



Somatic Leadership

*Create your own Somatics path from these available offerings:
two virtual sessions and two 3-day intensives.*

Join us in 2024 for our somatic intensives for practitioners and leaders. Dive into cutting-edge thinking from neuroscience, somatics, and mindfulness, and deepen your skills in emotional intelligence and body attunement.

With virtual sessions and in-person intensives available, there is a path for you to step into the transformative world of Somatics and Embodied Leadership. Explore this year's offerings that will allow you to:

- Explore transformative somatic tools for client or leadership work.
- Develop bold coaching techniques for sustainable results.
- Cultivate practices for personal and professional growth.

Why Somatics?

We are offering this series because we believe that working through the body is a potent gateway to reshape your context and capability to embrace change, inspire others, and reach goals greater than you previously thought were possible. As a practitioner and/or leader, supporting your clients and teams to more deeply understand and sense self and others, leads to unexpected insights, openings and transformations, as well as deeper trust and cohesion.

Virtual Sessions

March 22, 2024

April 26, 2024

[Our Online Community](#)

June Intensive

June 17-19, 2024

Concord, MA

[1780 House](#)

September Intensive

September 16-18, 2024

Concord, MA

[Concord Museum](#)



Seven Stones and The Next Practice Institute present:

Somatic Leadership Virtual Sessions

For Practitioners and Leaders

Join us for a whole hearted, diverse, application-oriented and deeply transformative community of learning and practice—through which you will:

- Access and practice Somatically based tools, frameworks and ideas that carry transformational weight—ones that you can bring into client work.
- Experience a new and radical dimension of yourself as the instrument of your coaching: You will be taking risks, making bold requests, presenting offers to your clients, trusting your quiet voice, and seeing sustainable results.
- Discover and explore practices that will catalyze, nourish, renew and fortify you personally and professionally day in and day out over the life of your career.

Faculty



Jennifer Cohen



Jennifer Krier

March 22, 2024

12:00pm ET – 2:00pm ET
Developing Our Internal
Resources for Navigating
These Times

April 26, 2024

12:00pm ET – 2:00pm ET
Relating Within and
Relating With Others
Across Differences

Free to Attend

Virtual sessions are free to attend and will be hosted through Zoom in [our online Community](#) ↗ They are not pre-requisites, but will provide a taste of what is to come in the in-person intensives.



[Register Here](#)

Seven Stones and The Next Practice Institute present:

Healing as Restoration of "Original Movement"

*A 3-day Somatic Intensive
for Practitioners and Leaders*

June 17–19, 2024

Days 1-2: 9:30am – 5:00pm ET

Day 3: 9:30am – 3:00pm ET

1780 House ↗ Concord, MA

Human beings are designed to move, to long, to desire, to reach, to push and pull and to let go. Join us in releasing these natural life-giving impulses, desires and movements so we may restore our sense of flow and alignment with our purpose.

In this deeply experiential session, we will:

- Distinguish what we mean by our "original movement."
- Look at stagnations in the body and how those are connected to traumatic or distressing experiences.
- Become observers of habits cultivated (our own and others) to protect or compensate when our original movements were interrupted or stunted.
- Connect unfulfilled movements to patterns that we and our clients are living today.
- Practice a step-by-step process for meeting defenses with care and respect and without an agenda to fix them, even if our mandate is to change or achieve something.

Faculty



Jennifer Cohen



Gina LaRoche



Jennifer Krier

Course Pricing

Honoring

\$2,000

For individual learners or anyone in a small non-profit

Valuing

\$3,500

For midsize companies and large non-profit organizations

Investing

\$5,000

For all being sponsored by a corporate system

We are committed to keeping our offerings accessible and partial grants will be available upon request. Additionally, a 10% discount will be provided to those interested in attending both June and September intensives.

Are you ready to listen with fresh ears, see with new eyes, and act with new resolve?



Register Here

Seven Stones and The Next Practice Institute present:

A Collective Remembering: How to Embody a Sustainable Future

*A 3-day Somatic Intensive
for Practitioners and Leaders*

September 16-18, 2024

Days 1-2: 9:30am – 5:00pm ET

Day 3: 9:30am – 3:00pm ET

Concord Museum [↗](#) Concord, MA

In times of polarization and unrest, what do you need to be able to sustain the tumultuous call to equity and beyond? Join us as we explore somatic practice through the lens of Sustainable Abundance:

Sustainable: *ethical, reciprocal, just.*

Abundance: *grateful, radiant and present to the bounty everywhere.*

Together we will:

- Build capacity to hold presence in the fire of the moment.
- Speak bravely across difference without getting polarized.
- Develop skills in handling ambiguity and rapid change in a digital world that fosters deep polarization.
- Unwind from the myths of scarcity and separation.
- Bring back practices and distinctions to your teams, clients, and community that you can apply immediately.

This program will bring together new thought leadership married with cutting edge embodied practice; with the goal of debunking society's scarcity myths around fear, individualism, struggle and the lack of time, resources and attention.

Faculty



Jennifer Cohen



Gina LaRoche

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About Our Faculty



Jennifer Cohen

Jennifer Cohen is the co-founder of Seven Stones Leadership Group and has studied the art and science of transformational coaching and facilitation since 1992. She is masterful at designing deep-dive learning opportunities that create a container for transformation, healing, and growth. Jen holds a Masters in Marriage and Family Systems Therapy, is certified as a Master Coach by The Strozzi Institute, has studied Energetic Principles and Healing & Polarity Therapy, and has been a student of Vipassana meditation since 1993.



Gina LaRoche

Gina LaRoche is the co-founder of Seven Stones Leadership Group and brings over 25 years of experience as an organizational leadership consultant, facilitator and executive coach. She brings heart and courage to all of her work, with a particular focus on the mind body connection for transformational change. Gina is a Strozzi Institute trained Somatic Coach, and has studied Energy Mastery with Lynda Caesara, as well as Polarity Therapy. She brings a trauma-informed lens to her coaching, and is a meditation teacher in the Insight Meditation tradition.



Jennifer Krier

Jennifer Krier is a somatic coach and therapist who has worked in the fields of Anthropology, Yoga, and Psychotherapy. She integrates reflective conversation with body-based and mindfulness experiences to facilitate deeper self awareness, more authentic self expression, and embodied leadership in action. Jennifer has studied and is certified in many body-based healing modalities including Strozzi Somatic Coaching, Sensorimotor Psychotherapy, and Somatic Experiencing, in addition to being a registered yoga teacher since 2012.

About Seven Stones Leadership

Seven Stones is a leadership journeys company founded by Gina LaRoche and Jennifer Cohen. Our learning programs, coaching practice, organizational consulting engagements and groundbreaking thought leadership work are all designed to help bring about a world that is loving, courageous and just.

www.SevenStonesLeadership.com ➤

About The Next Practice Institute

The Next Practice Institute is the professional development arm of Mobius Executive Leadership, a consortium of practitioners across disciplines of business strategy, organizational development, psychology and the esoteric arts who come together to awaken leaders.

www.mobiusleadership.com/npi-overview ➤

