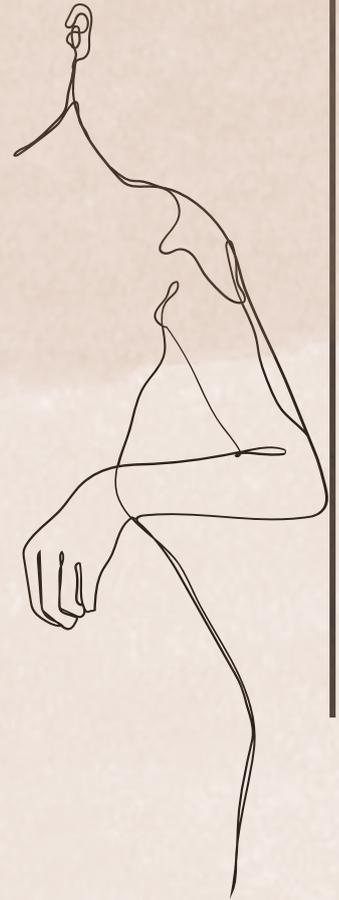


**ALQUIMIA
HEALING ARTS**



Somatic Therapy Training



**INSTRUCTOR
ELISA FUSI**

DETAILED PROGRAM

DAY ONE

12.00 am Welcome Ceremony and Orientation Briefing.
Handover of programs and material.

1.45 pm Trauma and Complex Trauma: integrating knowledge into practice workshop

3.30 pm Learn the nervous system mapping (Polyvagal Theory) workshop

5.00 pm Breathwork Series: co-regulating the Nervous System

DAY TWO

7.00 am Grounding Practice and Meditation

9.00 am Somatic Therapy: Pendulation and Titration (between comfort & discomfort) workshop

10.30 am Somatic Psychology Principles within a Trauma-informed Approach workshop (Somatosensory Therapy)

1.30 pm Gentle trauma-informed flow: practical series

3.30 pm Partner activity: "Tracking Sensations" and "Creating Trust"

5.00 pm Interoceptive, Exteroceptive and Proprioceptive Body Awareness: practical series

DAY THREE

7.00 am Grounding Practice and Meditation

9.00 am Somatic Experiencing: The felt sense as a gateway workshop

10.30 am Emotions as bodily signals: containment and expression workshop

1.30 pm Somatic movement for self-expression (body language series)

3.30 pm Guided Trauma discharge: shaking, trembling, cathartic series TRE + Trauma reflex

5.00 pm Somatic Release: pelvic area and legs series

DETAILED PROGRAM

DAY FOUR

7.00 am Grounding Practice and Meditation

8.45 am Somatic boundary setting Flow + Boundary roleplay

11.30 am Somatic Release: shoulders ,arms and chest series

1.30 pm Somatic Release: head and neck series

3.30 pm Wrapping up: Trauma-informed sequence in groups

5.00 pm Closing Ceremony: Integration ritual

DAY FIVE

7.30 am Meditation and Somatic Integrative Session + Group Assessment

9.30 am Q&A + personal advice

11.30 am Signing of Certificates & Debriefing

from 1.00 pm Departure

MODALITY: 100% IN PRESENCE

DURATION: 5 DAYS

LOCATION: La Fortuna, Arenal Costa Rica

NEXT DATES: from 18th to 22nd February 2026

from 2nd to 6th May 2026

TEACHER/THERAPIST: Elisa Fusi Psychosomatic Medicine Practitioner and Psychologist, Certified Somatic Therapist BIO

CERTIFICATE: a CMA official certificate will be available upon completion of the training.

FOOD: organic, vegetarian, delicious home-made food (3 meals per day)

ACCOMMODATION: private house with shared bathroom, double occupancy

FEES: 1750\$ inclusions: food, accommodation double occupancy, full course, use of the facilities, school registration fees, pdf material, books and articles, printed certification.

SINGLE ROOM: available on request with a different rate

LIMITED SPOTS AVAILABLE

APPLICATION PROCESS

To apply, you will need to fill out an application form with your personal contact information.

To secure your spot, you must pay a 600\$ deposit, with the remaining balance due 15 DAYS before the starting date.

CANCELLATION POLICY:

While deposits are non-refundable, they may be transferred to:

·Another course offered by Alquimia.

·A different start date of the same course, subject to availability. ·Requests for deposit transfers must be made in writing at least 7 days prior to the original course start date.

CONTACT

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WEBSITE

