

In the practice of Somatic Awareness and Core Evolution with Siegmar, you will learn about specific protective reaction patterns and how they may get triggered in your life. These patterns are specific coping mechanisms that you chose to meet difficult life situations. They may range from energetic withdrawal to overcompensation. To protect your vulnerable essence it was important to develop them, however, these trigger-reaction patterns may not be adequate anymore for who you really are today.



In this Yoga-Training unit you learn to choose practices that enable you to stay connected and to enjoy and share your presence and expression of life in you, which will promote healing and self-regulation.

*This module can be attended by yoga teachers of any lineage who would like to learn more about the application of Somatic Awareness in Yoga as well as Body - orientated psychotherapists who would like to learn yogic techniques designed to further help their clients.

This Yoga-Training unit also counts as the Introduction to the Professional Core Evolution Training which will begin in Fall 2019 in Germany, Croatia and Portugal.

70 hours toward EABP Accreditation

For more information please inquire: Info@CoreEvolution.com

Perched atop 30-metre sandstone cliffs, overlooking the powerful blue Atlantic, and a string of golden sand beaches, lies Ericeira, a fishing town in Lisbon district, about 35 kilometres northwest of Lisbon. The old village is charming and typically Portuguese with whitewashed houses, blue doors and window frames, tiles, chapels and narrow cobbled streets.

Once a peaceful coastal town, Ericeira and the surrounding coast has recently been recognized as the World surfing reserve, transforming it into a surfer's mecca, with over 30 surf spots with a diversity of waves for all levels.

With simple but charming and comfortable rooms, big garden featuring a small pool, large communal kitchen and a beautiful, bright yoga shala, Olive 3 is a perfect place teacher training venue.



This teaching module is a part of Nina Vukas popular 300 hour Yoga Teacher Training - a great combination for everybody who wants to gain a solid understanding of Yoga, deepen a personal process or wants to expand a body-oriented practice. These

programs are often sold out, so sign up early.

For the full program please visit: <https://ninvukasyoga.com/300-hour-ttc-in-ericeira-portugal>