

A man with a beard and short hair, wearing a white button-down shirt and light-colored pants, is sitting on a dark mat. He is leaning over a woman who is lying on her back on the same mat. He has his hands on her upper back and shoulders, appearing to be performing a somatic therapy or massage. The woman is wearing an orange halter-neck top and light-colored pants. The background is a dimly lit room with wooden walls and a window with a grid pattern. The overall tone is warm and professional.

Online & Onsite Somatic Bodywork Therapy Training ®

ONLINE + ONSITE TRAINING



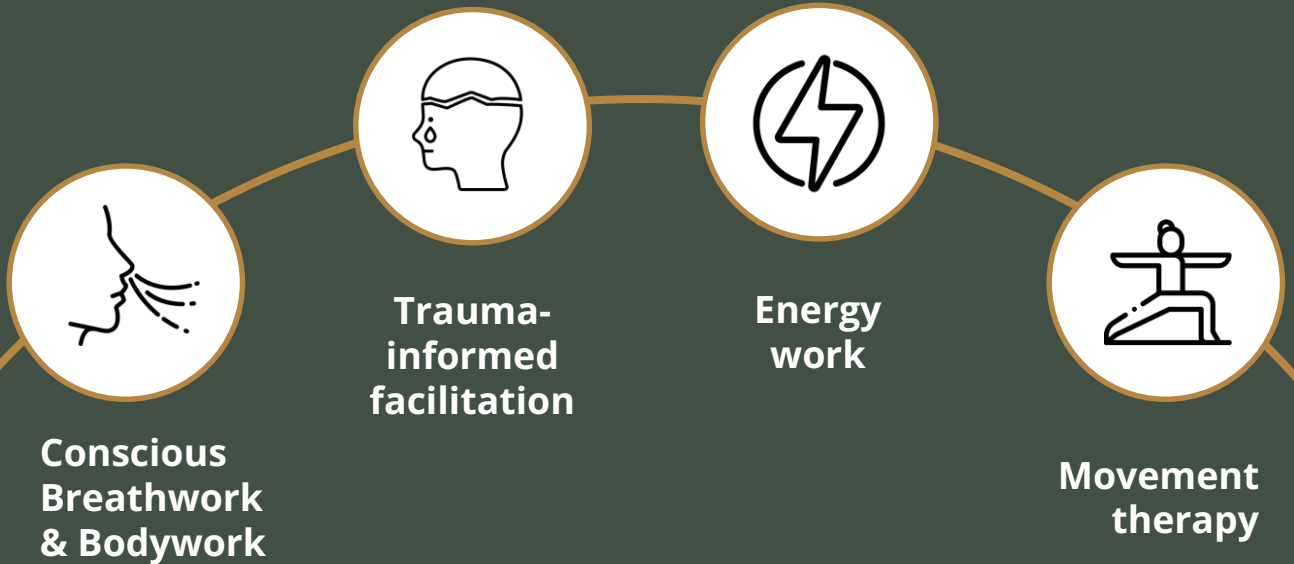
Learn Somatic Bodywork techniques to assist the body in releasing deep patterns of stress, anxiety and trauma.

SEE THE DATES & PRICES

Our training program is designed by trauma experts who will guide you in mastering your own emotions first, empowering you to liberate others from their stress and suffering.

You will learn how to combine bodywork techniques, breathing techniques, movement and voice to release trauma and remove emotional and energetic blockages.

Components of Online & Onsite Somatic Bodywork Therapy Training[®] are:



Turn your body into a safe container! Your body remembers what the mind forgets, with Bodywork & Somatic techniques you can let go of stored negative energies and achieve physical and emotional healing.

Online & Onsite Somatic Bodywork Therapy Training[®] is backed by science and is based on a large body of psychological research findings.



This program is suitable for everyone who is interested in changing themselves and the world by becoming a trauma-informed facilitator:

- ✓ Bodyworkers, breath workers, acupuncture practitioners
- ✓ Psychologists, counsellors, social workers and mental health practitioners
- ✓ Naturopaths, nutritionists, acupuncturists, chiropractors, dancers and yoga teachers...



With more than 160 videos, quizzes, articles, live sessions, and assignments, you will be able to master the tools needed to help yourself and other people heal.

This program is suitable for everyone who is interested in changing themselves and the world by becoming a trauma-informed facilitator.

***Online & Onsite
Somatic Bodywork
Therapy Training[®] is
backed by science and
is based on a large
body of psychological
research findings.***

Accredited Online & Onsite Somatic Bodywork Therapy Training ®

- 🕒 200 hours in total
- 🕒 10+ hours effort / week
- 🕒 6 virtual sessions + onsite training
- ▶ 125+ videos

Online & Onsite Somatic Bodywork Therapy Training ® is a highly esteemed and reputable approach that has been recognized and accredited by **The Complementary Medical Association** and **The International Breathwork Foundation**, signifying its commitment to maintaining high standards of quality and effectiveness. Additionally, the method has obtained **CPD certification**, which further validates its value in terms of professional development and recognition within the field.



Through these prestigious accreditations and certifications, Online & Onsite Somatic Bodywork Therapy Training ® has established itself as a trusted and reliable program, backed by thorough assessment and validation processes.

Online & Onsite Somatic Bodywork Therapy Training®

Holds prestigious accreditations and certifications, including accreditation by The Complementary Medical Association, The International Breathwork Foundation, and CPD certification.

Expertly developed by trauma specialists
Science-backed training program that ensures a grounded and effective approach.

Equips you with the necessary skills to effectively work with individuals, couples, and larger groups.

Grants access to InnerCamp Community of like-minded individuals.

Embodies a holistic approach that integrates the mind, body, and spirit.

Delivers intensive and transformative training experience that fosters self-healing and personal growth.

The course

The ultimate goal of Online & Onsite Somatic Bodywork Therapy Training ® is to help the individual release their trauma and move forward in life with peace and relief. Through this method, people can regain their sense of self, develop healthier coping skills, and ultimately find healing.

This method is comprised of **two levels**.



Level 1 (online)

Level 1 (Practitioner certificate)

is designed to help you in your self-healing journey. It is a step-by-step process to make your 'inner healer' stronger. With more than 160 videos, quizzes, articles, 6 live sessions and assignments, you will be able to master the tools needed to help yourself and other people heal.

Level 1 is for personal use only.



After completion of Level 1, you will gain a range of skills to be able to manage and overcome the effects of trauma. These skills can be used both in the present moment and in the future, as you continue to heal and build resilience.



Level 1 Module 1

Trauma Recovery Science & Practices

Module 1: Introduction to trauma

- Science of trauma
- Symptoms of trauma
- Types of traumas
- Trauma, stress & resilience
- Trauma-Informed approach
- Importance of the Language

Module 3: Approaches to trauma

- Therapies for traumas
- Re-traumatization
- Managing Flashbacks
- The 4F Trauma Personality Types Continuum
- Intergenerational Trauma

Module 2: The nervous system

- How Trauma Affects the Brain, Nervous System and Behaviour
- Common Bodily Responses to Trauma
- Emotional Regulation and Dysregulation
- Window of Tolerance
- Post-Traumatic Growth and Resilience
- Safety, Love and Belonging
- The Polyvagal Theory

Module 4: Bodywork basics

- Bodywork basics
- Introducing the armour
- Introduction to the Reichian theory
- Introduction to Bioenergetics- Lowen's work
- Introduction to Bioenergetics Somatic Experiencing – Peter Levine's work
- Self-dearmouring tools

Module 5: Project

Level 1 Module 2 *Bodywork for Trauma Healing*

Module 6: Breathwork for Trauma recovery

- Breathing techniques
- Conscious connected breathwork for trauma release
- Breath and the nervous system
- Chemistry of Breathwork
- Demonstrations

Module 7: Bodywork for Trauma recovery

- Movement therapy
- Tapping
- Anatomy and physiology
- Energy healing
- Acupressure points, meridians
- Demonstrations

Module 8: How to use the Bodywork Method for Trauma Recovery

- Coaching
- Breathwork for Trauma Recovery
- Bodywork and De-armouring for Trauma Recovery
- Movement for Trauma Recovery
- Voice for Trauma Recovery
- Sound for Trauma Recovery
- Other tools for Trauma Recovery (Resourcing, Pendulation & Titration)
- Integration after Trauma Release
- Demonstrations

Module 9: Towards a trauma-informed facilitation

- How to be trauma-informed
- Ethics and framework of bodywork
- Vicarious Trauma/Compassion Fatigue
- How to recognize trauma in students/clients and what to do
- How to respond appropriately to adult clients
- What is helpful and what could be harmful
- How to close off the session in a safe manner
- Ways for Practitioners to Take Care of Themselves after Responding to Trauma

Module 10: Project

The course



Level 2 (onsite in Malaga, Spain)

Level 2 (Facilitator certificate)

Here, you will learn how to facilitate bodywork, de-armoring and other somatic techniques to heal others. You will be able to combine bodywork techniques, breathwork for trauma healing, movement and voice to release trauma and remove emotional and energetic blockages.

The training focuses on developing a safe and supportive environment for clients, as well as understanding the various impacts of trauma on the body and mind. This includes learning to recognize and work with symptoms of PTSD, as well as other traumatic experiences.

Our method includes skills for helping clients to process their emotional responses, build self-compassion, and develop coping strategies.

After completion of Level 2, you will be equipped with the skills and knowledge necessary to provide trauma-informed care. You will gain the tools and confidence needed to help clients to heal and move forward in their lives.



Level 2

In-person training in Malaga, Spain

February 19-24, 2024

How to hold the space (4 hours)

Bodywork techniques (8 hours)

Energy work (4 hours)

Facilitating one-on-one sessions (8 hours)

Facilitating group sessions (4 hours)

Tantric body de-armouring (12 hours)

Centro Santillán

Authentic Andalusian farmhouse with gardens overlooking the sea. A farm of 50,000 sq. meters, it is located in the peace of the Spanish countryside, and yet is conveniently only 20 minutes from Malaga airport.

You can immerse yourself in the silence of nature in its lovely gardens and surrounding hills or enjoy stargazing under the dark night sky gathering around the bonfire.

Centro Santillan was mentioned in The Times as one of Europe's best yoga and wellness centers.





Live Sessions

Live sessions are an integral part of our Online & Onsite Somatic Bodywork Therapy Training®. During a live session, you will have the chance to put the theory you have learned into practice in a safe, interactive and supportive environment.

You will be encouraged to experiment and explore different trauma recovery exercises, and will receive guidance on how to use them to achieve the best results.

Live sessions are designed to give you a hands-on experience of breathwork, and help you to develop a deeper understanding of the practice. Our instructors will provide feedback and support, and share their expertise on how to refine your skills and become a confident facilitator.

Live sessions also provide the opportunity for students to learn from each other, as the instructor facilitates group discussions and activities. This allows students to explore their own experiences and gain insight from their peers.

Course overview

	Level 1	Level 2
Duration	125 hours, 3 months	200 hours, 4 months
Live sessions with master trainers	6 biweekly sessions	6 biweekly sessions
Lifetime access to curated videos	100+ videos	100+ videos
Exclusive reading materials	50+ articles	50+ articles
Weekly assignments	✓	✓
Individual feedback from trainers	✓	✓
Personal counselling	✗	✓
Access to all virtual workshops	3 months	4 months
Global community membership	✓	✓
Special discounts	✗	✓
Monthly mentoring calls	✗	✓
Business documentation templates	✗	✓
Study buddy meetings	✗	✓
Lifetime access to our course content materials	✓	✓
Certification	Specialist certificate valid for self-practice only	Facilitator certificate proves your qualification to work with clients

In order to get your certificate, you need to:

SOMATIC BODYWORK THERAPY SPECIALIST CERTIFICATE

- Complete all online lessons of the Level 1
- Submit 2 written projects and have them approved
- Successfully complete all exam quizzes
- Attend 80% of live sessions

This certificate proves your active participation in the course and that your newly acquired skills are for personal use only.



SOMATIC BODYWORK THERAPY FACILITATOR CERTIFICATE

- Complete all online lessons of the Level 2
- Submit 2 written projects and have them approved
- Successfully complete all exam quizzes
- Attend 80% of live sessions

This certificate proves that you are a trauma-informed facilitator who can work with clients.



Facilitators



Alexis Alcalá


Alexis is an internationally acclaimed breathwork master and bodywork & tantric embodiment coach. He is renowned for his depth of study and ability to communicate ancient wisdom in a practical, encouraging manner, combining extensive science with spirituality. His deep connection with somatic therapies, coaching, tantra, energy work, transpersonal psychology, and breathwork inspired him to create his signature method that promotes healing, transformation and the awakening of people's potential. Over the past decade, Alexis has worked with thousands of people around the globe, and supported them in returning to their innate power, wisdom and love. Alexis is a true mentor of hearts and minds that seek abundance, happiness, and fulfilment. He generously transmits his knowledge and shares his beautiful gift with a global holistic community.




Sara Tonini

Sara is an InnerCamp Tantra Method teacher, a holistic coach in the Arts of Embodiment and a catalyst for Wholeness. Speaking the language of the body and listening to the heart's longings, she holds space for massive transformation and healing by guiding you into your most powerful and authentic expression. Sara holds a Doctorate in Social Science and she now combines the most recent findings from neuroscience with the wisdom from ancient traditions to catalyze changes in the deepest level of the subconscious. Her mission is to bring stressed and overwhelmed humans back to their being-ness with wonder and soulfulness.

Breathwork Contraindications

 Please be aware that the conditions below are not exhaustive and if you have any concerns please speak to us.

 Breathwork and other techniques we use can result in intense physical and emotional release. Therefore, it is not advised for persons with:

epilepsy,

detached retina,

glaucoma,

uncontrolled high blood pressure,

cardiovascular diseases (including prior heart attack),

mental disorders (manic disorder, bipolar disorder, schizophrenia, obsessive compulsive disorder (OCD), paranoia, psychotic episodes, depersonalization)

strokes,

TIA's,

seizures or other brain/neurological conditions,

a history of aneurysms in the immediate family,

Breathwork Contraindications

- ✗ use of prescription blood thinners,

hospitalized for any psychiatric condition or emotional crisis within the past 10 years,

osteoporosis or physical injuries that are not fully healed,

acute somatic and viral diseases,

chronic obstructive pulmonary disease (COPD-II and COPD-III),

chronic diseases with symptoms of decompensation or terminal illness,

individual intolerance of oxygen insufficiency,

cancer,

low impulse control.
- ✗ **Pregnant women** are advised against practicing Breathwork and some of our techniques without first consulting and getting approval from their primary care physician.
- ✗ Persons with **asthma** should bring their inhaler and consult with their primary care physician and the facilitator.
- ✗ Breathwork is not advised for persons who **are under the influence of alcohol or drugs.**

Enroll now!

We strive to make our trainings a good fit for all and match their schedule. We understand that our students have busy lives, that is why we provide flexible timings such as morning and evening sessions to accommodate your schedule.

SEE ALL UPCOMING TRAININGS



We recommend scheduling a free discovery call with our expert to learn more about Online & Onsite Somatic Bodywork Therapy Training and answer any questions you may have. During the call, you will have the opportunity to discuss the objectives and content of the training, as well as the expected outcomes. We believe this call will help the student make an informed decision about enrolling in our trainings.

SCHEDULE A DISCOVERY CALL



We are on a mission to provide a great price-quality ratio so that everyone can benefit from our services. That is why we offer flexible payment plans to ensure our trainings are affordable for a wide range of change makers.

SEE PAYMENT PLANS & PRICES



FAQ



What are the benefits of Level 1 + 2?

When you complete both levels of the Online & Onsite Somatic Bodywork Therapy Training®, you become a trauma-informed facilitator qualified to work with clients and help them meet their needs. You can adjust different techniques to best suit the individual and facilitate their healing process. Your expertise will allow you to empower people to take charge of their wellbeing, and reach their goal.



Does the Somatic Bodywork Therapy Training include examination?

Yes, each level of our Bodywork training comes with two written projects and a final exam quiz. The purpose of this examination is to ensure students are able to recognise, recall and show understanding of knowledge; select, organise and communicate relevant information in a variety of forms; present and organise material clearly; use relevant terminology; and apply knowledge to real-life situations.



Are the assignments mandatory?

Yes, they are. All assignments are designed to evaluate your knowledge and understanding of theories, concepts, studies and methods. The reflective work is for your personal benefit to understand yourself better.



How much effort is required per week?

A range of time you should spend on the course including live sessions is about 10 hours per week. We also encourage you to engage with discussions and other collaborative activities.



Should I attend all live sessions?

We recommend you to attend at least 80% of the sessions in order to be qualified for certification.



Can I move at my own pace through the course?

Yes, you can take your time with the material, as it can help you to retain the information better. However, it is important to be aware that this course requires you to attend live sessions in order to stay on track. This will ensure that you don't fall behind and also allows you to interact with the instructor or other students in the course.

FAQ



Is there any deadline?

You have up to 3 months after the program has officially ended to complete the course on the platform and get certified. This is the final extension for the completion of the program.



Do I retain access to a course content after I complete it?

Yes, you have a lifetime access. However, it is important to be aware that live sessions replays will be removed from the platform within 3 months after the official end date of the course.



What is a study buddy?

Upon enrollment, all students are matched with a study buddy to support them on their journey. A study buddy is an online partner you study alongside with, offering each other mutual support, discussing concepts and working together on assignments.



What happens if I fail quizzes?

No problem! You can retake the quizzes as many times as you need at no additional cost. Please handle each module's assignments seriously, revise your notes, and study all materials on our e-learning platform.



Should I turn my camera on during live sessions?

Yes! We kindly remind you that it is mandatory to have your camera turned on during live sessions. We ask that you refrain from engaging in any other distracting activities during the session. Please note that live sessions where the cameras are off or you are not visible on the screen will not be considered as attended.



What if I cannot keep up with my current course, can I move my spot to the next edition and start over?

We understand that sometimes life can get in the way of our educational pursuits and that it can be difficult to keep up with a course. If you'd like to move your spot to the next edition, you can do so for an additional fee of 300€. Alternatively, you can keep the credit and join a future program just by paying the price difference when signing up.

FAQ



My training hasn't started yet, can I cancel and get a refund?

If you cancel your participation 30 days (or more days) prior to the event, you are eligible to request a full refund minus a 150€ administrative fee (non-refundable). If the training program has not started yet and there are 29 days or less to the start date, you can cancel it before the start date and get a 50% refund. You can also keep the credit and move your paid amount to any other INNERCAMP's service of your choice just by paying the price difference (if any applies). In case you only paid the deposit of the training, this deposit is non-refundable. In case you have chosen the monthly payment plan and only paid the first instalment, this payment is non-refundable.



My training has started, can I cancel and get a refund?

If the training program has started but you cannot participate, you can change your enrollment to any upcoming program for an additional 300€ fee. You can also keep the credit and join a future program just by paying the price difference when signing up.



My training has finished but I didn't participate, can I get a refund?

If the program has ended and you did not participate for any reason, the payment is non-refundable. In this case, you can still move your spot to the upcoming edition in the following 3 months after the program ended by paying a 600 EUR admin fee. If you request to move your spot after the 3 months have ended, a full payment is required meaning that you will need to pay the full current price of the course edition that you'd like to attend.



How does the pricing work?

We offer two payment plans. Upfront payment requires either a full payment or a 500€ deposit (the final payment is due 14 days prior to the course start date). The most flexible plan is our monthly payment split in four equal instalments to be paid by credit card or PayPal. If you prefer, we can send you our bank account details for a transfer. Please contact us at contact@innercamp.com for more information.

FAQ



Can I interact with teachers?

Yes! Interacting with teachers on an e-learning platform is an important part of the student-teacher relationship. You can reach out through direct messages or tag teachers in chat to bring attention to a specific issue or question. When using direct messages, please be respectful of the teacher's time.



Will I be able to work with clients who experienced PTSD?

Upon completion of Level 2 of the Bodywork Method, you will be equipped with the skill set and knowledge necessary to work with clients who have experienced PTSD and other traumatic experiences.

However, it is important to emphasize that this training is not a replacement for therapy and psychotherapy, and that you should be aware of the limits of your work. It is essential to refer clients to appropriate specialist services when needed, in order to ensure the full recovery of the individual.



Will I receive a certification?

You will get a certificate as a Bodywork and Trauma Release Specialist, but this diploma doesn't entitle you to facilitate Bodywork. If you want to facilitate and help others transform their lives, you will need to pass Levels 1 + 2.



What is the difference between the Breathwork Training and the Somatic Bodywork Training?

In the InnerCamp Breathwork Training, we engage in a deep breathwork style where we reach altered states of consciousness. In Bodywork, we use a different kind of breathing technique, and we take breaks from activation. Although one can reach altered states of consciousness, it is milder and is not the main aim.

Because we have more control over our state in Bodywork, the Bodywork training is a more appropriate technique for people with trauma and who can get triggered easily. Breathwork is less controlled and can bring out more than a person is ready for. With Bodywork, the person controls how deep they want to go. There are rounds of activation and relaxation; the breather can choose where they want to work, how much they want to be activated, and how long. The main focus is staying present with the body in Bodywork, while it is the opposite in Breathwork. In Breathwork, we dive deep within the mind; we come to a state beyond the body's limitations.

FAQ



I've never taken an online course before. Not sure if it's for me.

If you have never taken an online course before, rest assured that it can be a great option for you to study. Our online courses are designed to provide an engaging learning experience and simulate the feeling of an in-person course. Through a combination of video lectures, discussion boards, and live sessions, you will have the opportunity to ask questions, receive feedback, and build connections with your peers. The online learning environment provides you with flexibility, allowing you to work around your schedule and complete coursework at a pace that works best for you. You can also access course content and resources anytime, anywhere, so you can study and learn when and where it's convenient for you.



What are those virtual workshops that are included in my membership?

Virtual workshops provide the opportunity to explore various tantra, breathwork, bodywork, and shamanism techniques with the guidance of experienced facilitators. You can join live sessions or access recorded sessions to get the most out of your experience with the InnerCamp. Each month we offer 15+ virtual workshops for you to try.



What do CMA, IBF and CPD logos stand for on the InnerCamp diploma?

Those accreditation demonstrate our commitment to continuously create and provide the best learning opportunities to our students. It also proves that our course content has value for professional development. InnerCamp has been awarded the "CMA Registered Training School" status, which means our courses are registered and accredited by The Complementary Medical Association (The CMA) that contributes towards the development of the complementary medical and natural health industry. InnerCamp is a member school of the International Breathwork Foundation. This status acknowledges our achievements in influencing a healthier, more fulfilling, and purposeful life. Our courses are accredited by leading independent CPD accreditation institution, the 'CPD Certification Service'.

Who we are

By joining InnerCamp, you become part of something bigger, a community of like-minded people with similar intentions.

You will also embark on a transformative journey that is designed to make a positive shift in your holistic career and boost your personal growth. We create a quality learning environment and experiences that will equip students with up-to-date and trustworthy knowledge, as well as confidence to build a solid foundation for their holistic business.



At InnerCamp, our focus is on blending the spirit and science of holistic health to build a strong and trustworthy foundation. Our Research Department ensures that the content of our educational programs is always up to date and based on scientific study.

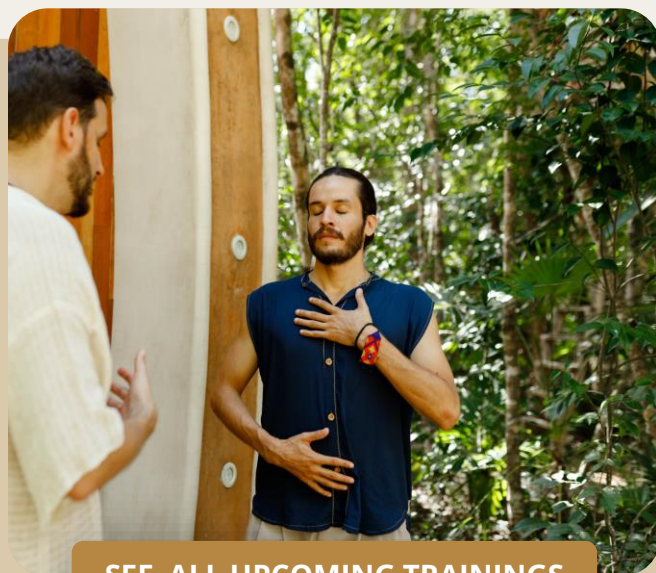
We help you harness the power of Breathwork, Tantra and Bodywork to discover your higher self.

Our programs

Online Breathwork Therapy Training®

Online Breathwork Therapy Training®

This course will guide you to the frontiers of healing, spirituality and consciousness. You will gain a holistic understanding and the skillset needed to facilitate breathwork sessions to help people heal, relax, and experience their full potential.


[SEE ALL UPCOMING TRAININGS](#)

300 hours

in total

30 hours

of live sessions

65+

theory videos

10 hours

weekly effort (incl. live sessions)

Level 1 (Specialist certificate) is a self-healing journey that provides a knowledge on breath science, psychology, inner child work, trauma healing, healing your breathing pattern and learning the main breathwork techniques.

Level 2 (Facilitator certificate) focuses on learning how to guide one-on-one sessions, group sessions and couple sessions, holistic coaching, techniques to hold the space, music composition and how to organize breathwork workshops and retreats. In this module, we will dive deeper into the breathwork techniques, and you will learn how to facilitate various breathwork modalities to others.

In order to receive the Breathwork Facilitator Certificate and be able to facilitate your own events and work with clients, you will need to successfully complete both levels.

Our programs

Online Tantra

Facilitator Training[®]

Online Tantra

Facilitator Training[®]

This course is for anyone who wants to expand their whole being through increased awareness of your senses, feelings and energies, and adopt a Tantric lifestyle to fulfill daily needs.

It is a blend of Kashmir Shaivism, non-dual Tantra, Tibetan Tantric Buddhism, Taoist Tantrism, together with modern psychology and holistic practices.


[SEE ALL UPCOMING TRAININGS](#)

400
hours

of interactive
eLearning

60 hours

of live sessions

80+

practical
assignments

Live

Tantra workshops

10 hours

weekly effort (incl.
live sessions)

Level 1 (Specialist certificate) provides the knowledge and skills to introduce you to the concept of Tantra and embody its principles in an intimate connection with self and others.

Level 2 (Facilitator certificate) focuses on learning more advanced tantric tools, how to guide one-on-one and group sessions, holistic coaching, techniques to hold the space, the art of teaching and how to organise Tantra workshops and retreats. Thus, you can guide others to live a Tantric lifestyle.

In order to receive the Tantra Facilitator Certificate and be able to facilitate your own events and work with clients, you will need to successfully complete both levels.

Our programs

Cacao Ceremony

The InnerCamp Cacao Ceremony facilitator training

Introduce yourself to a centuries-old practice as a way to reconnect with your inner self, strengthen awareness, awaken your gifts, and feel present and loving.


[LEARN MORE & ENROLL](#)

Online course

at your convenience, study whenever and wherever you want

50 hours

in total

30+

videos

4 weeks

duration

A Cacao Ceremony is a sacred ritual to look inside your soul, and warm up your whole being with a heart-opening plant medicine.

You will learn the history of cacao and its natural benefits, how to prepare ceremonial cacao to help the body heal and become a vessel for intuitive messages and wisdom.

This training is designed to help you find clarity and open up the energy in your heart chakra.





For more information, please contact us
at **contact@innercamp.com**