



Applied Somatic Healing Certification

Full Program Syllabus

In this one-year training, you'll learn how to clear the obstacles blocking your health from a holistic perspective, blending somatic practices, quantum biology, and osteopathic wisdom. Through embodied movement, circadian biology, and naturopathic principles, you'll shift how you think about health—and discover how to access it more naturally and sustainably.

— **Brian Siddhartha Ingle, program lead faculty**

Unit 1: Arriving in the Body & Building Self-Connection

This unit focuses on understanding the theory and principles of Living Somatics and establishing a more profound sense of self-connection.

You'll discover the learning strategies of embodied movement, embodied anatomy, somatic whole-body patterns, and core movement lessons. You'll also gain a solid understanding of your movement organization and how to start facilitating lessons. This is an embodied learning process; you learn this work by understanding it first in your own body.

In this unit, you'll:

- **Learn Somatic Principles and Strategies:** Gain in-depth knowledge of the core principles and learning strategies that underpin effective somatic movement
- **Lectures in this Unit Include:** Plato's two systems of medicine, the Formula for Self-healing, somatics history and evolution, pandiculation

- **Develop a Daily Somatic Practice:** Learn how consistent somatic movements help the body self-regulate, restore energy, and foster a sense of balance and centeredness
- **Reverse Stress, Trauma & Aging Effects:** Discover how somatic movement can undo the impact of stress, trauma, injury, and aging on the body
- **Develop your Somatic Experience & Intuition:** Enabling you to respond and act fluidly to outer life circumstances
- **Practice Somatic Movement Explorations:** Improve the function of bending, reaching, walking and turning, and develop a self practice

Unit 1 Classes & Sessions:

- **Orientation & Community Gathering** (Tuesday, March 18)
- **Unit 1, Class 1** - Plato's Two Systems of Medicine & Movement Lesson: Open the Front (Tuesday, March 25)
- **Integration Session** (Tuesday, March 27)
- **Unit 1, Class 2** - The Formula for Self-healing & Movement Lesson: Open the Back Body (Tuesday, April 1)
- **Unit 1, Class 3** - Strategies and Principles & Movement Lesson: Open the Side Body (Tuesday, April 8)
- **Integration Session** (Thursday, April 10)
- **Unit 1, Class 4** - Embodied Anatomy Part I - Osteology & Movement Lesson: Turning Lesson (Tuesday, April 15)
- **Unit 1, Class 5** - Embodied Anatomy Part II The Visceral Organs and Somatic Habituations & Movement Lesson: Free the Hips (Tuesday, April 22)
- **Integration Session** (Thursday, April 24)
- **Unit 1, Class 6** - Understanding Pandiculation & Movement Lesson: Sitting & Turning (Tuesday, April 29)
- **Unit 1, Class 7** - History and Evolution & Movement Lesson: Daily Self-Practice (Tuesday, May 6)
- **Integration Session** (Wednesday, May 8)

Unit 2: Applied Quantum Biology

In this unit, **you'll explore the transformative power of quantum and circadian biology and the epigenetic factors in the formula for self-healing.** You'll learn about natural light and darkness, magnetism, water, apoptosis and phagocytosis and how full-spectrum sunlight interacts with your body, and the importance of melatonin in regulating your circadian rhythms. Brian will offer insights for optimizing mitochondrial function through light exposure and cold therapy — and how to tap into the healing potential of structured water.

In this unit, you'll:

- **Understand the applications of the self-healing formula** from an epigenetic perspective
- **Harness the power of sunlight:** Learn how natural light supports energy production, vitamin D synthesis, and overall vitality
- **Clinical applications of quantum and circadian biology:** Understand the eye as a camera and a clock and the role of melatonin, and how aligning with natural light cycles improves sleep, health, and wellbeing
- **Discover how to resource grounding for healing:** Explore how connecting with Earth's electromagnetic energy enhances tissue repair, reduces inflammation, and improves cognitive function
- **Optimize mitochondrial health:** Discover strategies to boost energy production, combat chronic disease, and repair cellular damage through light exposure and cold therapy
- **Learn how to use structured water for optimal cellular function:** The importance of structured water in the body and how sunlight enhances this vital process for improved cardiovascular and metabolic health

Unit 2 Classes & Sessions:

- **Unit 2, Class 1** - Sunlight and its Quantum Applications: How to Use Sunlight Effectively (Tuesday, May 13)
- **Unit 2, Class 2** - Circadian Biology: The Eye as a Camera and Clock & How Light Couples with the Dark (Tuesday, May 20)
- **Integration Session** (Thursday, May 22)
- **Unit 2, Class 3** - The Schumann Resonance & the Electromagnetic Field (Tuesday, May 27)

- **Unit 2, Class 4** - Mitochondria from a Quantum Biology Perspective & Cold Thermogenesis (Tuesday, June 3)
- **Integration Session** (Thursday, June 5)
- **Unit 2, Class 5** - H2O & Its Importance in the Quantum Biology Perspective (Tuesday, June 10)
- **Guest Faculty Workshop** - John Stuart Reid (Thursday, June 12)
- **Unit 2, Class 6** - The Body Electric & the Current of Injury (Tuesday, June 17)
- **Unit 2, Class 7** - Using Light & Magnetism As a Source of Nutrition & Quantum Clinical Applications (Tuesday, June 24)
- **Integration Session** (Tuesday, June 26)

Unit 3: Leading Others — Learning to Teach Somatic Movement Lessons

This unit centers around developing your skills to teach somatic movement lessons. Having cultivated a connection to your bodily experience in the initial unit, you'll now explore how to facilitate that learning for others. Brian will share the different components of successfully facilitating a lesson, including vocabulary for teaching lessons, the components and function of the body-scan, and the structural elements of a lesson. The somatic movement explorations in this unit are more complex, leading you to a deeper connection and inquiry within yourself.

In this unit, you'll:

- **Learn the pedagogy of somatic teaching:** Build confidence in teaching somatic movement lessons, using proven educational methods to help clients embody these practices
- **Explore new somatic movement lessons:** These lessons improve the function of breathing and walking and free the pelvis, spine, shoulders, and hips
- **Address sensory motor amnesia (SMA):** Explore the leading cause of chronic musculoskeletal pain and learn how somatic techniques can reverse this condition

- **Cultivate somatic literacy:** Discover the ability to be at rest while not engaging in activity and while in activity, using your whole self efficiently
- **Learn embodied anatomy:** Potent practices with the shoulder and hip joints
- **Understand pandiculation:** Dive into Thomas Hanna's technique to restore voluntary control over muscles and improve sensory-motor feedback
- **Learn applications to reverse the effects of stress,** trauma, injuries, and aging

Unit 3 Classes & Sessions:

- **Unit 3, Class 1** - Anatomy of Breathing & Movement Lesson: Breathing (Tuesday, July 15)
- **Integration Session** (Thursday, July 17)
- **Unit 3, Class 2** - Breaking Down the Walking Pattern & Movement Lesson: Walking (Tuesday, July 22)
- **Unit 3, Class 3** - The Importance of the Scan in a Somatic Lesson & Movement Lesson: Pelvic Clock (Tuesday, July 29)
- **Integration Session** (Thursday, July 31)
- **Unit 3, Class 4** - Movement Lesson: Anatomy of the Hip Joint & Hips (Tuesday, August 5)
- **Unit 3, Class 5** - Vocabulary for Teaching & Movement Lesson: Turning Waist and Trunk Side Lying (Tuesday, August 12)
- **Integration Session** (Thursday, August 14)
- **Unit 3, Class 6** - Anatomy of the Shoulder Joint & Movement Lesson: Shoulder (Tuesday, August 19)
- **Unit 3, Class 7** - Conditions that Somatic Movement Can Help: An Inquiry & Movement Lesson: Spine (Tuesday, August 26)
- **Integration Session** (Thursday, August 28)

Unit 4: Osteopathic Principles & Philosophy — Applied Osteopathy From an Embodied Perspective

In this unit, **you'll explore osteopathic medicine's fundamental philosophy and principles and their application.** Osteopathy, founded by Dr. Andrew Taylor Still, emphasizes the importance of integrating all aspects of a person's body, mind, spirit, and environment. It asserts that all living beings possess self-regulatory and self-healing abilities and that the body contains all the necessary substances for maintaining health. When adequately stimulated and in the right environment, these substances aid in recovering from illness.

In this unit, you'll:

- **Learn the foundations of osteopathy:** Explore how osteopathy integrates the body, mind, spirit, and environment to promote optimal wellbeing and balance
- **Deepen your understanding of the formula for self-healing:** Focus on *the health* from an osteopathic perspective
- **Learn applied self biodynamic cranial osteopathy:** Open your system to find the health
- **Receive new lessons to harmonize the spinal centers:** Calm the Autonomic Nervous System and work with junction points of the spine
- **Discover Dr. Still's philosophy:** Understand the core principles of osteopathy, which harness the body's innate ability to self-regulate, heal, and maintain health
- **Explore new somatic movement lessons:** These lessons will focus on low back pain's structural and functional components
- **Embody your soma's "medicine chest":** Learn how osteopathic techniques unlock the body's natural healing potential by removing barriers that hinder self-healing
- **Learn how structure follows function:** Discover the relationship between structure and function and how they are interrelated
- **Practice the principles of cranial biodynamics:** Understand the application of biodynamic cranial osteopathy and its unique role in supporting the body's self-healing by finding *the health*

Unit 4 Classes & Sessions:

- **Unit 4, Class 1** - History, Principles & Philosophy of Osteopathy (Tuesday, September 2)

- **Unit 4, Class 2** - Spinal Mechanics their Junction Points & Movement Lesson: For the Junction Points (Tuesday, September 9)
- **Integration Session** (Thursday, September 11)
- **Unit 4, Class 3** - Anatomy of the Nervous System and the Cranial Sacral System & Movement Lesson: Primary Respiration (Tuesday, September 16)
- **Unit 4, Class 4** - Harmonise the Spinal Centres & the Autonomic Nervous System & Related Movement Lesson (Tuesday, September 30)
- **Unit 4, Class 5** - Applied Self Biodynamic Cranial Osteopathy: Techniques to Open Your Own System to Find “The Health” (Tuesday, October 7)
- **Integration Session** (Thursday, October 9)
- **Unit 4, Class 6** - Movements Lessons for Low Back Pain (Tuesday, October 14)
- **Integration Session** (Thursday, October 16)
- **Unit 4, Class 7** - The Key Lesion & Applications of the Formula for Self-healing from an Osteopathic Perspective (Tuesday, October 21)

Unit 5: Mastering Teaching Somatic Movement Group Lessons

Unit 5 brings us deeper into the somatic movement teaching method and its applications. Beyond refining your skills of facilitating movement lessons, **you'll receive keys to integrate the somatic approach into your life.** Lectures will cover polyvagal theory, neuroplasticity, biotensegrity, and conditions somatic education can help. Brian will also share new movement lessons to help you integrate these principles.

In this unit, you'll:

- **Deepen your understanding through lectures and new movement practices:** Polyvagal theory, neuroplasticity, and biotensegrity
- **Continued learning of somatic characteristics and principles:** Share your insights with your group after writing a reflective essay
- **Learn the art of comprehensive case history intake:** Assess the client's unique needs and find and address the key causes
- **Learn to teach new targeted somatic movement lessons**

- **Reflect on how to create a learning environment in your lessons:**
Hold space for your students while teaching a movement lesson

Unit 5 Classes & Sessions:

- **Unit 5, Class 1** - Polyvagal Theory & Movement Lesson: Pushing Toes Lesson (Tuesday, October 28)
 - **Integration Session** (Thursday, October 30)
 - **Unit 5, Class 2** - Biotensegrity & Movement Lesson: Diagonals Lesson (Tuesday, November 4)
 - **Unit 5, Class 3** - Conditions that Somatic Education Can Help & Movement Lesson: Hamstrings (Tuesday, November 11)
 - **Integration Session** (Thursday, November 13)
 - **Unit 5, Class 4** - Intake & Assessment & Practice in Groups (Tuesday, November 18)
 - **Unit 5, Class 5** - Neurophysiology Lecture & Movement Lesson: Lifting Head on Belly (Tuesday, December 2)
 - **Integration Session** (Thursday, December 4)
 - **Unit 5, Class 6** - How to Hold Space in your Lesson & Movement Lesson: Unwinding the Pattern of Anxiety (Tuesday, December 9)
 - **Guest Faculty Workshop** - Suresha Hill at **11:30am Pacific Time** (Thursday, December 11)
 - **Unit 5, Class 7** - Rolling to Back to Sitting Lesson & Q&A (Tuesday, December 16)
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Unit 6: Applied Clinical Somatics

This unit will enable you to work with one-on-one clinical lessons addressing core somatic habituations, which are the leading cause of musculoskeletal pain and dysfunction. You'll explore how your clients can receive the benefits of the clinical lessons without using touch. You'll also learn how to embody, demonstrate, and lead your client through the three core clinical lessons in-person or online. These lessons include the Green Light, Red Light, and Trauma clinical lessons.

In this unit, you'll:

- **Master core somatic lessons:** Learn to guide clients through the Green Light, Red Light, and Trauma lessons, addressing the root physical causes of musculoskeletal pain and dysfunction.
- **Learn online and in-person applications:** Gain skills to lead practical clinical lessons without touch, allowing you to be flexible in how and where you work with clients
- **Discover a holistic approach to pain:** Explore pain from idiopathic, pathological, anatomical, and quantum perspectives
- **Learn relevant spinal anatomy and pathology:** Comprehensive lecture on pathology and anatomy of the central axis the spine
- **Receive clinical and theoretical insights into the main holding patterns:** Understand the functional and embodied anatomy and theoretical background of the three somatic habituations

Unit 6 Classes & Sessions:

- **Unit 6, Class 1** - Trauma Clinical Lesson (Tuesday, January 13)
- **Integration Session** (Thursday, January 15)
- **Unit 6, Class 2** - Trauma Academics & Trauma Anatomy (Tuesday, January 20)
- **Unit 6, Class 3** - Spinal Anatomy and Pathology & Somatic Guided Practice Spine Exploration (Tuesday, January 27)
- **Integration Session** (Thursday, January 29)
- **Unit 6, Class 4** - Red Light Clinical Lesson & Red Light Meditation (Tuesday, February 3)
- **Unit 6, Class 5** - Red Light Academics and Red Light Anatomy & How to Teach the Red Light Lesson (Tuesday, February 10)
- **Integration Session** (Tuesday, February 12)
- **Unit 6, Class 6** - Green Light Clinical Lesson & Green Light Academics (Tuesday, February 17)
- **Unit 6, Class 7** - Green Light Lesson from Supine to Sitting to Standing + Green Light Anatomy (Tuesday, February 24)
- **Integration Session** (Thursday, February 26)

Unit 7: Somatic Psychology — Psyche, Soma, Spirit & the Subconscious Mind

In this final unit, explore the impact of the psyche on your brain, body, and health.

You'll learn how to align the conscious and subconscious mind to support your journey to reclaiming wholeness and accelerated healing.

Additionally, you'll look at the placebo and nocebo effect, somatisation (the expression of psychological or emotional factors as physical symptoms), the function of sleep, and how you can enhance and use it as a gateway to the subconscious mind.

This unit will also include a deeper understanding of Plato's Medicine for the Free — “treating the soul/psych of the patient” and its five biological laws of nature. Lastly, you'll explore the higher Self or Spirit and its qualities and learn how to incorporate Self-energy into your daily life.

In this unit, you'll:

- **Learn how to access the subconscious mind:** Build a relationship with the autonomic nervous system to align the conscious and subconscious minds for self-healing
- **Discover somatic-informed Internal Family Systems (IFS):** Integrate IFS, a cutting-edge self-led healing, with somatic practices for deeper client awareness and transformation
- Learn the root psychological cause of physical pain in different body parts and how to address it
- **Understand the nocebo effect:** How you can develop symptoms because you have been told and believe they may occur
- **Learn the five biological laws:** How the disease process is an inherent part of the healing process
- **Discover how our soma makes no mistakes:** Experience an inquiry into germ theory versus terrain theory
- **Explore the interrelationship between the subconscious mind and “The Health”:** How the subconscious mind is the ears and voice of your authentic, real Self

- **Eye health:** Explore the emotional and psychological aspects of eye problems
- **Open the pineal gland to expand your intuition:** An academic and practical inquiry
- **Discover Sri Aurobindo's teachings on Integral Yoga:** Learn its application to self-healing and longevity
- **Explore the qualities of Self Energy (Spirit):** Embody positivity, deep joy, compassion, gratitude, and love

Unit 7 Classes & Sessions:

- **Unit 7, Class 1** - Plato's Medicine for the Free & the Five Biological Laws (Tuesday, March 3)
- **Integration Session** (Thursday, March 5)
- **Unit 7, Class 2** - The Psyche and the Nocebo Effect: Unraveling the Root Psychological Cause of Physical Pain (Tuesday, March 10)
- **Guest Faculty Workshop** - George Kao (Thursday, March 12)
- **Unit 7, Class 3** - The Subconscious Mind: How to Access it & Use it for Healing (Tuesday, March 17)
- **Integration Session** (Thursday, March 19)
- **Unit 7, Class 4** - Internal Family Systems Lecture & Clinical Demonstration (Tuesday, March 24)
- **Unit 7, Class 5** - Listening to the Eyes: An Inquiry into the Emotional & Psychological Aspects of Eye Problems (Tuesday, March 31)
- **Unit 7, Class 6** - Open the Pineal Gland to Expand Your Intuition & Related Lesson (Tuesday, April 7)
- **Integration Session** (Tuesday, April 9)
- **Unit 7, Class 7** - Integral Yoga, Self Energy & Health & Somatic Think Tank (Tuesday, April 14)
- **Final Celebratory Session** (Thursday, April 16)