



About

The Somatic Movement Therapist (SMT) Certification is a 12-month, 250-hour programme, ISMETA approved program. For movement professionals, body workers, and healthcare professionals looking to unlock the body's self-healing process. **Informed by fascia, nervous system regulation and quantum biology**



What you will learn

- Core principles of somatic movement based on ISMETA guidelines.
- How the body heals in motion
- How to unlock the self-moving body
- How the body "already knows"
- How to heal trauma through the body

What the programme includes

- 7-day retreat in Portugal– 56 hours
- 12 days of lecture and practical sessions live online. – 60 hours
- 18 x 2 hour guided movement & Mentoring, live online – 36 hours split into 6-week segments
- Online sessions and recordings– 56 hours
- Self-Practice hours – 100 hours
- Guiding others – 24 hours



The process of somatic learning

- Learning happens through sensing
- Connect to the body's natural movements
- Learning is emergent, quick and insightful
- Less stressful than memorising



PHASE 1: SOMA – AN INNER KNOWING

Month 1: Embodied Awareness

- Somatic Movement Therapy
- Principles and history ·
- How to tune into felt sense
- Principles of SomaSensing
- Discover the body's innate blueprints and emergence of natural movement patterns
- Pandiculation – A somatic blueprint for recovery

Month 2: Shaped by Nature- Emergence

- Quantum Biology – how living systems emerge as a whole
- How the embryo self-organises, self-emerges, self-moves
- Fascia – our fabric of embodiment
- Biotensegrity – how fascia shapes our structure
- How to tune into the nature of our design

Month 3: Unravelling the Wisdom Within

- The Nervous System and regulation. The Polyvagal Theory
- How the body responds to stress
- Proprioception, Interoception and Neuroception
- How to cultivate somatic awareness through fascia as a felt sense
- How to listen to sensation as information



 SomaSensing



www.somasensing.org



HELLO@REALLYGREATSITE.COM

heal@somasensing.org



[@yasminlambat2023](https://www.instagram.com/yasminlambat2023)

PHASE 2: NURTURING BODY-MIND AWARENESS

Month 4: Befriending yourself

- Delving into personal somatic experiences and self-awareness
- Cultivating curiosity, compassion and connection
- Cultivating mindfulness and self-compassion in the somatic process
- Becoming a somatic observer. Recognising learned patterns from your true nature

Month 5: The issue is in the tissue

- Fascia as a sensory organ
- Sensory amnesia
- How trauma and stress become held in the body
- How to heal trauma through the body
- Fascial Hydration – Beyond stretching

Month 6: Get to the Heart of Healing

- How to guide a somatic grounding session
- The difference between proprioceptive movement and interoception
- Nurturing emotional well-being through somatic movement practices
- How to use sensation to shift information
- Connect to wholeness



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PHASE 3: GUIDING OTHERS FROM WITHIN

Month 7: How to listen to guide from within

- How to co-regulate from your inner state
- How to honour where someone is at
- How to guide to their inner knowing through co-regulation
- Honouring your boundaries in the healing journey. Through the somatic lens

Month 8: Deepening your practice

- Recognising your energetic state and how to connect with your sense of purpose.
- Knowing who you can guide and when to refer.
- Conditions that you will be presented with. E.g. Fibromyalgia, chronic fatigue, inflammation, chronic pain, incontinence, frozen shoulder, arthritis.
- Embracing your role as an empathetic and skilled Somatic Movement Therapist

Month 9: Food, Fascia and Nervous System Regulation

- What roles does food play in fascial hydration?
- Food, fascia and inflammation
- Inflammaging
- How ageing and stress are linked



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HASE 4: HOW TO OFFER SOMASENSING

Month 10: The Art of Group Somatic Therapy

- Understanding the dynamics of group therapy settings
- Designing and facilitating Somatic Movement Therapy workshops
- How to know who you want to work with and tailor your practice
- How to language who you want to work with

Month 11: How to Create your offers and services

- Crafting your unique therapeutic approach and philosophy
- How to tailor your practice to the ethical guidelines of ISMETA
- How to create programmes and packages for your practice
- How to fine the people you want to work with

Month 12: Certification and Becoming a Somatic Movement Therapist

- Review and reflection
- Continuing the journey
- Honouring your inner wisdom and integrity of the process of becoming
- Continuing Education – how to maintain your certification



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Recommended Reading

- Fascia and why it matters
 - David Lesondak
- Yoga, Fascia, Anatomy and Movement
 - Joanne Avison
- Spiral bound - Integrated Anatomy for Yoga
 - Karne Kirkness
- Anchored - How to befriend your nervous system
 - Deb Dana on the Polyvagal Theory
- A Somatic therapy for healing trauma - A Somatic Experiencing approach
- How do you feel
 - Dr Bud Craig on Interoception



Recommended Websites

- <https://www.pollacklab.org/>
- <http://www.johnsharkeyevents.com/>
- <http://www.tensegrityinbiology.co.uk/biotensegrity/>



How to get the best out of this programme

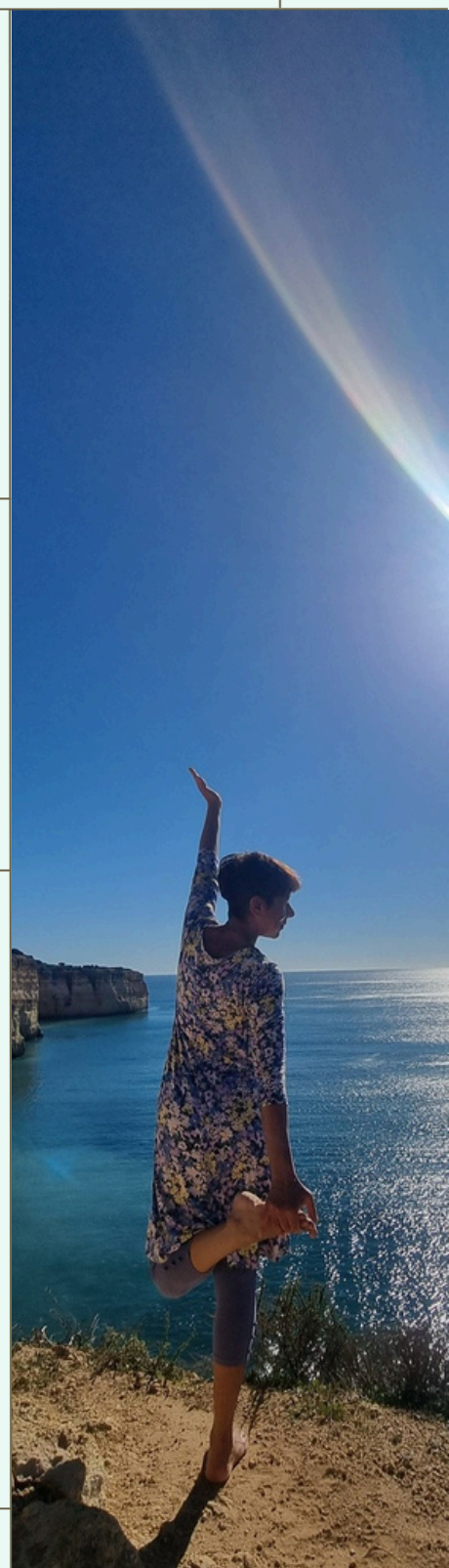
- Practice SomaSensing daily
- Attend all live sessions or at least 80%
- Keep a somatic journal.
- Practice teaching others
- Stay curious.

When you are ready submit:

- 2 x 60 minute recordings of guiding a session
- 2 x case studies of 8 sessions each within 2 years
- Complete your 100 hours of self-practice

Continuing Education

- To maintain your certification, you are required to participate in continuing education and can attend;
- A minimum of 10 continuing education hours in somatic practice, fascial anatomy, trauma-informed therapy or equivalent.
- At least 2 out of 4 supervision sessions a year with Founder Yasmin Lambat or SomaSensing Facilitator Antoinette Kavanagh



Dates: 2025 – 2026

- 7 days in person 25th to 31st of August 2025
- 12 days live online one Saturday a month from 8am to 1:00pm (BST)
- 1st March, 5th April, 3rd May, 7th June, 5th July, 2nd August, 6th September, 4th October, 1st November, 6th December, 10th January 2026, 7th February 2026
- 18 x 2 hour guided movement sessions every Wednesday 1pm – 3pm (BST)
- Segment 1 – 12th March to 16th April
- Segment 2 – 7th May to 11th June
- Segment 3 – 8th October to 12th

The retreat space

- For in person training, we will be at Casa Conmingo based in the Algarve Portugal.
- The nearest airport is Faro. You can find more information about the venue [here](#)

Registration and fees

- Your course fee includes full board on retreat plus airport transfers.
- Air fare is not included.
- Early bird rate \$6500 till 31st December 2024
- Full Fee \$7300
- Pay with 6 installments \$1250
- Only 8 spaces available for this cohort

To get more detailed information

- Please email me on heal@somasensing.org
- You can WhatsApp me on +27 76 848 3778
- Please follow me on Instagram to keep you informed about SomaSensing

