



SOMATIC EMBODIMENT YOGA TEACHER TRAINING GUIDE



Somatic Embodiment Yoga is a deeply nourishing practice for the nervous system and the mind. Connecting students to their own self-inquiry and freeform movements allows for new narratives to emerge that deeply impact one's life by allowing for authentic wisdom, embodied connection, and transformation.

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ABOUT MANDORLA YOGA INSTITUTE

Somatic Embodiment Yoga is an intuitive somatic practice that was created by Stefani Wilton B.A., RMT, C-IAYT, ISTP. The Somatic Embodiment Yoga Teacher Training is for individuals looking to cultivate their own somatic healing and those interested in becoming Somatic Embodiment Yoga Teachers. We offer a shorter version of the SE program as a 75-hour bridge program for mental health practitioners and those with previous yoga training who are interested in taking the 875-hour Somatic Yoga Therapist Training.

The Mandorla Yoga Institute is an accredited Canadian school that has been dedicated to supporting embodied healing since 2007. We welcome students who are interested in attending our programs for personal healing and for professional growth.

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A close-up portrait of Stefani Wilton, a woman with light brown hair and blue eyes, looking slightly to the right. The image is overlaid with several thin, gold-colored geometric lines, including a large triangle on the left and another on the bottom right. The text is positioned over the left side of her face and neck.

ABOUT STEFANI WILTON

Stefani was first introduced to somatic work in her youth as part of her theatre arts education. As a neurodivergent person, she was drawn to body-based expression and became passionate about the exploration of emotion through freeform movement and Vinyasa Flow Yoga. This curiosity led her to focus her B.A. (Cultural Studies) thesis on how redemptive themes in the Arts can invite self-reflection and healing of the shadow-self. In her twenties, she had the opportunity to work with a Phoenix Rising Yoga Therapist who introduced her to somatic-therapy-informed-yoga. This inspired her to pursue studies with Robin Rothenburg in the foundations of Viniyoga Therapy and with Jack Kornfield in the practice of Mindfulness Meditation. She became a Certified Yoga Therapist in 2009 (C-IAYT). These practices largely inform the embodied way that Stefani experiences and teaches yoga. Stefani went on to study Thai Yoga Massage in Thailand, the US, and in Canada, and then pursued a Myofascial-Osteopathic-informed Massage Therapy designation in 2012 (RMT 2200 HRS), which contributes to the unique way in which Stefani integrates Somatic Bodywork practices into her work.

Stefani's vision for Somatic Yoga Therapy and Somatic Embodiment Yoga further developed as she immersed herself in the study of Adaptive and Restorative Yoga as well as Integrative Somatic Therapy Practice (ISTP) at the Integrative Somatic Studies Institute in Vancouver, BC, where she is honored to be a faculty member. Stefani is a creative innovator who joyfully endeavors to share her therapy work in 1:1 and group settings, with collaborative work in clinics in AB, ON, and BC alongside her private practice and educational work through Mandorla Yoga Institute. She has a rich history of community building where she owned her first yoga studio in Sarnia, ON and proudly now calls Calgary, AB home with her family.

WHAT IS SOMATIC EMBODIMENT YOGA?



somatic movement and
neuroceptive re-
patterning

embodiment yoga
and conscious
breathing - tapping
into freeform
movement and
expression -
exploration of shapes

nervous system
regulating tools - co-
regulating connection
with self and others -
rewriting the body's
story

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75-HR SOMATIC YOGA THERAPY BRIDGE PROGRAM MODULES

(for those with a 200-hour YTT certification or a background in mental health, our bridge program provides you with the foundational skills from our Somatic Embodiment YTT allowing direct entry into our 875-hour Somatic Yoga Therapist Training)

Somatic Embodiment Immersion (Live Online OR In-person), 30 hours

- > Experience 5 days that are dedicated to your own self-healing as you immerse yourself in the practice of Somatic Embodiment Yoga
- > Deepen your connection to your body and begin to learn its language along with tools for how to respond to the subtle cues of your nervous system and emotions
- > Attend the 5-day immersion in-person or join us for the 5-day Online Immersion

Embodied Teaching Live Online with Self-Study, 45 hours

- > Complete online coursework in Somatic Yoga Therapy Foundations
- > Embodied Anatomy - the energetics of alignment – 1 day live online with self-study
- > Somatic Yoga Sequencing Workshop – 1 day live online with self-study
- > Embodied Teaching Workshop – 1 day live online with self-study
- > Teach 5 Somatic Embodiment Yoga Classes

Somatic Yoga Therapy Foundations: This program is derived from our 200-hour Somatic Embodiment Yoga Teacher Training, sharing those foundational techniques that are a requirement for entrance into our 875-hour Somatic Yoga Therapy Training Program.

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SOMATIC EMBODIMENT IMMERSION

Day One: The Earth Element and Embodiment of the Back Body

- Grounding, Orienting, Centering, and Intention Setting
- Embodiment Tools for Nervous System Regulation
- Touch and the Somatosensory System
- Somatic Awareness of the Back Body through Structured and Freeform Movement

Day Two: The Air Element and Embodiment of the Mid-Body

- Attachment, Embryology and the Front Body
- Polyvagal Tools for Nervous System Regulation
- Somatic Awareness of the Mid-Body through Structured and Freeform Movement and Conscious Breath

Day Three: The Water Element and Embodiment of the Lower- and Upper-Body

- Mindful Somatic Movement and the Vestibular system - Integration of Movement, Expression, and Intuition
- Resonance, Emotions, and Expression
- Somatic Awareness of the Lower- and Upper-Body through Structured and Freeform Movement and Conscious Breath

Day Four: The Fire Element and Embodiment of the Front Body

- Following Sensation, Boundaries and Endpoints
- Somatic Awareness of the Front Body through Structured and Freeform Movement and Conscious Breath

Day Five: The Ether Element and Embodiment of the Side Body

- Unwinding Resistance, Exploring Gesture, and Re-writing the Story
- Somatic Awareness of the Side Body through Structured and Freeform Movement and Conscious Breath



TESTIMONIALS

"My journey learning Somatic Yoga Therapy with Stefani started as a self-exploration of boundaries, limits, and finding space internally where I can feel and embody safety, comfort, and self-compassion. Stefani was not only a teacher, a guide, or a mentor, she became one with us. She feels your experiences and guides you through them with the gentlest and softest approach. I embarked on this journey feeling a little scared with not knowing what to expect and I am grateful for all that this experience has taught me about the somatic experiencing of trauma and how our bodies can tell stories we have forgotten. I am grateful for the growth I have experienced and my ability to bring this experience to my own space and the individuals I work with. I am grateful for how I have learned to listen to behaviors and what the body speaks, it is no longer agitation that I see but rather a story being told through the unspoken thoughts we leave behind. We often have a choice in what comes out of our mouths but this training has taught me to listen to both as the unspoken truth through bodily sensations is as valid and powerful, if not at times more, than what we chose to let out. One of my biggest teachings I would say is that this training is not your typical training to learn a new approach, it's becoming part of a community, a family, of people learning how to be vulnerable, people learning how to support, and people learning how to just be. I am grateful for every bit of this journey and would embark on it again and again in a heartbeat."



Christelle Chouierey M.A.,
Registered Psychotherapist -
800-hour SYT Graduate

"Stefani Wilton is a pioneer in the field of restorative yoga and somatic body work. Her expertise in connecting the body and mind to heal the (S)self is essential for every body. Whether you are new to restorative yoga and somatic healing or well versed in it, Stefani's work will guide and inspire. Stefani's teachings have helped me find self-discovery and self-healing while assisting others to do the same both in the therapy office and on the yoga mat."



Nikki Hemstad-Leete, MSW,
Clinical Therapist, Be The
Change Counselling - RYT200
Graduate

"There's a reason I keep coming back to Mandorla for somatic yoga training. Stefani's teachings are a salve that the world needs, providing a transformative and empowering learning environment for those wanting to become somatic yoga therapists. This program creates high quality teachers. 10/10 recommend. I will forever be a student at Mandorla."



Emma Gourlie, Life Coach &
Embodied Movement Teacher
- 800-hour SYT Graduate

TUITION INFO

Mandorla Yoga Institute is honored to provide scholarship opportunities in the form of tier 1 and tier 2 scholarships. Canadian applicants may use RRSP funds to pay for tuition, receive tax reimbursement for tuition paid, and receive support in accessing government grants to attend educational programs through Mandorla Yoga Institute. Please inquire about scholarship opportunities and payment plans.

75 HR Bridge Program \$1450 CAD

Tier 1 Scholarship, \$1250 CAD

Tier 2 Scholarship, \$1150 CAD

PROGRAM DATES

Somatic Embodiment Immersion
Calgary, AB - March 31 - April 4, 2025
OR
ONLINE - May 5 - 9, 2025

Embodied Anatomy - ONLINE June 6, 2025
Somatic Sequencing - ONLINE June 13, 2025
Embodied Teaching - ONLINE June 20, 2025



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Become a Somatic Embodiment Yoga Facilitator in our 200-hour
Yoga Alliance Registered Yoga Teacher Training.

- Already a 200-hour certified yoga teacher or working in a mental health related field? Join us for the 75-hour Somatic Embodiment Yoga Bridge Program which allows you direct entry into our 875-hour Somatic Yoga Therapist Training, a government accredited program in Canada that includes dual certification in Integrative Thai Yoga Massage, allowing our graduates to become insured members of the National Health Practitioners of Canada which allows future clients to bill sessions through insurance health spending accounts.



APPLY NOW

Join us for training:
International Hybrid In-Person+ ONLINE
OR
100% ONLINE

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