



S . O . S . H . A

*Somatic Dance
Prospectus*



Introduction

Welcome to the School of Spiritual Healing Arts,

Where ancient wisdom meets modern practice, creating a transformative journey for all who embark upon it. As you explore the possibilities of spiritual growth and healing, we are thrilled to introduce you to our comprehensive Somatic Dance Certification Program, designed for both newcomers and seasoned practitioners alike.

Somatic Dance is a powerful practice that integrates movement, mindfulness, and embodiment to promote healing and self-expression. This practice emphasizes the connection between body, mind, and spirit, encouraging deep awareness and transformative experiences through guided movement. By tuning into the body's innate wisdom, practitioners can release tension, enhance emotional well-being, and foster a profound sense of inner balance.

Whether you are seeking personal growth, wish to deepen your spiritual connection, or aspire to guide others in their healing journeys, our program provides the necessary tools and insights. From foundational principles to advanced techniques, our curriculum is structured to guide you through the intricacies of somatic dance at all levels. You will learn in an environment that honors tradition while embracing the individual journey of each student.

Join us at the School of Spiritual Healing Arts to begin your journey into the art of Somatic Dance, where healing is not just learned but deeply experienced. Discover how you can transform movement into healing and bring balance to the mind, body, and spirit.



Hello!

And welcome to The School of Spiritual Healing Arts!

We started as a way to connect more people to the power of healing through Breathwork and Shamanism, and what we've grown into is the world's leading Academic Institute for Spiritual Healing Modalities - where we now incorporate a wide range of healing modalities into our curriculum, and deliver them to all corners of the world.

We're so excited that you're here, and committed to making the world a better place through healing you, healing the community, and healing the world.

Here's to your healing journey!

Dane Robertson

Co-Founder, SOSHA

WHAT IS THE SCHOOL OF SPIRITUAL HEALING ARTS?

The School of Spiritual Healing Arts is the world's leading Academic Institute for Healing Modalities, which helps individuals from all across the globe learn from industry experts, in the wide range of healing modalities available to them.

At SOSHA we pride ourselves in:



EXCELLENCE IN EDUCATION

We take great pride in rigorous academic standards, high-quality instruction, and comprehensive curriculum development to ensure that students receive a world-class education in spiritual healing modalities.

GLOBAL COMMUNITY AND DIVERSITY

At SOSHA we foster an inclusive and diverse global community that welcomes students from various cultural, spiritual, and geographical backgrounds.

GUIDANCE AND PROFESSIONAL DEVELOPMENT

At SOSHA we commit to supporting each student's journey through personalized mentoring, professional development opportunities, and a supportive learning environment.

What You'll Receive Inside SOSHA Somatic Dance Certification

The Structure:

- Level-based Progression - and 120+ hours of advanced training
- Theory and Principles + detailed learning & growth
- Practical Training
- 3 Month Courses + Clear Skill Progression
- Mentorship & Feedback
- Assessment & Certification

Learning Outcomes:

- Graduates will have developed a thorough understanding and proficiency in Somatic Dance Journeys
- Advanced Certification & Global Recognition
- Graduates will be well-versed in the ethical considerations necessary for Somatic Dance Journeys
- Graduates will experience significant personal growth & Global Community Connection





Top 3 Things You'll Walk Away With

1

Mastery of Somatic
Dance Facilitation

2

Certified Practitioner
Status

3

Enhanced Personal
and Spiritual Growth

This Certification is all about developing you as a world-class SOSHA Somatic Dance Facilitator through a clearly defined and globally recognised healing institute - taking you from relative obscurity, to advanced Master Practitioner status through top-tier educational processes here at The School of Spiritual Healing Arts.



Module Learning Objectives

Level 1

COURSE CONTENTS

WEEKS

1 & 2

Body-mind connection,
cultivating presence
through awareness

WEEKS

3 & 4

Awaken body wisdom
through movement,
integrate breath with
somatics

WEEKS

5 & 6

History of somatic dance,
exploring movement
meditation states

WEEKS

7 & 8

Navigating partner dynamics,
integrating art with dance

WEEKS

9 & 10

Facilitate safe
environments, craft
soundtracks for somatic
dance

WEEKS

11 & 12

Practice sessions with
feedback, final
assessment for
certification

Level 2

COURSE CONTENTS

WEEKS

1 & 2

Deepen body awareness, integrate somatic principles daily

WEEKS

3 & 4

Navigate trauma through movement, explore somatics and shamanic practices

WEEKS

5 & 6

Create sacred dance spaces, deepen connection with ritual and ceremony

WEEKS

7 & 8

Cultivate facilitator presence, integrate live music and sound healing

WEEKS

9 & 10

Ethical dance facilitation, collaborate on community-building dance projects

WEEKS

11 & 12

Refine facilitation skills, complete final mastery project and exam

Somatic Dance Master

COURSE CONTENTS

WEEKS

1 & 2

Cultivate leadership, master advanced group dynamics and energy flow

WEEKS

5 & 6

Explore shamanic dance practices, delve into transpersonal states

WEEKS

9 & 10

Design transformative dance project, guide others through mentorship

WEEKS

3 & 4

Create sacred dance environments, deepen rituals in somatic dance

WEEKS

7 & 8

Cultivate divine connection, embody self-realization through dance

WEEKS

11 & 12

Refine facilitation mastery, present final project and certification exam

Somatic Dance Level 1



- Comprehensive learning materials
- Online modules access
- Live training sessions
- Practical movement exercises
- Personalized mentorship support
- Interactive dance labs

- Certification upon completion
- Community support forum
- Embodied movement explorations
- Peer feedback sessions
- Somatic theory lessons
- Community and Ethics
- + So Much More



Move. Heal. Transform.

Somatic Dance Level 2



- Sound healing integration
- Community building projects
- Sacred space creation
- Spiritual Growth
- Personalized mentorship
- Advanced movement techniques
- Final Mastery Project and Certification
- + So Much More

- Advanced study materials
- Specialized dance labs
- Trauma-informed practices
- Somatic principles integration
- Ritual and ceremony
- Ethical facilitation skills
- Embodied leadership training



Embody Your Flow.

Somatic Dance Master Level



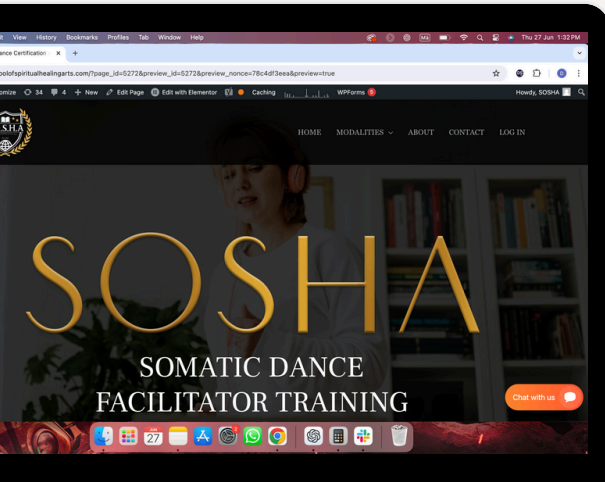
- Soul retrieval methods
- Integration of movement and spirituality
- Ecstatic dance states
- Holistic dance methodologies
- Movement-based self-discovery
- Expanded somatic awareness
- + So Much More

- Advanced facilitation techniques
- Group dynamics training
- Advanced leadership skills
- Energy flow mastery
- Collective healing techniques
- Archetype and myth exploration



Dance Into Awareness.

Ring Ring Your Next Level is calling!



The SOSHA Somatic Dance Certification is a bonafide way for you to become a top-tier healer in the world, with one of the leading Healing Modalities. So join us in our next intake, and ENROL NOW!

“I found this incredible Retreat by SOSHA to be a powerful journey for myself – to release, to let go and to elevate those parts of myself which were really being called forward. It’s been absolutely MAGIC!”

Adam Robertson

SOSHA Level 1 Breathwork

Today is the beginning of your Healing Excellence journey!



Your Next Steps

- 1) Click the link on the website and join us in the next intake of the SOSHA Somatic Dance Certification
- 2) Receive your login & registration details via EMAIL and await start date
- 3) Register for another Healing Modality with SOSHA and amplify your healing experience

If you have any questions about the program - or how you can access more information, contact us below!



Contact:

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