

Course Outline

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Course Content

13 PDF Modules
2 Audio

Somatic Therapy Coping Skills Cards (44)

Welcome to the Journey of Somatic Therapy

Reawakening the Body's Wisdom, One Breath at a Time

Somatic therapy blends insights from neuroscience, trauma recovery, mindfulness and body awareness techniques. Rather than focusing only on thoughts or analysis, it works with what you feel – tightness in the chest, butterflies in the stomach, shallow breath, clenched fists, frozen posture – as doorways into healing.

This work is not about fixing what is broken – it is about listening to what has been forgotten, held or suppressed. Through mindful awareness and body-based tools, we reconnect with the messages of the body, support emotional regulation and cultivate an inner sense of safety.

How Somatic Therapy Can Help

A solution-based journey of integration and repair

Somatic therapy offers a practical and profound approach to:

easing the effects of trauma, anxiety and overwhelm

supporting nervous system regulation and grounding

developing deeper emotional resilience and self-trust

transforming stored tension and emotional blocks

gently reconnecting to your body with compassion and care

creating internal safety through breath, movement and awareness

By awakening your somatic intelligence, you learn to feel without becoming overwhelmed, to release what has been held in the body and to return to presence – gently, one breath at a time.

What This Course Includes

A modular structure for insight, integration and practice

This self-paced course unfolds in a clear and supportive rhythm. Each module introduces a unique resource or practice that builds upon the last – offering you tools for grounding, self-regulation, body awareness, nervous system care and embodied resilience.

Whether you are here for personal healing, professional application or deeper inner connection, this journey has been designed to meet you where you are – and walk beside you, gently.

Module 1 – Introduction

Reawakening the Body's Wisdom, One Breath at a Time

There is a quiet rhythm beneath the surface of your life – the voice of your body, always whispering, always present. In times of stress, trauma, disconnection or overwhelm, this voice may feel muted or unreachable. But it has never truly left. Somatic therapy gently guides us back to this embodied knowing – where breath, sensation and stillness become the language of healing.

This introductory module welcomes you into the sacred landscape of your own body. It opens the space for reconnection – not through performance or analysis, but through presence.

You will explore:

What somatic therapy truly is – a body-centered, trauma-informed path of healing

How trauma, stress and emotional imprint live in the body – and how they can be released through attention, movement and care

The role of the nervous system in healing and how regulation becomes your pathway to emotional steadiness

The foundational principles behind somatic work – including safety, self-awareness, grounding and co-regulation

The deep importance of self-compassion and gentle pacing as you begin this journey

This is not a course about fixing yourself – it is about returning to yourself.

The teachings here are woven with softness, clarity and grounded care. They invite you to sense rather than strive, to pause rather than push and to learn the art of listening to your body's truth with reverence.

Module 2 – Somatic Therapy Booklet

Core Teachings, Trauma Understanding and Body-Based Healing Tools

This foundational module offers a beautifully structured guide to somatic therapy – grounding the journey in theory, practice and embodied integration. It is a rich and accessible resource, blending neuroscience, trauma understanding, mindfulness and regulation techniques in a way that speaks to both the heart and the body.

Divided into seven clear chapters, this booklet gives you the "why" and "how" of somatic work:

You will explore:

The Principles of Somatic Therapy – including mind-body connection, self-regulation and trauma-informed presence

How Trauma Affects the Body – with an introduction to physical symptoms, polyvagal theory and case studies

Mindfulness & Awareness Techniques – including sitting and walking meditations, breathwork, body scanning and sensory journaling

Somatic Tools for Stress and Trauma – how to track your nervous system, recognize patterns and expand your window of tolerance

Somatic Resourcing and Coherence – cultivating inner balance and safety through embodied awareness and dual attention

Therapeutic Integration – how somatic work can complement other modalities like CBT or mindfulness-based therapies

Future Directions – a glimpse into advanced techniques like Somatic Experiencing® and the growing fields of neurobiology and trauma healing

The booklet includes simple diagrams, case examples, practice tips and language that supports safety and inner empowerment. It is both educational and experiential – offering structure for the mind and soothing cues for the body.

This module can be printed and revisited often. It serves as the core teaching document for your somatic journey – anchoring the learning while allowing you to move at your own pace.

Module 3 – Somatic Therapy Workbook

A Practical Companion for Deepening Somatic Awareness and Integration

This module is your hands-on guide to exploring somatic awareness through reflection, gentle movement, breath and body-mind tracking. It invites you into direct relationship with your body's messages – not as a problem to be solved but as a sacred space of insight, emotion and healing.

The Somatic Therapy Workbook is designed for both structure and spaciousness. You can move through it in order or open to the page that meets you in the moment. Each section offers a grounded invitation into embodiment, nervous system care and emotional presence.

Inside, you will find tools for:

Body Awareness – including mapping physical sensations, journaling daily shifts and noticing emotional patterns in the body

Breath and Grounding – with a body scan meditation, grounding visualizations and a breathing techniques cheat sheet

Intentional Practice – worksheets for setting somatic goals, identifying safe spaces and expressing emotions through movement

Trauma-Informed Support – pages dedicated to the RAIN technique, trauma-informed somatic exploration and identifying somatic triggers

Integration and Reflection – such as the mind-body connection worksheet, somatic awareness log, sensory preferences list and word bank of body sensations

This workbook includes over 20 practices and reflection sheets that can be printed, written into or revisited over time. It is not about "doing it all" – it is about discovering which practices bring you back to yourself with the most gentleness and truth.

Let this workbook be your companion – a place to pause, breathe and listen inwardly. Healing is already unfolding in the moments you choose to notice.

Module 4 – Grounding Technique Cards

Reconnect with Your Body. Regulate Your Nervous System. Return to the Present.

This beautifully designed card deck is a practical, sensory-rich resource offering quick, body-based grounding techniques that support nervous system regulation, emotional safety and embodied presence.

Created to be simple and accessible, the cards are ideal for:

moments of emotional overwhelm

therapy and coaching sessions

self-regulation practice

daily ritual and nervous system care

The set is divided into two main categories:

Physical Grounding Techniques

Sensory Grounding Techniques

Each card features:

A somatic instruction or invitation

A visual image to enhance mind–body connection

A short, accessible practice that requires no tools or preparation

Examples include:

Feet on the Floor Exercise – noticing the contact of feet with the ground

Body Scan – gently bringing awareness to different parts of the body

Touching Objects – using texture to awaken the sensory field

Clenching and Releasing Fists – to release stored tension and bring in presence

Barefoot Walking – on natural earth to support grounding

Cold Water Stimulation – using water to shift states gently

Weighted Pressure – applying deep pressure for comfort and safety

The cards can be drawn intuitively or used intentionally, depending on what your body needs in the moment – calm, clarity, reconnection or emotional release.

This is not just a toolkit – it is a visual ritual of self-honoring. Let each card become a breath, a pause, a return to the now.

Module 5 – The Somatic Therapy Toolkit

Tools and Techniques for Body-Based Regulation

This module offers you a collection of gentle, practical tools you can return to again and again – especially in moments of overwhelm, tension or disconnection. The Somatic Therapy Toolkit is designed to be both grounding and empowering, supporting you in learning how to listen to your body's cues and respond with presence rather than reaction.

You will explore:

Simple body-based practices to anchor your awareness in the present moment

Soothing techniques that regulate the nervous system without needing to 'fix' anything

Sensory cues, breath, touch and movement-based tools that create space for safety and release

This is a printable, keep-close resource to remind you that you are never far from the support of your own body. Over time, you may find yourself naturally reaching for these tools as your capacity for self-regulation deepens.

Module 6 – The Somatic Journal

Reflection, Awareness and Embodied Integration

The Somatic Journal invites you to slow down and meet yourself with compassionate curiosity. It is a space to process what the body knows – beyond words, beyond logic – and to translate those felt senses into gentle understanding.

You will find:

Reflection prompts that explore your physical sensations, emotional weather and nervous system states

Exercises that help you track patterns, shifts and insights across your healing journey

A soft container for integrating what you are learning, feeling and remembering

This journal is not about finding the "right" answer – it is about making space to hear your body's quiet truths and to honor your inner experience as valid, wise and worth tending to.

Module 7 – Understanding Polyvagal Theory

The Nervous System as Ally and Guide

This foundational module gently introduces you to the core principles of Polyvagal Theory, developed by Dr. Stephen Porges. It helps you understand why your body reacts the way it does – and how to cultivate a sense of safety, connection and calm from the inside out.

You will explore:

The three main states of the autonomic nervous system: fight-or-flight, shutdown and safe/social

The "polyvagal ladder" – a model that shows how we move between states and how to support upward shifts

Practical tools for self-regulation, co-regulation and recognizing your personal patterns of response

With simple visuals, checklists and somatic exercises, this module turns complex science into something deeply human and accessible. It reminds you that your body's responses are not broken – they are protective, intelligent and capable of healing.

Module 8 – Nervous System Regulation

As the Foundation of Lasting Transformation

At the heart of all somatic healing is one essential truth: your nervous system is the gatekeeper of your experience. When it is dysregulated,

even small stressors can feel overwhelming. When it is supported, you are better able to meet life with clarity, steadiness and presence.

This module is a practical and empowering guide to understanding, supporting and regulating your nervous system – not just in theory, but in everyday life.

You will explore:

The two main branches of the nervous system and how they impact mood, energy and reactivity

Signs of dysregulation across physical, emotional and cognitive levels

A clear, self-assessment tool to help you track your own nervous system patterns

Lifestyle foundations for regulation – including nutrition, sleep, movement, hydration and digital boundaries

Gentle, daily practices to strengthen your inner resilience, such as breathwork, mindfulness, progressive relaxation and sensory awareness

Advanced but accessible approaches such as biofeedback, somatic experiencing and introductory EMDR tools for self-use

This module brings everything together – from science to soul, from information to embodiment. It reminds you that regulation is not about "getting it right" – it is about finding your way back to safety, again and again, with compassion.

This is not a one-time fix – it is a life practice. And it begins now, one breath, one choice, one moment of pause at a time.

Module 9 – Guided Breathing Exercises

Simple Techniques for Stress Reduction and Relaxation

Breath is one of the most direct pathways to presence – always available, always grounding and profoundly healing. In this module, you are invited to explore the power of intentional breathing as a somatic

anchor for calm, clarity and regulation.

These guided breathing techniques are accessible, soothing and suitable for daily use. Whether you are supporting yourself or your clients, these practices offer quick yet effective ways to shift your internal state, quiet the mind and restore emotional equilibrium.

You will be guided through:

4-7-8 Breathing – a simple technique for soothing anxiety and supporting restful sleep

Diaphragmatic (Belly) Breathing – activating the body's natural relaxation response

Mindful Breathing – cultivating present-moment awareness through the breath

Guided Imagery with Breath – combining imagination and respiration for deep nervous system support

Alternate Nostril Breathing – balancing the hemispheres and calming emotional highs and lows

Mindfulness Meditation with Breath – restoring mental clarity and internal quiet

Visualization Breathing – using imagery to anchor breath and emotional wellbeing

Each technique includes clear, step-by-step instructions and tips for when and how to use them. Whether you practice one or blend several together, these breath tools are designed to be integrated into everyday rhythms – in moments of tension, transition or quiet reflection.

Breathing is not just a function. It is a medicine. And this module helps you receive it – fully, gently and with intention.

Module 10 – Daily Embodiment Tracker

A Gentle Practice of Noticing, Feeling and Supporting Yourself

Healing is not always found in big breakthroughs – it often lives in the small, consistent moments of presence. This module offers you a simple but powerful tool to cultivate those moments with care and awareness.

The Daily Embodiment Tracker invites you to check in with yourself across the week – not as a task to complete, but as an act of tenderness. Each day, you are encouraged to pause, feel into your body, notice what emotions are present and reflect on how you supported yourself. This process gently builds awareness, self-trust and somatic clarity.

Inside this module, you will find:

A daily practice sheet with space to track body sensations, emotional states and supportive actions

A full seven-day cycle from Monday to Sunday – allowing you to pick up and put down the tracker as needed, without pressure

A Weekly Review page to reflect on patterns, adjustments and your nervous system's needs

A simplified overview format for quick daily notes, with room at the end for insights that grounded you most

This tracker is not about perfection – it is about creating a consistent rhythm of listening. It meets you wherever you are and helps you attune to what your body has been trying to say.

Let this become a daily whisper – *How am I feeling? What am I sensing?*

What would support me now?

Over time, this quiet practice becomes a foundation for deeper embodiment, presence and nervous system care.

Module 11 – Daily Habits for Somatic Wellness

Strengthen Your Mind–Body Connection Through Gentle Daily Practice

Healing is not a one-time event – it lives in the rituals of your everyday life. This module offers a set of simple yet deeply supportive habits that, when practiced regularly, help you build resilience, emotional steadiness and somatic presence.

These daily habits are not tasks to be checked off – they are invitations to live more connected, more attuned and more rooted in your body's quiet wisdom.

You will be gently guided to explore:

Stillness in the Morning – begin the day with breath, silence or body scanning to tune into your internal state

Movement with Intention – use stretching, gentle walking or intuitive dance to connect breath and body

Pausing to Ground – integrate sensory grounding moments, like feeling your feet or holding a warm mug, to recenter

Body Check-ins – ask yourself, *What am I sensing right now?* – a key somatic tool for presence and nervous system regulation

Emotional Honoring – allow your emotional waves to move without judgment, offering space for both joy and discomfort

Gentle Boundaries – notice your energetic yes or no and begin protecting your space accordingly

Evening Regulation – close the day with breath, hand-on-heart presence and intention to release

These practices are flexible – you can choose one or two each day or weave them into existing routines. Over time, they form a foundation of safety and steadiness you can return to again and again.

Let these habits become sacred pauses – small, consistent acts of presence that realign you with your inner compass.

Module 12 – Somatic Inspiration

Tiny Practices. Big Shifts. A Visual Companion for Gentle Reminders and Nervous System Nourishment

This module offers you a breath of inspiration – a visual companion filled with soul-soothing prompts, somatic truths and micro-practices to support your healing journey. It is designed to uplift, affirm and remind you of what somatic healing truly is: a return to safety, to presence and to trust in your own body.

Each page offers a quiet invitation. A visual whisper. A moment to pause and remember.

Within this inspirational guide, you will find:

Affirmations such as *"I am learning to listen to my body, even when it whispers."*

Truths like *"Your body isn't broken. It's brilliant."* – reframing how you see symptoms and responses

Mini practices including the *Hand Over Heart Reset*, *4-6-4 Breath* and the *5-4-3-2-1 Grounding Tool*

Somatic journaling cues, emotional release reminders and nervous system awareness

Gentle redefinitions: somatic healing as regulation (not just relaxation), self-honoring (not fixing) and embodiment as a daily practice

You may use this module in the following ways:

As a printable desk or bedside inspiration guide

As cue cards for clients or group work

As soft reminders to come back to your body throughout the day

Let this be your heart-aligned mirror – reminding you that regulation happens in small, sacred ways. A breath. A pause. A hand on your heart. A whisper of trust in your body's knowing.

Module 13 – Coping Skill Cards

Simple Practices for Emotional Balance and Everyday Support

This module offers a set of 20 illustrated coping skill cards – each one a pocket-sized tool for nervous system support, self-regulation and grounded presence. These practices are gentle, accessible and designed to be used in real time – when emotions rise, when overwhelm sets in or simply as daily anchors.

Each card offers a clear and calming practice:

Body-based resets like *Progressive Muscle Relaxation*, *Shaking to Release Tension* and *Rhythmic Movement*

Breath-focused tools including *4-6 Breathing*, *Sighing or Vocal Release* and *Breath-Focused Meditation*

Mindfulness and visualization tools such as *Guided Imagery*, *Mindful Walking*, *Mandala Drawing* and *Body Scan Meditation*

Practices for sensory integration like *Connecting with Nature* and *Sensory Awareness Activities*

Creative and expressive options including *Journaling*, *Self-Massage*, *Free Movement* and *Visualization Techniques*

These cards are:

Easy to print and laminate for ongoing use

Perfect for personal practice, therapy rooms, group settings or handouts for clients and students

Designed to gently remind you that support is already within you – breath by breath, moment by moment

You may wish to:

Keep a few cards near your workspace or bedside

Create a personal deck and choose one intuitively each day

Offer them as tools in workshops, healing circles or client sessions

This module reinforces the core message of somatic healing: that we do not need to wait until we feel "better" to begin. We begin with what we have – the breath, the body, the present moment – and from there, healing unfolds.

Attunement

Magic Reiki Grounding Value $25 / R400

Founder: Daelyn Wolf

Magick Reiki Grounding is a unique energy-infused system that merges magick and Reiki to support deep, lasting connection with the Earth. Designed especially for energy workers and those who often work with high-frequency vibrations, this system helps prevent feelings of spaciness or disconnection by anchoring the practitioner fully into grounded, embodied presence

What This Attunement Offers

This modality is ideal for:

Remaining present and stable during energy work, meditation, or spiritual exploration

Reducing the light-headedness often associated with high-vibration healing systems

Creating a strong Earth connection so spiritual insights can be embodied and applied

Strengthening your ability to function clearly and confidently while working with subtle energy

Enhancing empowerment through energetic anchoring

What Students Can Expect

By working with this energy, students will:

Feel more balanced and emotionally steady during and after energy work

Cultivate a stronger, more consistent connection to their body and daily life

Experience deeper integration of spiritual insights into physical reality

Be better equipped to handle powerful energetic shifts without becoming ungrounded

Magick Reiki Grounding supports your ability to walk your spiritual path with clarity, presence, and empowered connection to Earth.