-depth and nuanced understanding to hold trauma-informed spaces specifically for individuals and groups who have experienced trauma.

By exploring how trauma often happens in relation to others, we unpack how healing and restoration can also happen in relationship. The sacred responsibility of holding this type of powerfully beautiful and vulnerable container is something we explore and work to integrate in order to hold the most responsive, respectful, and dignity-enhancing spaces.

We explore techniques, models and frameworks like invitational and interoceptive language, specific trauma-informed sequencing for a yin offering, holding participant-centred exploratory spaces, verbal and visual cueing for accessibility and inclusivity, and much more to help keep the power in the participants' hands. We learn about the different manifestations of coping mechanisms. Not only how these mechanisms may present in a yoga class but how to hold space for them without dismantling and destabilizing them but, through building a foundation to introduce new mechanisms in a safe and steady way.

You will learn foundational tools that will assist you in screening and onboarding participants and setting up trauma-informed series for a variety of populations. You will also be equipped to design and deliver responsive and adaptive classes that are tailored to the people you work with. This training also offers insights and practices to explore, set, and hold your personal and professional boundaries in a respectful and dignity-enhancing way from start to finish.

07 // Who is this training for?

- ◆ Psychologists, therapists, and support workers who are interested in offering yoga & somatics to accompany their work as an adjunct to therapy.
- ◆ Professionals who would like to bring yoga & somatics to individuals and groups who have a history of trauma.
- ◆ For those already working within, or are wanting to step into, communities impacted by collective, systemic, and individual trauma.
- ◆ Yoga teachers who have a foundational understanding of trauma and trauma-informed work. *This training is not suitable for individuals aspiring to teach yoga within a studio setting or for those with no prior experience in trauma-informed work.

Science of Mind-Body Connection

- Take a deeper, evidence-based look at the mind-body connection and how we can work with all of the levels and layers of our being in a safe, trauma-informed way, alongside the principles of yin yoga
- Understand the impact trauma has on a neurological and physiological level and the role fascia plays. Explore how to work with the fascial network and mind-body connection for experiential integration of stored cellular memories, current and unprocessed emotions, unprocessed stress and/or trauma
- Learning how using props can not only signal to the nervous system there is a cue of potential safety but also how to navigate the relationship between mind and body, building a strong foundation for safety, inclusivity, accessibility, and thoughtful to traditional yin yoga shapes
- Explore the evidence-based, bottom-up approach of working with the body to build the capacity and tolerance to process and integrate past and present experiences of stress and trauma

Neuroscience of Mindfulness

- Hone your teaching expertise with knowledge from a neurological, mental health and yin perspective
- Learn tools and techniques to restore and regulate the nervous system to build a foundation for people to move forward and build their capacity to hold emotions and sensations in their body and healthily process and integrate them
- A psychological and philosophical look at mindfulness theory and how to powerfully incorporate this into your own practice as well as the classes you deliver
- Explore, from a scientific and evidence-based approach, the mental and emotional aspects of yin yoga and how to create a safe(r) container for every individuals' experience
- Accessible and trauma-informed breath, mindfulness and meditation techniques

Trauma Theory

- Take a deeper look at trauma theory to understand how stress and trauma influence and impact people as well as how yin yoga can be a transformative and restorative practice
- Explore various types of stress and trauma and the underpinning theories that help us work with and integrate these experiences in a safer, more contained, and restorative way
- Develop a deeper appreciation and respect for your scope of practice as a yin yoga teacher and explore the sacred responsibilities you hold
- Understand the intricacies of trauma-informed approaches and discover how this practice is a form of social justice for self, others, and our wider communities
- Incorporate evidence-based techniques into offerings specific to populations and communities you want to walk alongside

Art of Trauma-Informed & Therapeutic Facilitation

- Experience guided practices for personal exploration and develop your own personal practice that fosters a visceral and embodied understanding of this sacred practice
- Mindfully and powerfully facilitate yin yoga in a safe, accessible way for all through Art of Facilitation workshops
- Learn the art and power of verbal and visual cueing to allow people to experience the practice from the inside out, creating a somatic journey for the student to restore a sense of self-agency and choice within their body.
- Sequencing workshops that unpack the science behind crafting and delivering empowering and transformative classes
- Build a toolkit of appropriate language and communication during all elements of your experience as a yoga teacher
- Multiple tools to facilitate a practice that considers mental health, trauma-informed approaches, and overall wellbeing
- A look into the art of teaching and an upgraded self-practice
- Confidently offer your participants a practice that holds space for and is responsive to the physical, energetic, mental and emotional layers of the body in a trauma-informed way

12 // Weekly Descriptions of Content

1.

Yin Yoga & Personal Responsibility

This session will set the foundational understanding of yin yoga as a practice and begin to layer over how this practice can be transformed into a therapeutic offering. We will also look at the true nature of radical self-care within the context of therapeutic work. Here you will also learn tools and resourcing techniques for nervous system regulation for yourself and others.

2.

Trauma & the Brain

Here we unpack the intricacies of the nervous system and how the brain is impacted by stress and trauma. We will look at the anatomy, physiology, and neurobiology of stress and trauma and ways in which yin yoga can support self-regulation and nervous system support, as well as lay the foundation for post-traumatic growth.

3.

The Language We Use

Language has the power to establish and dismantle power dynamics and hierarchies. Here, we look at how invitational and interoceptive language can help establish and support the therapeutic relationship between facilitator and client. We'll look at how language can invite pockets of embodiment and exploration of one's own sense of safety from the inside out. We will learn various ways to verbally and visually cue to support a hands-off, empowering approach to this practice to help cultivate self-agency and a deeper connection to one's mind and body.

13 // Weekly Descriptions of Content

4.

Trauma, Fascia, and Memory

This session explores the role of fascia in how traumatic memories are stored and processed and how they can manifest. We will look at the function of memory and how a therapeutic yin yoga practice can help to integrate and transform the somatic and neural memory of stress and trauma.

5.

Inclusivity & Accessibility: Mental Health & Addiction

When it comes to creating safer, more inclusive, and accessible spaces we must take the entire human experience into account. In this session, we will look at mental health and addiction as well as physical limitations and how we can intentionally curate safer spaces for all.

6.

Navigating Dissociation

Dissociation is a coping and survival mechanism that is healthy and useful when engaged appropriately. We will look at the healthy gradient of dissociation and how it may become problematic for some. We will also learn ways to work with dissociation and work toward a more empowered and embodied experience in a safer way through practices like titration and pendulation.

7.

The Stress Response Cycle

Stress is a natural part of everybody's life, yet our relationship with it can be problematic. This session explores the Stress Response Cycle and how to work with it effectively and consistently; closing the loops to help support and restore the nervous system, while cultivating greater inner resilience. Here we also look at triggered responses and how we can safely and effectively hold space for them while honouring the entirety of the stress cycle.

8.

Trauma-Informed Mindfulness & Meditation

While meditation is not safe nor appropriate for everyone, we will look at how to safely deliver and navigate trauma-informed mindfulness and potentially meditation. This session also focuses on frameworks for intentional sequencing of therapeutic yin yoga practices.

9.

Navigating Power Dynamics

While meditation is not safe nor appropriate for everyone, we will look at how to safely deliver and navigate trauma-informed mindfulness and potentially meditation. This session also focuses on frameworks for intentional sequencing of therapeutic yin yoga practices.

10.

Your Role as a Therapeutic Yin Yoga Facilitator

Here we further explore our role as a therapeutic yin yoga facilitator and unpack concepts such as co-regulation, transference and countertransference as well as trauma stewardship. Understanding our responsibility to self-regulate and set and hold authentic boundaries is paramount in this work. Learn tools for self-reflection and reflexivity for a safer, more effective therapeutic practice.

11.

Code of Ethics & Onboarding

By exploring our Scope of Practice and establishing a Code of Ethics, we can more powerfully ground into our role while keeping ourselves and others safe. Here we also develop a thorough, yet very intentional, screening and onboarding process to ensure safety from the very beginning.

12.

Moving Forward

The final week is all about bringing everything together and focusing on next steps and how you want to move forward in this work. We will discuss ethical and responsible business practices and marketing in relation to the communities and populations you currently or wish to work with in the future.

16 // Explore A Week in The Life

Each week of the SomaPsych training offers a therapeutic landscape of the nervous system and the body, guided by yin yoga and embodied practices.

◆ **Live Call**

Weekly 2-hour virtual sessions.
Mondays from 7.00pm - 9.00pm NZST

◆ **Embodiment Workshop**

Pre-recorded weekly embodiment workshops

◆ **Self Study**

Curated videos, readings, and practices designed to deepen understanding as well as reflections to help you integrate content.

◆ **1:1 Calls**

Six personalised 1:1 calls with lead facilitator Amanda, designed to support and guide you throughout your journey.

◆ **Integration Calls**

1) One Group integration call after break
2) Group integration call 3 weeks after completion

17 // 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**

May 13th, 7.00-9.00pm NZST

May 20th, 7.00-9.00pm NZST

May 27th, 7.00-9.00pm NZST

June 3rd, 7.00-9.00pm NZST

June 10th, 7.00-9.00pm NZST

June 17th, 7.00-9.00pm NZST

June 24th, 7.00-9.00pm NZST

July 1st, 7.00-9.00pm NZST

2 Week Integration & Break

July 22nd, 7.00-9.00pm NZST

July 29th, 7.00-9.00pm NZST

August 5th, 7.00-9.00pm NZST

August 12th, 7.00-9.00pm 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

18 // Price list

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.

\$2,294.25 NZD



Tier 2

For those on medium incomes and access to financial resources.

1,949.25 NZD



Tier 3

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

\$1,604.25 NZD

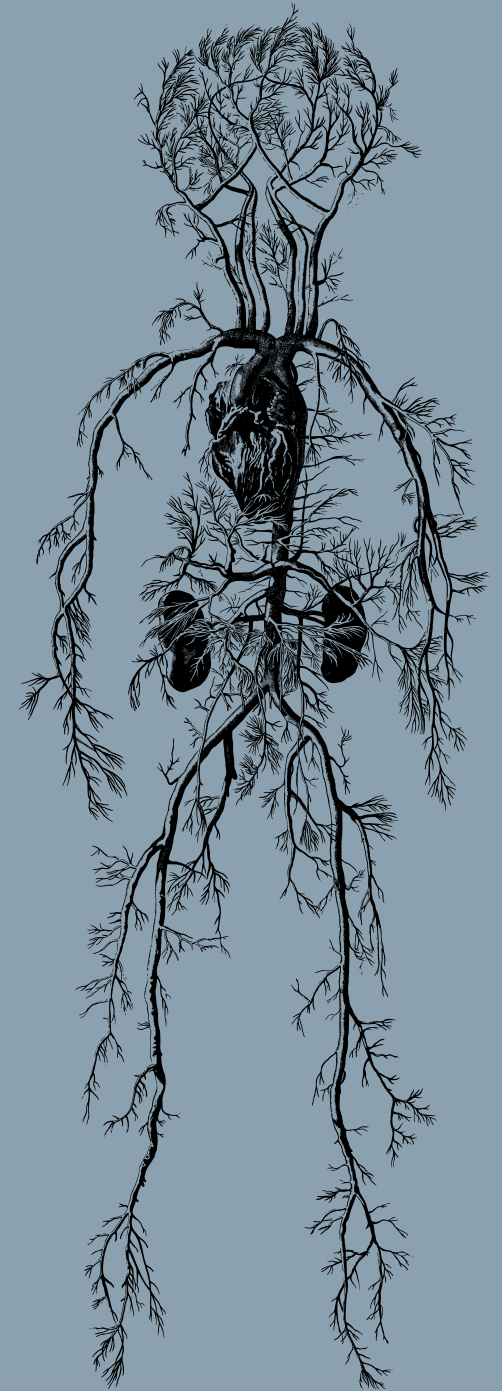
[**View Financial Policy Here.](#)

Ready to embark on a journey of transformation?

If you're ready to deepen your embodiment of the energy of Yin and facilitator regulatory practices within a therapeutic landscape, enroll today!

Expression of Interest

May 12th - August 18th, 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 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,

What are the training Pre-Requisites?

At a minimum, the student must have completed at least 50Hrs Yin Yoga Teacher Training. An educational trauma theory training program is recommended before enrolling, such as the [20HR Trauma Informed Facilitator Teacher Training](#).

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 [here](#).

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.

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



“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!”

