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Nervous System Rejuvenation Program

Online| Self-Paced

A 10-hour self-paced program designed for professionals in high-stress environments or individuals experiencing dysregulation, as well as those wanting to deepen their understanding of the nervous system in everyday life to enhance overall well-being. This training focuses on understanding and applying polyvagal-informed somatic approaches to support nervous system regulation and personal care, helping to prevent burnout and improve how we navigate the world.

Enrol Today

Testimonials

“By making small, intentional shifts in how we support our tinana and hinengaro, we have witnessed firsthand the power of **self-regulation, breath, movement, and awareness**. This is not just a course—it’s a way of life, a reclaiming of knowledge that has always been within us. We are beyond grateful for the impact it has had on us and for the ability to share it with our whānau.

Ngā mihi nui to Amanda and the Soma Psych team—this mahi is changing lives!”

“The most impactful part for me was the incredibly valuable resources, practical tools I could implement immediately to start supporting my nervous system. There’s still so much rolling around in my mind from what we learned, and I’m continuously connecting it to my life, job and business.

This experience not only shifted some of my beliefs but also reinforced others, giving me a deeper understanding of the **powerful connection between the body and mind**. I’m feeling inspired and excited to explore this further, especially with Yin yoga training”

01 // SomaPsych & The Nervous System

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.


So, WHY Nervous System Regulation?

At SomaPsych, the nervous system is at the heart of everything we do. It's the foundation of our bodily functions and the body-mind connection, reflected in our name, SomaPsych.

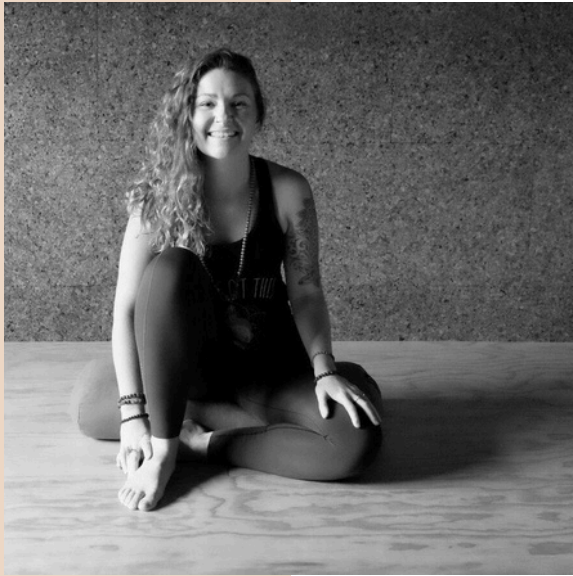
This program is a space to deepen your understanding of how the nervous system operates, particularly in navigating burnout, dysregulation, and finding pathways back to balance. Through experiential practices like Yin Yoga, Yoga Nidra, Polyvagal Theory, and Resourcing Techniques, you'll nurture your nervous system and gain valuable educational insights to support resilience and restoration.

If you're curious about this gentle yet transformative practice and want to develop your relationship to your nervous system, keep reading—or reach out to us at info@somapsych.org.

Developing a relationship with your nervous system is foundational for both individual and collective healing. By learning to manage stress, build resilience, and process past trauma, we open pathways to personal well-being while contributing to a larger movement for social justice and systemic change. Imagine a world where these tools are accessible to all—supporting liberation, equity, and healing on every level. This connection between nervous system health and social transformation is key to creating lasting change for individuals and communities alike.



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.

04 // About This Program

This course is quite literally all about you and your nervous system. This Nervous System Rejuvenation Course is designed for anyone and everyone, regardless of previous experience or knowledge. Each participant will learn, explore, and experience the course material in their own unique way, ensuring a personalised journey that addresses individual needs and challenges.

In our fast-paced world, constant challenges and uncertainty take an exhausting toll on our nervous systems. This course harnesses the wisdom of our bodies, teaching you to become your own radical self-care expert. We'll explore the intricacies of the nervous system and discover sustainable ways to rejuvenate and support ourselves amid today's stresses.

This online program blends education with practical application. You'll learn about the nervous system and stress response while practicing regulation and resilience tools that you can easily incorporate into daily life. Our sessions focus on various aspects of physical, mental, and emotional health, aiming to leave you feeling nourished and equipped with practical, sustainable tools for the future.

05 // Who is this training for?

This program is designed for anyone looking to restore balance to their nervous system and cultivate resilience. This program may benefit you if you resonate with either of the below...

◆ **Burnout Warriors:**

Those feeling physically and emotionally depleted from chronic stress or overwork.

◆ **The Overwhelmed:**

People who experience constant feelings of being "too much" and struggle to slow down.

◆ **Sleep Seekers:**

Anyone battling difficulty falling or staying asleep due to a dysregulated system.

◆ **Every Human:**

Because we all have a nervous system navigating the complexities of this big, busy world.

This program meets you where you are, offering tools for individual and collective healing.

Theory Topics

- Personalised Tools for Nervous System Regulation
- Nervous System Overview
- Supporting and Loving Up Your Vagus Nerve
- Burnout and Completing Stress Cycles
- Relationship Between Nervous System & Stress
- Overview of Nervous System Restoration & Long-Term Support
- Nutrition and Lifestyle Shifts for Mental Health, Resilience & Longevity

07 // Overview of Topics

1.

Arc of Process - Overview & Resourcing

Explore the nervous system's functions, how it is impacted by daily life, and practical tools to restore and revitalise its balance.

2.

Understanding Your Nervous System

Navigate uncertainty and its emotional toll by integrating somatic tools, such as yin yoga, to build tolerance and process significant emotions.

3.

Foundations of Polyvagal Theory

Delve into Polyvagal Theory, understanding the vagus nerve's role in parasympathetic regulation and finding balance through its activation.

5.

Capacity to Move with Stress

Learn sustainable, practical strategies for supporting mental health, resilience, and long-term vitality through mindful nutrition.

6.

Shifting Stress

Implement actionable techniques to sustain nervous system health, recharge during calm periods, and prepare for challenges.

7.

Integration and Moving Forward

Build a meaningful practice to integrate these tools and concepts into everyday life for lasting impact.

Evidence-Based Approach

Amanda integrates insights from neuroscience, psychology, somatics, and other disciplines and modalities to explain how to support your nervous system and develop a personalised practice. We will explore the science behind nervous system regulation and examine how resourcing techniques can be applied in various situations. Through embodied practices, we'll experience different methods for nervous system support, fostering a comprehensive mind-body understanding.

10 // Course Structure & Schedule

Course Structure & Resources

Our 10-hour self-paced program is designed to provide a comprehensive and practical approach to nervous system well-being. The course is structured into multiple parts, each offering a blend of theory and practice to support deep integration of the material.

Course Structure

Each part includes:

- Educational videos (20-30 minutes) – In-depth explanations of key concepts and principles.
- Practical exercises (15-20 minutes) – Guided practices to apply what you've learned.
- Personal practices (30, 45, 60, 75, 90 minutes) – Flexible options to explore and embody the material at your own pace.
- Reflection prompts – Thoughtful questions to deepen understanding and integration.
- Downloadable resources – Supporting materials to reinforce learning.

Additional Resources

To enhance your experience, we provide:

- A downloadable workbook – A structured guide to support your learning journey.
- Quick reference guides – Definitions and overviews of key concepts for easy recall.
- Printable workplace posters & resource card deck – Practical tools to integrate knowledge into daily life.
- Further reading, listening & watching recommendations – Curated content to expand your understanding.

This structured yet flexible approach ensures that you not only gain knowledge but also develop practical skills to regulate your nervous system and enhance well-being in everyday life.

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 | Supporter

This one's for those who are financially well-resourced. It reflects the value of the course in Western economic markets. By choosing this tier, you're not just valuing the course at its market rate - you're also helping fund our scholarship spots, cool, right?

\$1275



Tier 2 | Sustainer

If you're doing okay financially but can't quite stretch to Tier 1, this one's for you. Perhaps you're on a medium income or you're a non-profit with some funding. You'll help us to sustain our existence as an organisation.

\$1075



Tier 3 | Access

This is for those on lower incomes, maybe you're from a marginalised community or have caring responsibilities. Perhaps you're a non-profit operating on a shoestring. We have a limited number of these spots.

\$775

Ready to develop a
relationship with your
nervous system?

Enrol Today



FAQs

How long will I have access to the course?

You will have lifetime access to the course, meaning you can revisit the materials whenever you need. However, if we transition to a different learning platform in the future, access may be impacted. If this happens, we will do our best to provide alternative solutions to support your continued learning.

How long will I have access to the course content and recordings?

You will have access to all course content and recordings for one month after the program finishes. This ensures you have time to review and integrate what you've learned.