

# Somatic Practice

Trainings with Kathy L. Kain

## Somatic Skills Online Daily Schedule

### MODULE 1

#### Day 1

Approx. 1 hour:

- Orientation
- Review of approach
- Review of first practice

15 minute break

Approx. 1 hour

- Guided practice with group of somatic awareness exercise
- Review of triad practice exercise: working with body layers

Approx. 2 hours

- Triad practice of exercise; includes one 15-minute break

Approx. 45 minutes

- Group debrief; Q&A

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### MODULE 1

#### Day 2

Approx. 15 minutes

Review practice exercise: working with kidney/adrenal system

Approx. 2 hours

Triad practice of kidney/adrenal exercise; includes one 15-minute break

Approx. 45 minutes

Group debrief; Q&A

Review of practice exercise: working with the brain stem/vigilance system

Approx. 1 hour, 45 minutes

Triad practice of working with vigilance, includes one 15-minute break

Approx. 15 minutes

Group debrief

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### MODULE 1

#### Day 3

Approx. 1 hour

Q&A from previous day

Review of polyvagal, impact on digestive system regulation

15 minute break

Approx. 30 minutes

Small group discussion of regulation-focused model; specifics of physiological responses

Approx. 30 minutes

Debrief from small group discussion

Review practice exercise: working with digestive system to support regulation

Approx. 2 hours

Triad practice: working with digestive system to support regulation

Approx. 45 minutes

Final group debrief; Q&A

Plan for post-module discussion groups

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## Somatic Skills Online Daily Schedule

### MODULE 2

#### Day 1

Approx. 1 hour

Orientation

Review practice exercise: Supporting orientation and self-protection

Approx. 2 hours

Triad practice of exercise

Includes one 15-minute break

Approx. 30 minutes

Group debrief; Q&A

15 minute break

Approx. 45 minutes

Group experiential exercise of practitioner alignment

Q&A

Approx. 30 minutes

Review Coupling Dynamics and practice exercise for Day 2  
(supporting differences/similarities)

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## Somatic Skills Online Daily Schedule

### MODULE 2

#### Day 2

Approx. 15 minutes

Q&A in prep for triad practice

Approx. 2 hours

Triad practice (differences/similarities)

Includes one 15-minute break

Approx. 30 minutes

Group debrief; Q&A

Approx. 15 minutes

Review practice exercise: local/global attention

Approx. 1 hour and 40 minutes

Triad practice of exercise

Includes one 15-minute break

Approx. 20 minutes

Group debrief; Q&A

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## Somatic Skills Online Daily Schedule

### MODULE 2

#### Day 3

Approx. 30 minutes

Q&A

Review practice exercise: Supporting neutral and positive interoceptive experiences

Approx. 2 hours

Triad practice of exercise

Includes one 15-minute break

Approx. 30 minutes

Debrief; Q&A

Approx. 90 minutes

Review practice exercise: Using alignment purposefully (health, capacity, strength)

Triad practices

Includes one 15-minute break

Approx. 30 minutes

Final debrief; Q&A

Planning for post-workshop discussions

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## Somatic Skills Online Daily Schedule

### MODULE 3

#### Day 1

Approx. 1 hour

Greeting

Q&A

Review of practice exercise: Precision titration/working with prodromes

Approx. 2 hours

Triad practice

Includes one 15-minute break

Approx. 30 minutes

Debrief; Q&A

15 minute break

Approx. 25 minutes

Group experiential exercise: coherence in body layers

Approx. 30 minutes

Small group discussion

Approx. 20 minutes

Group debrief

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## Somatic Skills Online Daily Schedule

### MODULE 3

#### Day 2

Approx. 15 minutes

Q&A in prep for triad practice

Approx. 2 hours

Triad practice (differences/similarities)

Includes one 15-minute break

Approx. 30 minutes

Group debrief; Q&A

Approx. 15 minutes

Review practice exercise: Supporting endocrine coherence

Approx. 1 hour and 40 minutes

Triad practice of exercise

Includes one 15-minute break

Approx. 20 minutes

Group debrief; Q&A



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## Somatic Skills Online Daily Schedule

### MODULE 3

#### Day 3

Approx. 30 minutes

Q&A

Review practice exercise: Mediastinum

Approx. 2 hours

Triad practice of exercise

Includes one 15-minute break

Approx. 30 minutes

Debrief; Q&A

Approx. 90 minutes

Review practice exercise: Coherence in body diaphragms

Triad practices

Includes one 15-minute break

Approx. 30 minutes

Final debrief; Q&A

Planning for post-workshop discussions