



## Somatic Intelligence™

FACILITATOR TRAINING  
Online training on Zoom

Levels 1- 7: 100 hours  
Course Duration: 6 months

Hosted by Awareness Foundation.

Facilitated by Zia Nath  
Quanta Health Care Solutions, Mumbai  
[Quantacare](#) | [FB](#) | [LinkedIn](#)

## COURSE DESIGN

### LEVELS 1 – 7

64 Online classroom study hours  
30 documented sessions  
06 hours of personal study & research submission (Level 4 & 7)

**TOTAL: 100 hours training**

**Levels 1 – 4 (30 hours)** is the required fundamental training to be a facilitator in this work and receive a facilitator certification from Awareness Foundation & Quanta Health Care Solutions. This allows you to work with simple health issues and integrate the learnings with other therapeutic models (if you are currently involved in any).

**Completion of Levels 1 – 7 (100 hours)** awards participants with Advance Facilitator Certification and be listed & promoted on the websites of :

- Awareness Foundation
- Quanta Health care Solutions.

The online training involves lectures, practical exercises, working in dyads & triads for experiential development, notes, resource reading links, sharing & reflections.

### For more information

Website: [Somatic Intelligence Training](#)

Email: [quantacare@gmail.com](mailto:quantacare@gmail.com)

WhatsApp | Msg: +91 9821470396

## DATES

### BATCH 1 - completed

LEVEL 1 : 12th & 13th Sep 2020

LEVEL 2: 19th & 20th Sep 2020

### BATCH 2 - completed

LEVEL 1 & 2: 3rd & 4th Oct 2020

### SUPERVISION 1:

Tues 20th Oct 2020,

7 pm - 9 pm

### LEVEL 3: Disease & Health, Form & Function

Sun 1st Nov 2020

10 am - 5 pm (6 hrs)

### SUPERVISION 2:

Thurs 19th Nov 2020

7 pm - 9 pm

### LEVEL 4: Deepening Therapeutic Skills

Sat 21st Nov 2020

10 am - 6 pm

### SUPERVISION 3:

Sat 19th Jan 2021

11 am - 4 pm

### LEVEL 5 & 6: Trauma Support

Sat, Sun 6th & 7th Feb 2021

10 am - 6 pm

### SUPERVISION 4:

Thurs 18th Mar 2021

7 pm - 9 pm

### LEVEL 7: Specialisation Module

Sat, Sun 20th & 21st march 2021

10 am - 6 pm

### SUPERVISION 5:

Sun 18th April 2021

10 am - 5 pm (6 hours)

Completion & Graduation

## FEES

Level 1 & 2: INR 7500/- USD 110.00

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*Pls note: International payments listed below have an additional approx. 7.5% service charge*

### No additional fees for Supervision 1

Open to everyone from Level 1 & 2.

For those continuing with Level 3 & 4 – Supervision 1 is mandatory.

### Level 3 & 4 with Supervisions 1, 2 & 3:

Indian Registrations: INR 15,000.00

<https://rzp.io/l/IMQUD2Q>

International Registrations: USD 215.00

[https://events.com/r/en\\_US/tickets/somatic-intelligence-level-3--4-by-zia-nath-794641](https://events.com/r/en_US/tickets/somatic-intelligence-level-3--4-by-zia-nath-794641)

### Level 5 & 6 with Supervision 4:

Indian Registrations INR 15,000.00

<https://rzp.io/l/uJ2rVIs>

International Registrations: USD 215.00

[https://events.com/r/en\\_US/tickets/somatic-intelligence-level-5--6-by-zia-nath-794644](https://events.com/r/en_US/tickets/somatic-intelligence-level-5--6-by-zia-nath-794644)

### Level 7 with Supervision 5 & Certification:

Indian Registrations: INR 17,500.00

<https://rzp.io/l/CGBnICY>

International Registrations: USD 250.00

[https://events.com/r/en\\_US/tickets/somatic-intelligence-level-7-by-zia-nath-794646](https://events.com/r/en_US/tickets/somatic-intelligence-level-7-by-zia-nath-794646)

### Early Bird Discount if paid before 18<sup>th</sup> Oct

Levels 3 -7:

Indian Registrations: INR 40,900.00 <https://rzp.io/l/k1vp9aJ>

International Registrations: USD 602.00

[https://events.com/r/en\\_US/tickets/somatic-intelligence-level-3-7-by-zia-nath-794648](https://events.com/r/en_US/tickets/somatic-intelligence-level-3-7-by-zia-nath-794648)

# curriculum

online facilitator training

## SOMATIC INTELLIGENCE™

*Maximize your intelligence, involve your body*

Hosted by Awareness Foundation.

Facilitated by Zia Nath.

In this training we explore the different facets of our brain and how our body interacts with it.

While we are all too familiar with the intelligence of thoughts and emotions, it's the sensory experience that brings us to a reservoir of intelligence in the body. The mind thinks, the heart feels and the body senses. Learn the sensile language of our body; explore the different facets of our brain and how our body interacts with it.

### Key takeaways:

- Experience your body as the first gateway to wellness.
- Discover how the body imprints the brain; create body – mind regulations.
- The Triune Brain System in a modern world.
- Learn to recognise your stress boundaries and return to balance spontaneously.
- Divide your attention, multiply your awareness – develop the many facets of our brain.

The online training involves lectures, practical exercises, working in dyads & triads for experiential development, notes, resource reading links, sharing & reflections.

### Level 1 & 2:

Self Support & Supporting Others

We learn & practice:

- Biodynamic principles of health: Homeostasis & Self Regulation
- Sensile language of the body
- Individual stress boundaries & path to self – restoration
- 3 sources of energy & the Triune Brain System

### Supervision 1, 2, 3

Fine tuning practice sessions, review of the work, reflections & queries

### Level 3 & 4:

Disease & Health. Form & Function. Deepening Therapeutic Skills

- Unlocking health within the symptoms
- Design of the body in the functions of health
- Introduction to Polyvagal system
- Understanding Vagal tone
- The many dimensions of listening – one of the best therapeutic tools.

### Level 5 & 6:

Trauma Support

- Physiology of trauma
- Process of healing trauma
- Different types of trauma
- Trauma support skills
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### Supervision 4:

Fine tuning practice sessions, review of the work, reflections & queries

### Level 7:

Specialization: we learn to integrate the work to support some difficult health conditions. A topic for specialisation will be selected from the given choices below by the group together.

- Integrated Nutrition
- Early childhood trauma
- Supporting children – ADD, ADHD, Learning disabilities
- Neurological conditions
- Terminal Illness
- Palliative Care
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**Supervision 5 & Certification:** Completion & Graduation.