

WWW.SOMAPSYCH.ORG

100HR Nervous System Yin Yoga Teacher Training

Welcome to the 6th year of this 10
day immersive training held in
Dunedin @ AYU Community Space
from July 5- 15, 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.

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.

02 // 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](#).

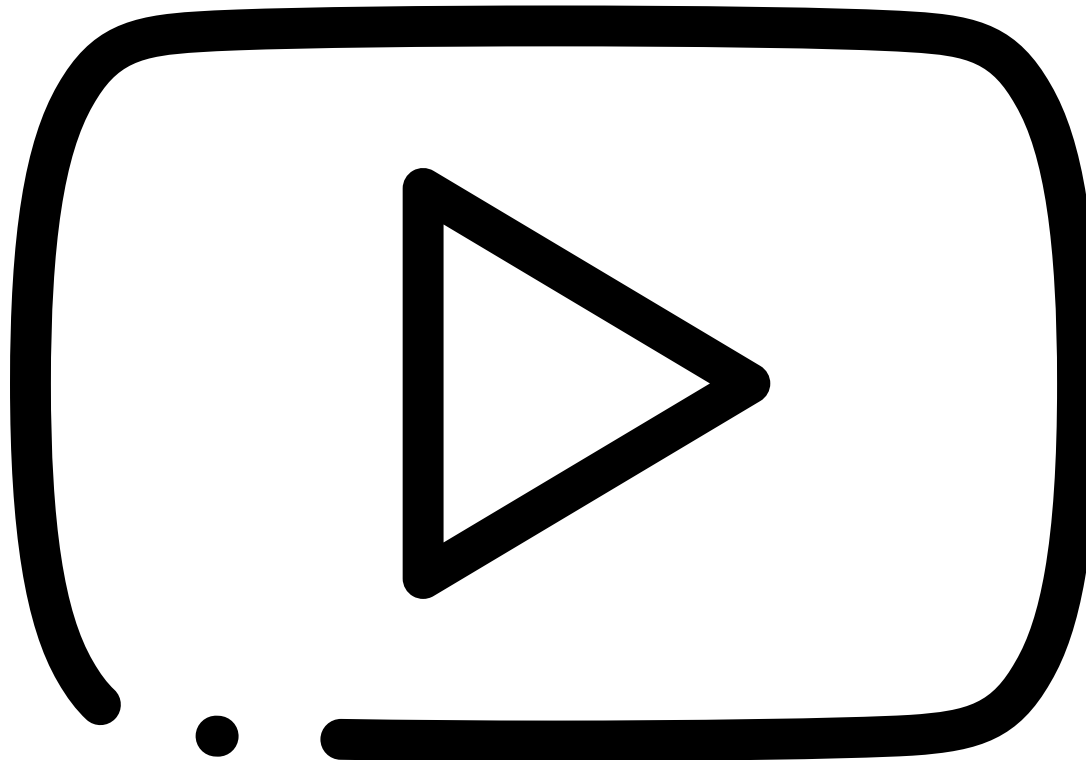
I hold a BA in Psychology and am currently pursuing my MA in Psychology, alongside being an Integrative Somatic Practitioner. My certifications include 300HR TCTSY-F, 1000HR E-RYT, YACEP, Certified Mindfulness & Meditation Trainer, Somatic Dance Teacher, and Shaking Medicine Facilitator.

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.



04 // Content Pillars Explored

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.

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 // About This Training

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.

10 // Training Venue



Training Venue

This training runs at the lush studio and classroom space at [AYU Dunedin](#).

Find AYU at 7 Crawford Street, on the ground floor. This studio is located right in the hip Warehouse District, surrounded by parks, water views and stellar cafes. Metered street parking is available.

11 // Who is this training for?

◆ **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.

Investment

Price for the full 100 hours

\$2,225
NZD

Early Bird Pricing

Early bird pricing ends 30th January, 2025

\$2025
NZD

Payment plans

Payment plans are available upon registration.

[View Financial Policy Here.](#)

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.

14 // 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



FAQs

Food & Accomodation

Each individual is responsible for providing their own food and accommodation for this training to allow you to find options that best suit your needs, and to keep the cost of this training as low and accessible as possible. We will provide tea, coffee and light refreshments throughout the training. There are many hostel and air bnb options available in Dunedin accessible to the studio via walking, driving or public transport options.

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.

Training Dates, Times, Location

July 5-15. You will need to be at the venue from 7am - 5.30/6pm every day. *There is 1 day off between Module 1 and Module 2 to allow and encourage integration and self-care throughout this exploration. The day off is **July 10th**.

Venue: AYU Dunedin, 7 Crawford Street, Central Dunedin, Dunedin 9016

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 here.](#)

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.

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 organization, Legacy Motion, still provides that option.



“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...

