मोक्ष MOKSHA YOGA

TRAUMA-INFORMED EMBODIED SOMATICS FACILITATOR TRAINING



INFORMATION PACK

mokshayoga.com.au/trauma-informed-embodied-somatics

The word “heal”
does not mean
“to fix”.

At its linguistic root,
it means
“to make whole”.

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WELCOME

Welcome to the **Moksha Academy** and our **100hr Trauma-informed Embodied Somatics Facilitator Training.**

This training journey is an exploration of nervous system-aware somatic practices, trauma-informed movement and mindful approaches that allow both you and your future students to experience safety, presence and deeper connection.

Throughout the training you will not only gain practical tools and techniques for working with the body, mind and nervous system but also cultivate an embodied understanding into the impact of trauma and how movement can support regulation, resilience and self-awareness. It is a space for reflection, discovery and growth, both personally and professionally.

We look forward to supporting you to confidently guide others with sensitivity and skill, while also carrying a greater awareness of your own body, mind and heart. This work is both empowering and humbling, and we are grateful to witness your unfolding as a teacher and practitioner as we walk this meaningful path together.

With warmth and respect,

Emma Palmer & the Trauma-informed Embodied Somatics Faculty

TRAUMA-INFORMED EMBODIED SOMATICS



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Trauma imprints a sense of
separation within the self.

Held somatically, deep within
the nervous system.

Beyond the reaches of
cognitive reconciliation.

Embodiment becomes the
pathway of liberation.

A return home to the innate
reality of our wholeness.

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TRAUMA-INFORMED EMBODIED SOMATICS FACILITATOR TRAINING

Our **Trauma-Informed Embodied Somatics Facilitator Training** is a comprehensive 100hr professional course designed for somatic practitioners, wellbeing facilitators, yoga and meditation teachers, and Allied Health professionals seeking to deepen their understanding of trauma-informed facilitation and support others through embodied, nervous system-aware practices.

Led by a multi-disciplinary faculty of trauma, psychology and somatics specialists, you'll discover how trauma can impact the nervous system, body, behaviour, relational dynamics and sense of safety within practice spaces, while developing the practical skills required to facilitate movement, breath, meditation, sound and other multi-modal techniques in ways that support nervous system regulation, participant agency and embodied awareness.

Recognising trauma not as a pathology to be treated, but a nervous system response and adaptation, this training explores a broad spectrum of trauma experiences – including acute and chronic stress, developmental and attachment trauma, complex and cumulative trauma, interpersonal trauma, medical and birth trauma, and vicarious trauma – along with the impact of systemic, cultural and identity-related trauma from experiences shaped by race, gender, neurodivergence, disability and social or environmental conditions.

Grounded in both contemporary trauma research and the wisdom of traditional yogic practices, the clinical, cognitive and embodied dimensions of trauma are explored together – equipping you with the knowledge, language and techniques to create safe, inclusive spaces where somatic and contemplative practices can be experienced with greater choice, regulation and autonomy.

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The word somatic
derives from the
Greek “soma”
meaning:
“the living body as
perceived from within”

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THE LEVEL OF SOMATICS

Trauma doesn’t tend to be stored as a coherent story.

It’s often held as fragmented sensations, emotions, impulses, physiological responses and adaptive survival strategies that exist outside conscious narrative.

Your hand pulls back from a hot stove before your brain has formed a single thought about it. Your stomach drops on a rollercoaster before you've decided to be afraid. Your foot finds the brake in traffic before you've consciously registered the danger.

This isn't malfunction. It's design – ancient, intelligent and faster than conscious thought could ever afford to be.

Trauma works the same way.

The nervous system responds. Heart rate climbs. Breath shallows. Muscles brace or collapse. A whole internal weather pattern moves in, often before there is any conscious awareness of what triggered it. This is not being “stuck in the past”. This is the body doing precisely what it learned to do to keep you safe – still running a protection program whose original context may be decades gone.

The profound limitation of intellectual understanding here is that knowing this changes very little. You can trace the origin story with forensic precision, narrate your own patterns with remarkable insight. And the body – loyal, pre-verbal, operating beneath the reach of language – will go right on responding as it always has. Because the encoding didn't happen through words. And it cannot fully unwind through words alone.

Somatic and embodied work moves differently.

It enters through the same door as the original experience — sensation, breath, movement, the felt sense of safety or its absence.

It works at the level where the pattern actually lives. And shifts can occur that the thinking mind didn't authorise, didn't engineer and sometimes doesn't even fully understand. A breath that releases something held for years. A posture that, in its opening, lets something ancient finally complete.

This is the terrain our **Trauma-Informed Embodied Somatics Facilitator Training** is built for – to equip practitioners with the understanding, skills and above all the embodied presence to work at this depth.

Safely. Precisely. Humbly.

A trauma-informed lens invites us to navigate the fine line between honouring the truth of a person's lived experience, without reducing them to it.

To see the wound without making it the identity.

To respect the protection without making it the prison.

It enables us to hold space for the intelligence of the adaptation, while gently welcoming the possibility for change.

To skilfully respect the imprint, while supporting a deeper movement toward agency, connection and wholeness.

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THE TRAUMA-INFORMED LENS

Across yoga, wellbeing and therapeutic spaces there is a growing recognition of how many people arrive to practice carrying experiences that have shaped their nervous system, sense of safety and relationship to the body.

For some, movement, breath, meditation or stillness can be deeply supportive. For others, these same practices may evoke activation, overwhelm or disconnection when not offered with appropriate awareness and care.

While the term *“trauma-informed”* has become widely used in recent years, meaningful application requires the language of trauma to be underpinned with a thorough depth of understanding, embodied skillset and professional integrity to work responsibly with the nervous system.

This training was created in response to the growing need for those capable of holding space with clarity, humility, proficiency and confidence in bringing trauma-informed awareness to their facilitation.

The program is delivered by a highly experienced team of trauma-informed yoga teachers, somatic practitioners, psychologists and social workers specialising in trauma-sensitive facilitation across a range of contexts, ensuring the training is both clinically informed and deeply embodied.

With an emphasis on professional scope, ethics and facilitator sustainability, participants are supported in not only fully comprehending trauma-informed practice, but also how to maintain clear professional boundaries, navigate complexity and care for their own nervous system when working with others.

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TRAUMA-INFORMED EMBODIED SOMATICS



COURSE DETAILS

The curriculum is structured across six progressive modules, guiding you from foundational trauma literacy and nervous system awareness through to practical teaching methodology, ethical practice and supervised facilitation. Each module combines theory, experiential learning, reflective inquiry and practical teaching labs supporting you to confidently translate knowledge into safe and responsive facilitation.

You'll be introduced to the underlying physiology and neurobiology of contemporary trauma frameworks, deepening your understanding of the autonomic nervous system, neuroception and polyvagal-informed perspectives.

We'll explore somatic and contemplative practices that support regulation – including gentle movement, breath awareness, grounding, orienting, pendulation and titrated exploration of sensation – and develop your practical skills in trauma-sensitive language, invitational cueing, pacing, sequencing and choice-based teaching to ensure your facilitation is offered in ways that are deeply supportive, accessible and ethically grounded.

Attendance Dates:
Visit https://www.mokshayoga.com.au/trauma-informed-embodied-somatics/
for the full schedule of dates in our latest upcoming intake

Attendance times:
Each of the six modules is covered over a Thursday evening 5pm – 9pm,
and Saturday 9am – 6pm (incl breaks)

Attendance Location:
Moksha Yoga, 437A Centre Road, Bentleigh VIC 3204

Live Online Attendance is made available for Interstate, International
or Regional attendees only

Additional Information:
Qualifies as 100hrs Continuing Professional Development for Yoga Teachers

FULL CURRICULUM

MODULE 1:
FOUNDATIONS OF SOMATIC TRAUMA-INFORMED YOGA

Module 1 lays the foundation for your training, helping you develop a shared understanding of trauma-informed principles and how they apply to all aspects of yoga practice – not just āsana, but also the breath practices of prāṇāyāma, meditation, mantra, chanting, sound, contemplative journaling and Yoga Nidrā.

You'll learn a common language for describing nervous system states and embodied experience, explore the relational and ethical foundations of facilitation, and begin to understand how to create safe, supportive, and responsive learning environments.

Module 1 focuses on why and how we teach, giving you the conceptual and embodied tools to guide students safely and skilfully before moving into specific techniques and practices.

Units:

- Trauma-Informed & Embodied Foundations
- Embodied Somatics & Bottom-Up Regulation
- Embodied Sensation vs Narrative & Story
- Introduction to Trauma-Informed Language
- Core Principles of Trauma-Informed Practice
- Embodiment & Introduction to the Nervous System
- Interoception, Proprioception & Exteroception
- Yoga Beyond Āsana - A Nervous System Lens
- Introduction to the Multi-Modality Approach
- Practitioner Regulation & Co-Regulation
- Integration Practical Teaching Lab 1: *Somatic Movement, Breath Awareness Reflective Integration*

FULL CURRICULUM

MODULE 2:

TRAUMA THEORY, NEUROBIOLOGY & RESEARCH

Module 2 builds a deep, evidence-informed understanding of trauma and its effects on the nervous system, giving you the tools to facilitate and hold space in ways that are inclusive, safe, and responsive.

Here you will explore how trauma is experienced across a broad spectrum, including interpersonal, developmental, systemic, cultural, gendered, and neurodivergent contexts and learn how the nervous system reacts, adapts, and recovers.

This module is designed to give you both conceptual literacy and practical insight, so that you can confidently translate trauma and nervous system knowledge into all aspects of your facilitation, from movement and breath to meditation, mantra and yoga nidrā.

Units:

- Understanding Trauma - Definitions & Context
- Understanding Diverse Trauma Types & Experiences
- Neurobiology of Trauma & Neuroscience Foundations
- Signs & Symptoms of Dysregulation & Resilience
- Autonomic Nervous System & Regulation
- Adaptive Survival Responses – Hyper & Hypo Arousal
- Window of Tolerance & Nervous System Capacity
- Titration & Pendulation – Regulating Activation & Rest
- Research on Yogic Practices & Nervous System Regulation
- Embodied Somatics & Interoception Research
- Mindfulness and Emotional regulation
- Yoga Nidrā and Parasympathetic NS Activation
- Practical Teaching Lab 2

FULL CURRICULUM

MODULE 3:
ETHICS, SCOPE & TRAUMA-INFORMED PROFESSIONAL PRACTICE

Module 3 is designed to ensure that you, as a facilitator, can create safe, ethical, and professional environments while protecting both yourself and the students who attend your classes.

This module establishes the frameworks, boundaries, and professional principles necessary to maintain the integrity of trauma-informed yoga and somatic facilitation. You will explore how to navigate complex situations, maintain ethical practice, and operate within your scope, while also supporting students' nervous system regulation and practice.

This module emphasizes prevention, clarity, and professional responsibility, ensuring that facilitators can work confidently and safely in diverse settings while upholding the standards of the field.

Units:

- Scope of Practice
- Ethical Trauma-Informed Facilitation & Professional Boundaries
- Informed Consent in Individual & Group Settings
- Power, Authority, & Influence
- Transference & Dependency
- Modelling Accountability
- Cultural Humility & Inclusion
- Historical & Systemic Awareness
- Intersectionality and Complex Identity Factors
- Honouring Lineage without Appropriation
- Authentic & Grounded Facilitation
- Recognising & Preventing Spiritual Bypassing
- Facilitator Sustainability & Self Care
- Practical Lab 3 - Ethical Case Study

FULL CURRICULUM

MODULE 4:

SOMATIC MOVEMENT, BREATH, REST & SOUND AS REGULATION

This module equips facilitators with practical, trauma-informed skills to support nervous system regulation across all yogic modalities. Trainees will learn to integrate somatic movement, prāṇāyāma, meditation, mantra, chanting, sound, and Yoga Nidrā as tools for promoting self-regulation, resilience, and embodied awareness.

Through experiential practice, observation, and reflective exercises, facilitators will develop the ability to notice nervous system cues in themselves and participants, respond to hyper- and hypo-arousal, and safely guide co-regulation and resourcing. This module emphasizes trauma-informed sequencing, participant choice, and inclusive adaptation for diverse needs, including neurodivergence and sensory sensitivities.

Facilitators will explore restorative practices and sound-based methods to support grounding, emotional release, and integration, while learning how to ethically and effectively apply multiple modalities in a session. This module provides you with a comprehensive, practical toolkit for supporting participants to regulate their nervous system in safe and empowering ways.

Units:

- Trauma-Informed Somatic Āsana
- Mindful Embodiment, Orientation & Grounding
- Trauma-Informed Prāṇāyāma
- Contraindications & Safety Considerations
- Meditation, Mindfulness & Attention Practices
- Modified Trauma-Informed Yoga Nidrā
- Nāda Yoga - Sound, Vibration & Regulation
- Trauma-Informed Sequencing
- Case Studies & Scenarios
- Integrated Practice Lab 4

FULL CURRICULUM

MODULE 5:
TRAUMA-INFORMED TEACHING METHODOLOGY

Module 5 focuses on developing the practical skills and embodied presence required to facilitate trauma-informed sessions safely and effectively.

Trainees will learn how to apply the concepts, neurobiology, and trauma literacy from Modules 1–4 into real-world teaching scenarios, integrating Āsana, Prāṇāyāma, mindfulness, sound, mantra, and deep rest in ways that honour participant autonomy, choice, and nervous system regulation.

This module emphasises facilitator presence, ethical decision-making, and responsive teaching, equipping trainees with strategies to create inclusive, safe, and supportive learning environments for diverse participants. It is experiential, reflective, and hands-on, blending observation, practice, and feedback to foster confidence and skilful application.

Units:

- Trauma-Informed Language & Cueing
- Neutral & Non-Directive Phrasing
- Encouraging Participant Autonomy
- Sequencing for Nervous System Regulation
- Holding Space for Groups Safely
- Group Nervous System Dynamics
- Responding to Activation
- Post-Practice Boundaries
- Adapting Classes Across Teaching Contexts
- Practical Teaching Labs 5

FULL CURRICULUM

MODULE 6:
ADVANCED APPLICATIONS & SUPERVISED PRACTICUM

Units:

- Advanced Nervous System Literacy
- Advanced Non-Diagnostic Needs-Based Sequencing
- Matching Modality to State
- Staying Within Scope Under Pressure
- Case Reflection & Integration
- Professional Integration & Ethical Pathways
- Advanced Facilitation Requirements
- Complex Scenario Application
- Practical Teaching Lab 6
- Teaching Multi-Modality Trauma-informed Session
- Supervised Practicum
- Practice Integration & Reflection
- Closing Circle



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TRAUMA-INFORMED EMBODIED SOMATICS

EMMA PALMER



SENIOR YOGA TEACHER & E-RYT-500

FOUNDER & DIRECTOR OF MOKSHA YOGA & THE MOKSHA ACADEMY

Emma Palmer brings over two decades of dedicated teaching and one-on-one mentorship into the Trauma Informed Embodied Somatic Facilitator Training. Since graduating in 2003, she has worked closely with students from diverse backgrounds, experiences, and needs, developing a deeply attuned, responsive approach that honours the individuality of each person's nervous system, history, and capacity.

As a Senior Yoga Teacher with Yoga Alliance (E-RYT 500) and Yoga Australia (Level 3), Emma integrates a wide range of yogic practices, including Āsana, Somatic Movement, Prāṇāyāma, Meditation, Mantra, Philosophy and Yogic Psychology through a trauma-informed and somatically aware lens. Her teaching emphasises safety, choice, pacing, and self-agency, supporting students to reconnect with their bodies in ways that feel grounded, sustainable, and empowering.

Emma's work is rooted in the understanding and experience that trauma is held not only in the mind, but within the body and nervous system. Through breath, awareness, and carefully guided practices, she supports students to build capacity, regulate their internal state, and cultivate a deeper sense of steadiness and presence. Her approach bridges ancient yogic wisdom with contemporary understanding of embodiment, offering practical tools that students can integrate into their daily lives.

Alongside her group teaching and lead facilitators across the Moksha Academy's Teacher Trainings, Emma has spent over 23 years working one-on-one with students in mentoring spaces, where she brings a compassionate, spiritually informed perspective to support integration, self-inquiry, and personal transformation. This depth of experience informs her ability to hold space with sensitivity, clarity, and discernment, particularly when working with trauma.

Emma is also the founder of Moksha Yoga (2005) and The Moksha Academy (2010), where she has trained and mentored hundreds of teachers. Her teaching within this training is grounded in lived experience, long-term practice, and a genuine commitment to supporting facilitators to work in ways that are ethical, embodied, and deeply attuned to those they serve.

MISH KUMAR-JONSON



ACCREDITED MENTAL HEALTH SOCIAL WORKER
AMHSW, EMDRAA, EMDRIA, MSW, YMHFAT

Mish Kumar-Jonson is a South Indian, non-binary, queer, neurodivergent and disabled Accredited Mental Health Social Worker based on unceded Kulin Nation lands. As a Therapist, Researcher, and EMDR Consultant, Mish integrates anti-oppressive and healing-centred approaches to trauma work, especially with people of the global majority to create spaces where folks can connect, heal and embody their favourite selves.

Mish explores culturally affirming frameworks within psychotherapy through their therapeutic and structural practices, centring on cultural humility, identity-affirming care and joy as tools for liberation and identity reclamation.

DR DEBBIE FOOKS



CLINICAL PSYCHOLOGIST
TRAUMA-INFORMED SOMATIC PRACTITIONER

Dr Debbie Fooks is an AHPRA-registered Clinical Psychologist and endorsed clinical supervisor with more than 15 years' experience across public and private mental health and rehabilitation settings. She holds a Doctorate in Clinical Psychology and a Graduate Diploma in Health Psychology, and works with people experiencing trauma and PTSD, anxiety and mood difficulties, persistent pain, relationship challenges, developmental trauma, and adjustment to illness, loss and significant life change.

With a particular interest in trauma-informed therapies that integrate evidence-based somatic approaches within established psychotherapeutic frameworks, Debbie draws upon a vast array of additional training and experience – particularly as a qualified yoga teacher, including specialised study in somatic-based trauma yoga, yin yoga and yoga for mood management – to further inform her understanding of the relationship between psychological experience, the body and the nervous system.

HEATHER MCMAHON



TRAUMA SENSITIVE YOGA SPECIALIST
REGISTERED COUNSELLOR

Heather McMahon is a qualified yoga teacher with more than 28 years' experience and has completed specialised training in Yoga Psychology and Trauma Sensitive Yoga. She is a highly experienced and skilled facilitator of yoga in a wide range of one-on-one and group settings, and is a qualified counsellor registered with the Australian Counselling Association.

Heather currently facilitates trauma-sensitive yoga sessions for participants experiencing PTSD and has supported a variety of community groups through trauma-informed yoga, including war veterans for Invictus Australia and vulnerable clients and their support staff at Sacred Heart Mission. Underpinning all her classes and training is a trauma-informed ethos that emphasises choice, agency and safety, while modelling respect, curiosity and a flexible, participant-focussed approach to learning.

SANDRA QUELLE



TRAUMA INFORMED YOGA & MEDITATION TEACHER

Drawing on training in trauma-informed yoga, somatic practices, restorative yin, yoga nidra and sound therapy, Sandra offers gentle, nervous-system-aware classes that invite students to soften, rest and reconnect with themselves. With a background in counselling and women's health, she creates an inclusive space where students can meet themselves exactly as they are.

TRAUMA-INFORMED EMBODIED SOMATICS

HOW TO ENROL

Places are limited so be sure to secure your spot on our next training today by enrolling at https://www.mokshayoga.com.au/trauma-informed-embodied-somatics/

A Special Early Bird Discount is made available for each course intake, and Payment Instalment Programs are also available.

Payment in Full: $2435

Special Early Bird Rate with payment in full: $2195
(see our website for this intake's Early Bird dates)

Payment via Instalments: $2435

(Deposit payable of $995, followed by 3 x monthly instalments of $480 upon course commencement – see T&C's on our website for full details)

Ready to enrol?

Visit our website now to book your place at
https://www.mokshayoga.com.au/trauma-informed-embodied-somatics/

We strongly recommend that before enrolling you ensure you are able to make the commitment to the course in its entirety in order to successfully meet the assessment criteria and graduate.

Once enrolment and payment has been made, the Moksha Academy Student Withdrawal and Refund Policy will apply (see T&C's on our website for full details)

TERMS & CONDITIONS

REQUIREMENTS FOR CERTIFICATE OF COMPLETION

70 Contact hours: 6 x training modules (Thursdays 5pm – 9pm; Saturdays 9am – 6pm incl breaks)

30 Non-contact hours: Home Study, Integration Exercises & Teaching Practice

GENERAL ENTRY REQUIREMENTS

We welcome applications from participants 18 years of age and over.

The Moksha Academy's primary intention when considering an enrolment is that the applicant demonstrates potential to successfully complete and succeed on their chosen course, including: effective interpersonal and communication skills; a genuine, empathic and compassionate nature; a mature and responsible outlook; a dedicated willingness to commit to the course and a consistent personal meditation practice.

TRAINING CONSENT

By enrolling in this training, you acknowledge and agree that:

This training is educational in nature and is not therapy, counselling, or a substitute for medical or psychological support.

Participation does not establish a therapist-client relationship with any facilitator or staff member.

The training may include experiential somatic practices that could feel activating or emotionally challenging.

You will take full responsibility for your own wellbeing, including engaging at a pace that feels appropriate for you.
You will seek external professional support if needed, beyond the scope of this training.

ARRANGE A CALL WITH EMMA

Have questions about the course or exploring further into Trauma-Informed Embodied Somatics?

Why not arrange a 15-minute call with Moksha Academy Director of Education and Lead Facilitator Emma Palmer!

Simply drop us an email at **ytt@mokshayoga.com.au** with your contact details and we'll set it up.

Alternatively, feel free to give the Moksha Academy a call anytime on 03 9557-5885

We look forward to supporting you and sharing in this incredibly rewarding journey.

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