

The Somatic Trauma Healing Immersion

SAN DIEGO, CALIFORNIA

FEB 29TH - MAR 4TH, 2024



KARINE
BELL

BETSY
POLATIN

JUSTIN MICHAEL
WILLIAMS

DR. ARIELLE
SCHWARTZ

DR. BESSEL
VAN DER KOLK

KAI CHENG
THOM

DR. GABOR
MATÉ

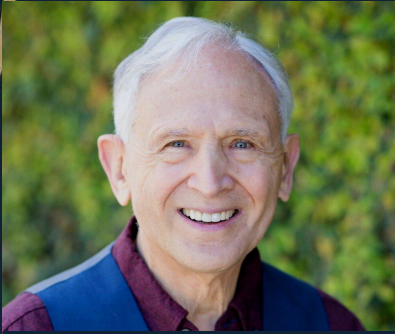
DR. PETER
LEVINE

NKEM
NDEFO

DR. SCOTT
LYONS

DR. ALBERT
WONG

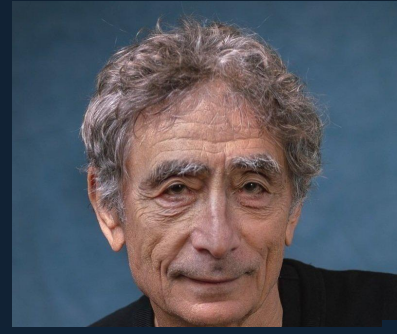
MEET YOUR PRESENTERS



PETER A. LEVINE PhD



KARINE BELL, MSc, SEP



DR. GABOR MATÉ



DR. BESSEL VAN DER KOLK



JUSTIN MICHAEL WILLIAMS



KAI CHENG THOM, MSW



DR. ARIELLE SCHWARTZ



BETSY POLATIN, MFA, SEP



DR. ALBERT WONG



NKEM NDEFO, MSN



AJOIA



DR. STEPHEN PORGES



DR. SCOTT LYONS



IMMERSION OVERVIEW



DAY SCHEDULE

This 40+ hour program will include:

- 31 live sessions over 5 days + 2 post immersion events
 - February 29th - March 4th, 2024
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DAY 1: Thursday, February 29th, 2024

4pm - 4:30pm PT

Orientation Session

with Dr. Scott Lyons and Melissa Stager

—
4:30pm - 6pm PT

Interactive Opening Session

with Nkem Ndefo and Dr. Scott Lyons

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7:30pm - 9:00pm PT

Trauma and Embodied Approaches to Healing Wounding

with Dr. Gabor Maté

DAY 2: Friday, March 1st, 2024

8 - 9:15am PT

Healing Trauma Through Movement and Breath
with Betsy Polatin

9:30 - 11am PT

Overview of Trauma and Somatics
with Dr. Albert Wong

11:15am - 12:45pm PT

Panel - Legacies of Trauma
with Dr. Gabor Maté and Peter A. Levine, PhD
moderated by Dr. Scott Lyons

2 - 2:30pm PT

Experiential Resourcing Practice & Community Connection
with Kai Cheng Thom

2:45 - 4:15pm PT

Embodied Resourcing for the Trauma Healing Journey
with Nkem Ndefo

4:30 - 6pm PT

Liberation and Resilience
with Karine Bell

7:15 - 8:30pm PT

Addressing the Fear and Blocks of Healing
with Dr. Arielle Schwartz and Dr. Scott Lyons

8:45 - 10pm PT

The Rising: A Motivational Concert Experience
with Justin Michael Williams

DAY 3: Saturday, March 2nd, 2024

8am - 9:15am PT

Applied Polyvagal Theory in Yoga: Inhabit your Bones
with Dr. Arielle Schwartz

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9:30 - 11am PT

How Trauma Affects Support, Suspension, and Breath
with Betsy Polatin

—

11:15 - 12:45pm PT

Healing The Primal Reflexes: Reclaiming Space, Time, and Weight
with Dr. Scott Lyons

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2 - 2:30pm PT

Sharing Power With the Body: An Introduction to the Therapeutic Tremor
with Nkem Ndefo

2:45 - 4:15pm PT

Autobiography of Trauma / What is Healing? A Demo
with Peter A. Levine, PhD

—

4:30 - 6pm PT

Befriending the Body
with Kai Cheng Thom

—

7:15 - 8:30pm PT

Panel Discussion
with Kai Cheng Thom, Nkem Ndefo, Dr. Arielle Schwartz, Dr. Albert Wong, and Dr. Scott Lyons - moderated by Karine Bell

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8:45 - 10pm PT

AjoiA : "Sonic Journey" - Ambient Meditative Musical Performance
with AjoiA

DAY 4: Sunday, March 3rd, 2024

8 - 9:15am PT

Applied Polyvagal Theory in Yoga: Somatic Repatterning and Brain Integration

with Dr. Arielle Schwartz

9:30 - 11am PT

Rewiring Neuroception: Creating Safety through the Senses

with Dr. Scott Lyons

11:15am - 12:45pm PT

Healing Past Wounds: Releasing Traumatic Explicit Memories

with Dr. Albert Wong

2 - 2:30pm PT

Deepening into Therapeutic Tremor Practice

with Nkem Ndefo

2:45 - 4:15pm PT

Preverbal and Implicit Memory Working

with Dr. Arielle Schwartz

4:30pm - 6pm PT

The Body Keeps the Score and How to Unwind Trauma

with Dr. Bessel van der Kolk

7:15 - 8:30pm PT

Panel - Trauma and Memory: Brain and Body in a Search for the Living Past

with Dr. Bessel van der Kolk and Peter A. Levine, PhD - moderated by Dr. Scott Lyons

9 - 11pm PT

AjoiA presents "Ceremony" - Conscious Dance Music

with AjoiA

DAY 5: Monday, March 4th, 2024

8 - 9am PT

Applied Polyvagal Theory in Therapeutic Yoga: Nervous System Flexibility

with Dr. Arielle Schwartz

9:30 - 10:45am PT

Weaving the Threads of Healing - Part 1

with Kai Cheng Thom

11 - 12:15pm PT

Weaving the Threads of Healing - Part 2

with Peter A. Levine, PhD and Dr. Scott Lyons

12:15 - 1pm PT

Closing Session

with Nkem Ndefo and Dr. Scott Lyons

POST EVENT

2 follow-up Integration Sessions with faculty will also be offered online

Dates To Be Announced



REGISTRATION

Immersion Registration & Payment Options

LIVE IN-PERSON

Travel to the resort in San Diego to experience the immersion first-hand

Receive lifetime access to the event recordings to rewatch the immersion at your leisure

One Time Payment

\$1087 USD

or

2 Payments of

\$543.50

ONLINE LIVE-STREAM

Live-stream the immersion from the comfort of your home

Receive lifetime access to the event recordings to rewatch the immersion at your leisure

One Time Payment

\$887 USD

or

2 Payments of

\$443.50

LEARN MORE & REGISTER: www.theembodylab.com/somatic-trauma-healing-immersion

HOW TO REGISTER

Register before **Tuesday, January 16th** and receive:

✨ **BONUS OFFER** ✨ Valued at \$247

- ✓ Resilience & Thrive Package
- ✓ \$50 USD Gift Card

to be used towards any future workshop or certificate program with The Embody Lab!



REGISTRATION CLOSES

In Person attendance

We recommend booking as soon as possible in order to guarantee your spot in the immersion and at the hotel.

Live Stream on Zoom

Registration is open until the day before the event. Please enroll by February 28th.

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QUESTIONS