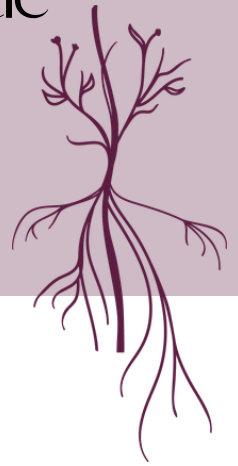


Advanced Somatic Certificate in Traumatic Grief & Nervous System Regulation

200-Hour Yoga Teacher Training

Fall 2026 - Spring 2027 Syllabus



About this Training

This 200-hour Trauma- & Grief-Informed Embodied Practice Yoga Teacher Training prepares students to teach trauma- and grief-informed yoga within educational, healthcare, and community settings. The course integrates classical yogic philosophy, contemporary neuroscience, inclusive pedagogy, and supervised practicum.

Students develop competency in ethical teaching, nervous system regulation, adaptive sequencing, and culturally responsive practice.

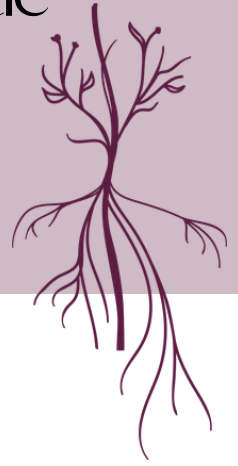
This 200-hour Yoga Teacher Training has been approved by Yoga Alliance. LIGHT Movement is recognized as a Yoga Alliance Training School.



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Section 2 Syllabus

Course Title: 200-hour Trauma- & Grief-Informed Embodied Practice Yoga Teacher Training

Total Hours

200 hours of yoga teacher training. Part 2 of 230 hour training.

Dates

Sunday, September 27th, 2026 through Sunday, May 23rd, 2027

Format

Live synchronous online

- Wednesdays 5-7:30 pm MT
- Sundays 1-5:30 MT

Sunday Intensives (4 hrs) will focus on core yoga topics and competencies in a lecture format.

Wednesday meetings will approach the core topic from a trauma- and grief-informed standpoint and include 1 hour breakout groups for applied discussions

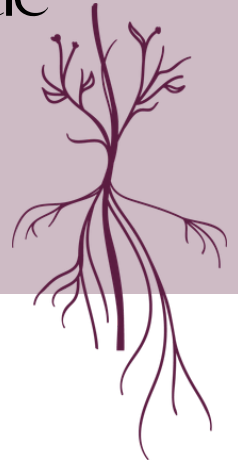
Neurodivergence is threaded throughout the curriculum, with explicit attention to sensory processing, nervous system differences, communication styles, pacing, and accessibility across all sessions.

All participants will receive a certificate of completion at the end of this training.

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Yoga Teacher Training Team

Lisa Theis, E-RYT 500

Lisa (she/her) began her yoga practice in 2000 and has been teaching since 2008. As an E-RYT 500 and YACEP, her work is rooted in the Sri Vidya lineage and informed by the Himalayan tradition through her teachers. She is the owner of Third Eye Yoga at East Community Center, where she offers classes, trainings, and space for inquiry. She approaches yoga as a somatic and integrative practice – working through the body to access deeper awareness and clarity. Her teaching emphasizes presence and self-trust, guiding students back to their own inner knowing.

Pooja Mamadapalli, MSc, MA, RYT-500

Pooja (she/her) is a Registered Mental Health Counselor Intern in the state of Florida with a multidisciplinary background in psychology, movement, and contemplative practices. She holds an MSc in Industrial Psychology from Bangalore University and an MA in International Disaster Psychology: Trauma and Global Mental Health from the University of Denver. She is also a RYT 500 yoga teacher, trained in Hatha Yoga, Prenatal Yoga, and Yin Yoga in Bangalore, India. Trained in the classical Indian dance forms Bharatanatyam and Kathak, Pooja integrates embodied wisdom, yogic philosophy, and psychological insight. Her work is grounded in decolonized, culturally rooted practices that honor indigenous knowledge systems and lived experience, supporting holistic wellbeing, resilience, and trauma-informed healing.

Joann C. Lutz, MSW, LICSW, C-IAYT, E-RYT, YACEP

Joann (she/her) is a specialist in trauma-sensitive yoga and nervous-system informed care. She is an experienced trainer in autonomic nervous system foundations, polyvagal theory, vagus nerve regulation, trauma-sensitive yoga, and embodied regulation practices, with applications to professionals in many fields.

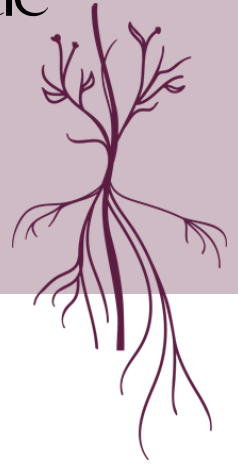
Amy Pickett-Williams, LCSW, RYT-200

Amy (she/her) is the founder of LIGHT Movement with over 25 years of experience in grief psychotherapy. Leads instruction in grief theory, meaning-making, professional integration, and final synthesis.

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Yoga Teacher Training Team, Cont.

Alexandra Ament, PhD, BCBA, RYT-200

Alex (she/her) is a licensed psychologist, neuro-affirming educator, and RYT-200. Alex leads instruction in neurodivergence, sensory processing, accessibility, and ethical adaptation of grief-informed approaches. She strongly believes in integrating trauma- and grief-informed somatic approaches across settings for all. This extends into her love for teaching and practicing yoga as a way to strengthen the mind-body connection and build self-awareness.

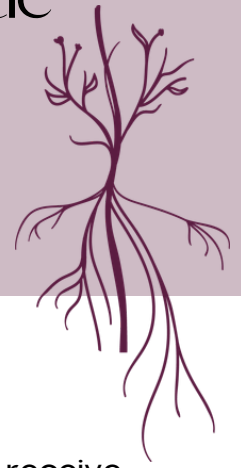
Samy Mattei, E-RYT 500

Samy Mattei is a people lover, soul stirrer, smile setter, community builder. She is a licensed Occupational Therapist who works in neurorehabilitation and a certified Yoga Instructor (500hr E-RYT), with specialized qualifications in Adaptive and Children's Yoga. She brings intentional, accessible, and collaborative experiences to her interactions with yoga students of all ages and abilities – to foster spaces of empowerment and possibility. A Social Justice educational background drives Samy to be at the forefront of deeper inclusion for both the disabled community and our upcoming generation of youth, blending a professional path that aims to lead us towards positive and meaningful change. At the core of her work, she aims to merge Eastern and Western modalities for personal healing and communal well-being.

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Attendance & Accessibility Policy

Due to experiential nature, students must complete 100% of contact hours to receive certification. Make-up hours require faculty approval.

This course models disability justice and consent-based practice. Accommodations are welcomed and expected as part of inclusive pedagogy.

Course Requirements

- Weekly readings & reflections
- Practice log (minimum 90 documented personal hours)
- Teaching practicum
- Written assignments
- Final integration paper
- Professional teaching portfolio

Training Objectives:

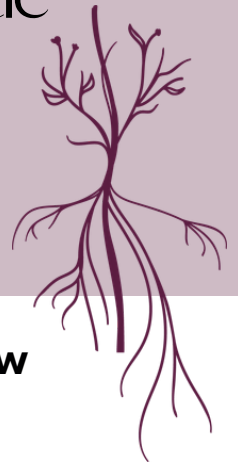
Participants will:

- Demonstrate knowledge of the Eight Limbs of Yoga as a developmental and relational model that can inform classroom culture and student growth.
- Explain the neurophysiology of stress, trauma, and nervous system regulation, and describe how these processes influence attention, behavior, and learning.
- Apply trauma informed movement, breath, and grounding practices in culturally and developmentally appropriate ways.
- Design inclusive, culturally responsive, and developmentally appropriate mind body interventions that support diverse communities.
- Evaluate professional ethics and scope of practice when integrating somatic tools in various settings.
- Integrate reflective and embodied practices into their professional identity to reduce burnout and sustain compassionate teaching.

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Course Schedule - Phase 1: Foundations & Worldview

Week 1: Sunday 9/27 & Wednesday 9/30

Orientation, Ethics & Origins

Topics:

- Course overview, expectations, and learning arc
- Establishing safety, consent, and group agreements
- Teacher and student introductions
- Origins of yoga
- Intro to 8 Limbed Path
- Self-Evaluation of Nervous System Regulation

Week 2: Sunday 10/4 & Wednesday 10/7

The Yoga Sutras & Eight Limbs

Topics:

- Eight Limbs framework
- Ethical scope of practice
- Five Kinds of Vrittis

Week 3: Sunday 10/11 & Wednesday 10/14

Samkhya & the 25 Evolutes of Manifestations

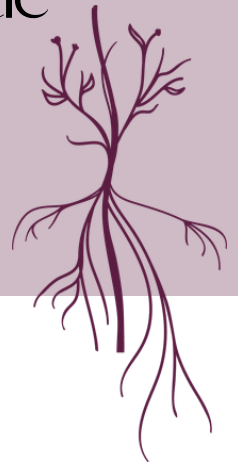
Topics:

- Purusha/Prakriti
- Buddhi and Ahamkara
- Gunas
- Manas, Tanmatras, and Mahabootas

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Week 4: Sunday 10/18 & Wednesday 10/21

Roots of Yoga & Cultural Context

Topics:

- Koshas
- Prana theory
- Chakras
- Basics of Yoga Nidra

Week 5: Sunday 10/25 & Wednesday 10/28

Roots of Yoga & Cultural Context

Topics:

- Hindu philosophical roots - 4 Paths of yoga, non-dualism
- Shlokas & oral tradition
- Cultural humility
- Appropriation vs appreciation

Course Schedule - Phase 2: Embodiment & Structure

Week 6: Sunday 11/1 & Wednesday 11/4

Standing Postures & Skeletal Foundations

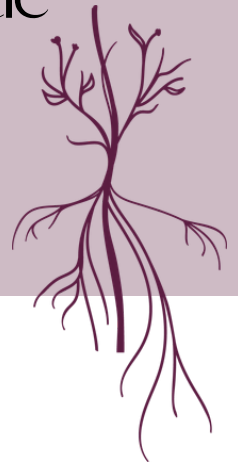
Topics:

- Sun Salutes (Sun A & Sun B) & Kriyas
- Planes of movement
- Basic Skeletal anatomy
- Regulating the nervous system

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Week 7: Sunday 11/8 & Wednesday 11/11

Alignment & Inclusive Cueing

Topics:

- Transitions - gross to subtle
- Functional vs aesthetic alignment
- Inclusive language
- The Meaning Behind Sanskrit Posture Names

Week 8: Sunday 11/15 & Wednesday 11/18

Spine & Core

Topics:

- Spinal anatomy
- Core stabilization
- Injury prevention (physical, mental, and emotional)

Week 9: Sunday 11/22 (NO CLASS Wednesday 11/25)

Major Joints & Props

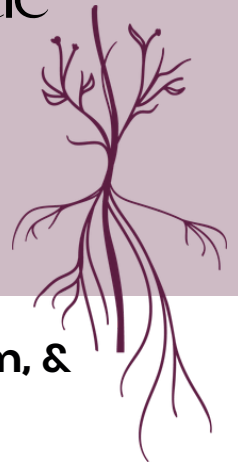
Topics:

- Hips, shoulders, knees
- Modifications
- Adaptive positioning

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Course Schedule - Phase 3: Breath, Nervous System, & Meditation

Week 10: Sunday 12/6 & Wednesday 12/9

Pranayama & Stress Physiology

Topics:

- Trauma-informed pranayama technique review & instruction tips
- Sympathetic/parasympathetic systems
- How breath ratios influence nervous system - Ida-pingala-sushumna
- Regulation theory
- Swara Yoga

Week 11: Sunday 12/13 & Wednesday 12/16

Meditation & Attention

Topics:

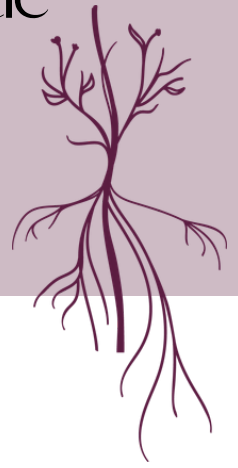
- Dharana & Dhyana
- Emotional regulation via meditation practice
- Mindfulness-based sequencing

No Class for Weeks of 12/20 or 12/27

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Week 12: Sunday 1/3 & Wednesday 1/6

Mantra, Sound, & Frequency

Topics:

- Chanting
- Cultural context of mantra
- Sound & vagal tone

Week 13: Sunday 1/10 & Wednesday 1/13

Inquiry & Reflective Process

Topics:

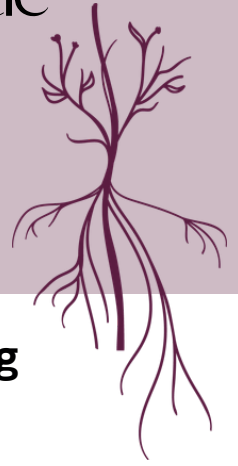
- Reflective listening/Deep Listening
- Group facilitation & awareness of communication via koshas
- Teacher self-awareness/boundaries (energetic & physical)

No Class for 1/17 or 1/20

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Course Schedule - Phase 4: Ayurveda & Theming

Week 14: Sunday 1/24 & Wednesday 1/27

Introduction to Ayurveda

Topics:

- Doshas
- Seasonal sequencing
- Elemental awareness

Week 15: Sunday 1/31 & Wednesday 2/3

Meaningful Themes & Avoiding Spiritual Bypass

Topics:

- 4 Desires
- Theming/Dharma Talks
- Belief systems/feedback loops between mind/body in trauma context

Course Schedule - Phase 5: Sequencing & Practicum

Week 16: Sunday 2/7 & Wednesday 2/10

Class Arc & Intelligent Sequencing

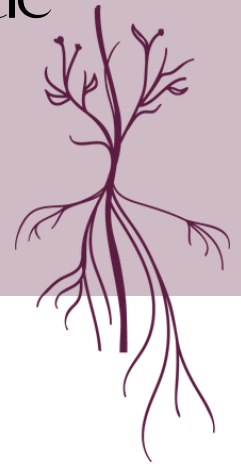
Topics:

- Sequencing and Pacing - General and for Nervous-System Regulation
- Class arc
- Adaptive sequencing
- Applications of the Defense Cascade

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No Class for 2/14 or 2/17

Week 17: Sunday 2/21 & Wednesday 2/24

Observation & Feedback

- Teach 45 minute class
- Breakout feedback sessions

Week 18: Sunday 2/28 & Wednesday 3/3

Student-Led Classes (Round 1)

- 30 minute teaching demo
- Breakout feedback sessions

Course Schedule - Phase 6: Special Populations

Week 19: Sunday 3/7 & Wednesday 3/10

Adaptive Yoga

Topics:

- Chair & Bedside Yoga

Week 20: Sunday 3/14 & Wednesday 3/17

Neurodivergence & Medical Needs

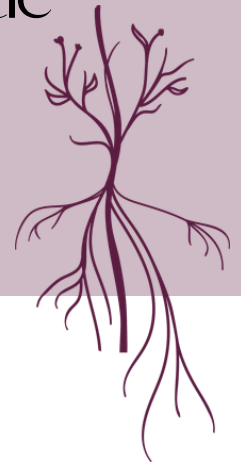
Topics:

- Adapting classes for neurodivergence
- Sensory needs and differences
- Medical conditions impacting yoga

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Week 18: Sunday 3/21 & Wednesday 3/24

Children's Yoga

No Class for 3/28 or 3/31

Course Schedule - Phase 7: Final Teachings & Exam

Weeks 23 through 28: Sundays Only - 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23

Final class presentations - Teach a 60 minute class for peers & instructors with feedback

Week 28: Sunday 5/23

Closing Circle & Graduation

Final Exam

Practice Logs & Rubrics Due

