



## The Embodiment Process Foundational Training: Biodynamic Craniosacral Therapy, Trauma Resolution, & Relational Attachment Health. Levels 1 & 2.

### 10 MODULE COURSE

The Embodiment Process Foundational Training provides the fundamentals of Biodynamic Craniosacral Therapy, trauma resolution and birth & attachment work. It is designed to support you in deepening your own experiential healing, education, and practitioner skills.

This is a somatic (body oriented) and hands-on healing training. You will receive a Certification of Completion for the hours attended in class as well as homework hours at the completion of your course.

Throughout the training, you will have an opportunity to develop a profound sense of Presence as you deepen your practitioner skills and work with your cohort to engage and experience the process of somatic learning and skill building. These skills are invaluable to your own healing in your life as well as your work as a skilled professional regardless of your field. **Here is more of what you can expect:**

- ◉ Learn and build the skills of Biodynamic Crainiosacral Therapy.
- ◉ Gain an understanding of how trauma affects the body and consciousness from embodied, neurophysiological, psychological and spiritual perspectives.
- ◉ Develop Basic Trust with your relationship to yourself and others.
- ◉ Develop healthier self-honoring boundaries.
- ◉ Create and continue to build a practice of service and healing from a place of confidence, trust and knowing from the inside out.

PITTSBURGH, PA 2025-28

**SPACE IS LIMITED**

To reserve your space, make payment & for more info contact:  
310.902.9785 or [angelica@angelicasingh.com](mailto:angelica@angelicasingh.com)





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## COURSE OVERVIEW, DATES & PRICING

This training is available by applying and a short interview process. All modules will weave biodynamic contact table skills (hand holds) with somatic counseling strategies through experiential exercises, anatomy, and neuroscience education.

The course work is divided into 10 modules. The price is \$900 per module. Modules begin Thursdays and end Sunday at 12PM. 75 minutes for lunch each day. To attend the training, please RSVP with an email ASAP, and I'll need your first module payment by January 5th, 2025. You can pay a 50% deposit with the balance due on first day of module. Module Overview is below.

### **MODULE 1: FEBRUARY 27TH -MARCH 2ND, 2025**

**START TIME 12 PM – 6:30 PM THURSDAY, END TIME SUNDAY AT 12 PM**

Biodynamic Craniosacral practitioner skills including intention, embodiment, resources, the blueprint and imprints. Introduction to trauma counseling skills including pacing, tracking, naming and resourcing. Plus, the heart's capacity and systemic Health.

**MODULE 2: JUNE 12TH-15TH, 2025** Midline Dynamics, intro to Phenomenological view of Embryology and life forces. Learning attachment styles and creating and experiencing basic trust through honoring intention, boundaries, contact and relationship.

**MODULE 3: SEPTEMBER 11TH-14TH, 2025** Understanding Diaphragms as gateways to empowerment in the body. Ignition, naming and recognizing states of the nervous system, i.e. freeze, disassociation, discharge, settling, and spreading. Field Dynamics including how to be with transference and counter-transference in a somatic field.

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**MODULE 4: TBD 2026** Embodiment Process Workshop with Cranial Immersion Sessions. Participants will each get a turn to explore their own material in a somatic field with the support of the group. There will also be a practitioner debrief and what I call “harvesting learning”.

**MODULE 5: TBD 2026** Sitting with tension fields in the body, in life, in relationship with others. Stillness as Resource. Annihilation dynamics, shame, guilt, neuroendocrine health. Spine, cranial nerves, and ganglia.

**MODULE 6: TBD 2026** Working with The Mandible, TMJ. Deepening Somatic practitioner skills including dancing with words, attunement, stillness and contact. Following this, integration.

**MODULE 7: TBD 2027** Opening the channels of sensing, intuition, and receiving guidance. Practical application in different settings. Working with the subtle bodies.

**MODULE 8 TBD 2027** Deepening the skills, working with specific conditions, case studies, mentorship.

**MODULE 9 TBD 2027** Projection presentations by students.

**MODULE 10 TBD 2028** COMPLETION MODULE & Integration & Completion.

#### FOR MORE INFORMATION AND TO REGISTER:

Call 310-902-9785 or Email [angelica@angelicasingh.com](mailto:angelica@angelicasingh.com)

Cost is \$900 per module. For the first module payment, 1/2 payment is due by December 5th, 2025, with the balance due by or before February 27th, 2025. For subsequent modules, full payment is due 1 month prior to the beginning of each module. Payments are non-refundable.

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ANGELICA SINGH is a somatic educator, trauma therapist, and thought leader whose pathbreaking healing paradigm, The Embodiment Process™ has been featured in “O, The Oprah Magazine” and offered at the UCLA Medical Center, as well as Integrative Medical Center at UPMC in Pittsburgh, Pennsylvania. With over 22 years of facilitating individuals, groups, and institutions in embodiment, trauma resolution, and mindfulness work, she has been a leader in bringing trauma-informed paradigms to the fields of health care, wellness, and academia through her work as Co-Founder of the organization Embodying Your Practice™ and Embodying Your Curriculum.™ During the time of the pandemic she has brought trauma-informed tools to thousands of nurses in partnership with the British Columbia Nurses Union, and has worked with educators and professors from universities nationally and internationally, including at Harvard Law School, Smith College, New York University, the University of Oregon, Rutgers University, Simon Fraser University, and Southwestern University. As a teacher of teachers, Singh has trained numerous practitioners in the fields of leadership and health care in her innovative approach to somatic and trauma-informed facilitation. She is the author of a four-year practitioner training in trauma-resolution and embodied leadership, that has empowered practitioners in disciplines including academia, yoga, psychology, bodywork, and health care. A practitioner of the somatic modalities of Biodynamic Craniosacral Therapy, pre- and peri-natal birth trauma work, somatic counseling, and yoga, Singh has facilitated hundreds of individuals on their journeys of emotional healing to resolve their trauma and anxiety and specializes in using the online platform to create a palpable sense of embodied connection with her students and clients.

Angelica Singh is the founder and creator of a holistic, approach to healing called The Embodiment Process™. Her training includes a Foundational Pre-and Perinatal Birth Trauma, Somatic Experiencing, Biodynamic Craniosacral Therapy, and the Forrest Yoga School Teacher training. Angelica is a Magna Cum Laude graduate from UCLA and earned her master’s degree in Spiritual Psychology from the University of Santa Monica. She is the author of two innovative online curricula, The Embodiment

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