SOMATIC INTELLIGENCE

Maximise your intelligence - Involve your body

Facilitated by: Zia Nath

TRAUMA INFORMED PROGRAM

quanta care

FORMAT

Online Modules (Zoom)

TIME

10:00 AM - 5:00 PM IST

DATES (5 MONDAYS)

Oct: 12th & 19th • Nov: 16th & 23rd • Dec: 14th

CURRICULUM

Playground rules for establishing a learning and healing space for safety, trust and mutual respect.

Introduction to our Autonomic Nervous System (ANS), the natural design for reset and regulation.

The ANS subdivisions; homeostasis & allostasis, activation and restoration.

Introduction to somatic work, its origins, and its integration in therapeutics.

Developing Somatic Presence & Witness Consciousness.

Resource and Stress Loop – Pendulation & Building Resiliency.

Our early beginnings – conception & embryology and its continuum forces in our body even today.

Understanding Trauma, trauma physiology and the integrated trauma informed approach.

REGISTRATION

Fees in INR (Inclusive of 5% GST)

ALL 5 MODULES	PER MODULE	RETURNING STUDENTS
₹25,200	₹6,300	₹16,275 - All 5 modules discount price

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EXCLUSIVE INTERVIEW

Somatic TODAY

*Words by **Zia Nath** • Excerpts from NODMAG*

Q1

In your experience, why are more people turning to somatic movement today?

Many ancient therapeutic traditions focused primarily on the body's unified functions and autonomic regulation. Today, we call these somatic-based approaches. By supporting the homeostasis of the nervous system, these practices influence our mental, emotional, and spiritual states, fostering a truly holistic wellness experience.

The word "somatic" is derived from the Greek word soma, meaning "the body." Twenty-five centuries ago, the Greek physician Hippocrates sparked a paradigm shift in healthcare by stating: "Natural forces within us are the true healers of disease."

In an era when illness was often attributed to the moods of the gods, Hippocrates looked inward. He observed that by listening to the body's signals and sensations—its primary language of communication—and cooperating with its natural forces, the body could self-regulate. This was the dawn of our understanding of the autonomic nervous system: an intricate network designed to reset and regulate itself from within.

"By listening to the body's signals and sensations, and cooperating with its natural forces, the body can self-regulate."

Q2 Have you noticed a shift in who is seeking it out and what they're looking for?

Over the past two decades, somatic work has moved to the forefront of modern therapeutics. Because of its integrative nature, practitioners—from yoga and movement therapists to Physio and Craniosacral therapists, counselors, fitness experts—are all weaving these principles into their work.

At its core, somatic practice is about turning our attention inward. It is the act of being present with the body as a whole, rather than focusing on its isolated parts. By learning to cooperate with our inherent resources and navigate our stressors, we enable a shift toward wellness. True health exists in balance, and our bodies are in a constant, dynamic dance between stress and ease—a concept known as tensegrity.

Q3 What is the methodology or tools of this practice?

Cultivating Somatic Presence: To be aware of the body and its internal state is to practice somatic presence. Developing this awareness helps us:

- Connect with the body's regulatory mechanisms and resilient functions.
- Honor the body's limitations.
- Maintain ourselves within safe, healthy boundaries.

Working with the mind, body, or emotions in isolation often deepens the fragmentation we already feel. By cultivating somatic presence, we move away from this divide and toward a unified experience of the self. Ultimately, healing is not found in pieces; it is found in the recognition of our own inherent wholeness.

REGISTER NOW

For more information, visit our somatic page **CLICK HERE**

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