



"Outside of ideas or right doing and wrongdoing there is a field.
I will meet you there." Rumi

Somatic Practice Group

For coaches, consultants & other practitioners who work with human beings to bring about abiding transformation for them & ourselves

This course is designed to allow you to:

1. Deepen your own somatic wisdom.
2. Allow for practice in community.
3. Develop and expand your ability to work with clients somatically.
4. Work with one another live and in real time and with real client situations using role-play.
5. Practice the five stages of healing from NIA along with core somatic practices from the work of Richard Strozzi Heckler, some core practices from Wendy Palmer's work Conscious Embodiment, a bit of breath-work, and yoga.
6. Explore somatic listening, self as instrument, how to weave the themes our clients offer up, somatic seeing, and choosing a path including how we choose and why, the container, trauma, repairing the ruptures, and more.

WHEN:

In-Person Sessions:

Thursday, May 3rd 9:30am-3:30pm ET

Friday, July 20th 9:30am-3:30pm ET

Monday, Sept 10th 9:30am-3:30pm ET

Virtual Meetings:

Friday, June 8th 12-2pm ET

Friday, August 10th 12-2pm ET

Friday, October 12th 12-2pm ET

HOW: The in-person sessions will alternate with the virtual sessions over the course of 6 months, and the group will meet together without Jen every other week live or virtually. Each person will also have a learning buddy to speak with each week for program continuity, and Jen will be available for conversations about client issues during the training period at no additional charge.

WHERE: A private residence in Columbia, MD. Exact location provided upon registration.

PRICE: The tuition will follow the Seven Stones pricing model where you choose to pay for the services at one of three levels: \$2190.00 for *investment*, \$1790.00 for *valuing* or \$1390.00 for *honoring*. To read about our fee structure, please click [here](#) or visit our website.

TO REGISTER OR LEARN MORE: Contact Jennifer Cohen at jen@sevenstonesleadership.com or 978.274.2089. Space for the final course is limited to 12 people and participants must speak live with Jen to determine if this setting is the best fit for your professional aspirations and skills.

THE FACILITATOR: Jennifer Cohen, MA, MCSC is a founding partner of Seven Stones Leadership, a professional services firm advancing the practice of leadership, wisdom, courage and sufficiency. Jennifer's fresh approach to leadership development is informed by communication theories ranging from quantum physics to philosophy and honed in the practical crucible of coaching hundreds of people. Jennifer is a certified Master Somatic Coach by The Strozzi Institute for Leadership and Mastery, where she studied for more than a decade. She is the author of the chapter "From Surviving to Thriving" in the book *Being Human at Work*, edited by Richard Strozzi Heckler. Jen has coached and supervised many of the most senior coaches in the field.