

SPC: SOMATIC PRACTITIONER CERTIFICATION

The poses that we will cover are:

- Cat Cow
- Seated butterfly
- Pigeon pose
- Childs pose
- Reclining twist
- Forward bend – standing on hands
- Standing Arm Reach (extended mountain pose)
- Standing forward fold shoulder and chest opener

Dr. Rachel Dew,
DNM, PhD

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Cat Cow



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Seated Butterfly



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Pigeon pose



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Child's pose

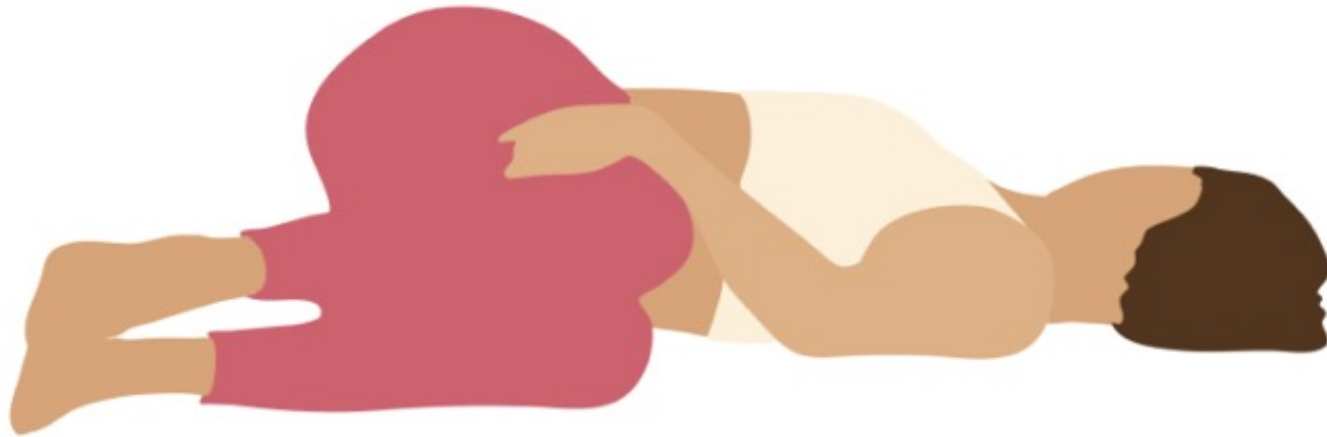


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Reclining twist



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Pigeon pose



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Forward bend – standing on hands



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Standing Arm Reach (extended mountain pose)



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Standing forward fold shoulder and chest opener



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Therapeutic Yoga –

Therapeutic yoga is a synthesis of healing modalities – restorative yoga, gentle yoga, breathwork, guided meditation and hands-on healing – that creates an experience of deep relaxation where natural healing can take place.’ – Cheri Clampett

The poses that we will cover are:

- Heart opener
- Supported Savasana
- Seated spine twist
- Supported bridge
- Reclined butterfly spine opener
- Feet up wall (Waterfall)
- Calm eyes
- Supported child’s pose
- Happy baby – rocking happy baby
- Windshield wiper
- Side Body Opener
- Thread the needle

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Heart opener

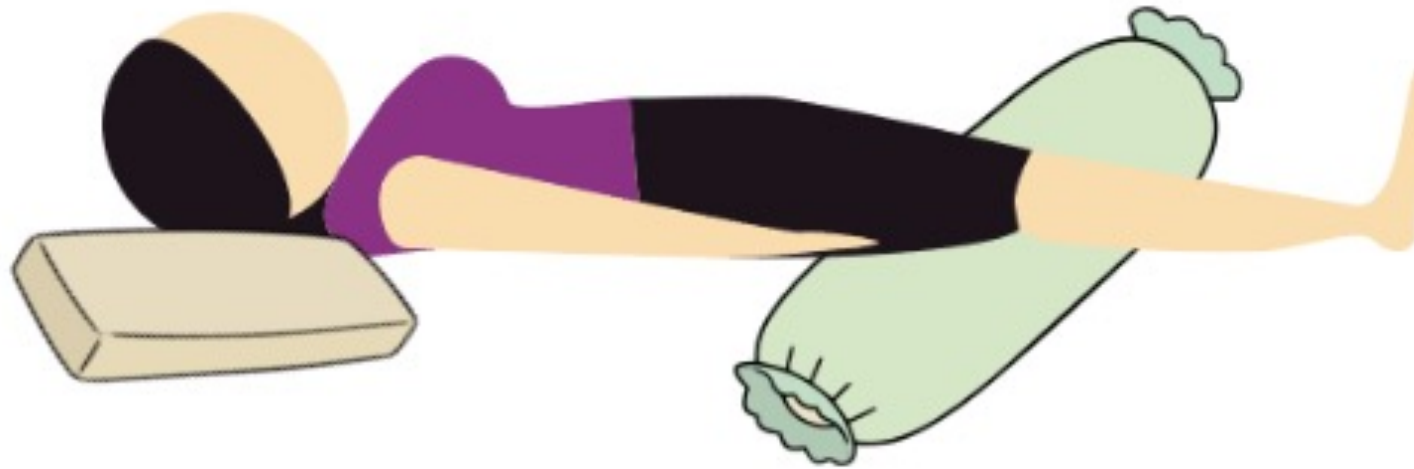


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Supported Savasana



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Seated spine twist



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Supported bridge



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Reclined butterfly spine opener



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Feet up Wall



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Calm eyes



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Supported child's pose



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Happy baby – rocking Happy baby



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Windshield wiper



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Side body opener



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Thread the needle



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