

What is SomaTraining?

SomaTraining is a unique methodology to rehabilitation and strength & conditioning built on osteopathic principles. It's born from the paradigm of complexity, similarly to the human body. The SomaTraining program consists of in-depth lectures combined with practical sessions where students learn specific exercise techniques while they develop a more complex way of understanding the human body. These techniques are indispensable tools of athletic trainers, physiotherapist, osteopaths, chiropractors, personal trainers and other body workers and health/wellness professionals. While each module gives students a very unique and different set of tools, students will develop their way of thinking in the complexity model and tensegrity biomechanics over the course of several modules. The diploma of SomaTrainer will be awarded at the end of the programme.

**This is a 3-year curriculum. Each course can be taken as a separate module.
Student will receive their diploma upon successful completion of a final examination having completed all the below courses.**

Monthly payment plans are available. Contact us for more details on info@somatraining.co.uk

YEAR 1

#1. Analytical and Segmental Muscular Strengthening of the Abdominal Muscles and the Thoracic Diaphragm

This is a very unique class with detailed relational and fascial anatomy and relative biomechanics where students will start to learn proper mechanics, execution and application from the very beginning. Over hundred exercises and its variations that can be used regularly in strength & conditioning as well as in the field of rehabilitation, especially for the spine, lumbo-pelvic dysfunction, abdominal wall separations, hernias and digestive disorders.

Date: **14-16th of October 2016**
Location: Central London

#2. Analytical and Segmental Muscular Strengthening of the Lower Limbs

There are hundreds of specific exercises, which can solicit the proximal, distal, medial, lateral, middle, superficial or deep portions of each muscle in the lower extremities. The thorough details that are covered in this class will allow for an understanding of the numerous exercises that target specific areas of the lower limb. These exercises are applied, based on our goal, to specific conditioning goals, to address muscles imbalances, and a part of addressing specific orthopedic dysfunctions such as various joint dysfunctions such tendonitis, arthrosis, instability etc.

Date: **16-18th of December 2016**
Location: Central London

#3. Analytical and Segmental Muscular Strengthening of the Upper Limbs and the Trunk

The large muscles need to be trained with a lot of specific movements in relation to the specific quality of training that you need (strength, volume, power, speed, resistance, endurance and fitness maintenance) for each muscle group. The spinal muscles need to be trained to improve their ability to provide postural support. There are also numerous, yet specific exercises, which can solicit the proximal, distal, medial, lateral, middle, superficial or deep portions of each muscle in the upper extremities. Students will learn over hundred different exercises that are invaluable in both performance training and rehabilitation. The function of the shoulder girdle is a major topic of this seminar.

Date: **26-28th of May 2017**
Location: Central London

#4. Gravity Line, the Squat and Posturology

A complete analysis of the squat with respect to the entire body in relation to gravity line and various aspect to be taken into consideration when applying the squat. There are over a hundred progressions that have to be learned before a squat is completed properly. This class will cover all of these progressions and lead to a fundamental understanding of proper progressions leading to a biomechanically sound squat. With the same fundamentals, the squat should be modified and applied differently to specific goals, which could be to improve one's posture, to rehabilitate the knee after an ACL injury, to help eliminate back pain or to improve someone's athletic performance etc.

Dr Voyer will also elaborate on the management of centre of gravity with an insight to posturology and its implications on the health and function of the whole body. He will cover various techniques that you'll be able to use when assessing a patient/ client to help you give a direction to take.

Date: **30th of June-2nd of July 2017**
Location: Central London

Payment plans, early registration discounts and yearly fees are available.

Contact: info@somatraining.co.uk
www.somatraining.co.uk

#5 Qualitative & quantitative periodisation, kinesiology and clinical application

The first part of this course focuses on understanding quality (volume, strength, power, speed, relaxation, resistance, endurance, aesthetics, muscular re-education and fitness maintenance) and quantity (number of series, repetitions and rest time). Numerous exercises and movements will be used to teach the proper progression that is necessary to achieve specific goals.

The kinesiology part of this course will focus on and discuss specific physiology, physics and biomechanics laws that are behind the application of many SomaTraining tools.

During the clinical application day, specific client scenarios will be discussed in relation to the appropriate use of SomaTraining tools.

Date: **25-27th of August 2017**

Location: Central London

YEAR 2

#1. General ELDOA (1-2) The Spine

ELDOA (Longitudinal Osteoarticular Decoaptation Stretches, is taken from the French Etirements Longitudinaux avec Decoaptation Osteo-Articulaire).

Lots of pain, arthrosis, neurological pinching, disc compression and articular lesions result from compactations, compressions and/or articular blocks. There is an effective solution to these ailments: ELDOA. ELDOA's consist of very precise postures which target relief in a specific articulation. The advantage of these postures is that once you learn them, they take only a minute a day to perform.

Seminar Outline:

- Background and methodology
- Lumbar ELDOA practice
- Thoracic ELDOA practice
- Cervical ELDOA practice
- Pelvic ELDOA practice (sacroiliac joints and symphysis pubis)

Date: **13-15th of October 2017**

Location: Central London

#2. MYOFASCIAL STRETCHING (MFS)

Stretching a muscle is only effective once the "skin" that covers it is no longer dry and retracted. Myofascial stretches respect the anatomy of the muscles, their aponeuroses as well as their function. At this point, the analytical study of the fascial chains allows for an incredibly effective stretch position.

This seminar will systematically review the proper method of stretching for all major muscles of the trunk, the upper and lower limb giving close to hundred different stretching exercises.

Date: **15-17th of December 2017**

Location: Central London

#3. Proprioception & Awareness

Proprioception: The physiology that controls an articulation depends on numerous control mechanisms located in the muscle tendons, ligaments and articular capsule. Therefore, it is advisable to train these "micro-computers" to increase or revive control of a joint. Following a sprain, to treat arthrosis, to recover articular mobility, and to improve efficiency of movement, these various aspects of proprioception must be trained.

"However, this work must be very precise. Because it is not the joint that is trained as a whole but a specific ligament or part of the capsule within that joint."

This class will teach numerous exercises that may be used throughout the body for this proprioceptive work.

Awareness: How can an articulation be trained, a muscle strengthened, or a posture corrected, if the brain does not know the area being treated? How does a spine remain straight, if the feeling of being straight is skewed? The cortex must be trained to become acquainted with and recognize every area of the body. A strict methodology involving four progression factors is indispensable to really becoming familiar with the pelvis; the cervical, thoracic and lumbar spine; and the various diaphragms.

You will learn how to apply the very important and often neglected aspect of awareness in your daily practice.

Date: **11-13th of May 2018**

Location: Central London

Payment plans, early registration discounts and yearly fees are available.

Contact: info@somatraining.co.uk

www.somatraining.co.uk



#4. Specific ELDOA(3-4) Peripheral Joints

ELDOA (Longitudinal Osteoarticular Decoaptation Stretches, is taken from the French Etirements Longitudinaux avec Decoaptation Osteo-Articulaire).

After learning to treat the centralized joints of the body with the general ELDOA class, you will learn to treat the joints in the periphery with very precise postures, which target relief in these specific articulations. The goal will be to decoapt and normalize the peripheral joints. As before, once you have learned these, they take only a minute a day to perform.

Seminar Outline:

- Background and methodology
- Thoracic-Cage ELDOA practice
- Coxo-Femoral ELDOA practice
- Shoulder ELDOA practice
- Sacral and Sacro-Coccygeal ELDOA practice
- Cranial ELDOA practice

Date: 24-26th of August 2018

Location: Central London

YEAR 3

#1. Circulatory and Respiratory Techniques

Numerous people suffer from problems of venous return (varices, varicosities; heavy legs, oedema, etc.) Simple, yet very precise exercises, allow a stimulation of circulation of the blood in an anatomical and physiological sense for each vein.

There are numerous exercises to improve the quantity of respiration. The techniques taught in this course are qualitative in nature, allowing a very precise recruitment of each pulmonary segment in order to address any respiratory insufficiency that is frequently encountered (asthma, smoking-related issues, etc.)

Date: 14-16th of December 2018

Location: Central London

#3. Global Postural Stretching

Whatever your methods of preseason conditioning, training, or re-education, it is necessary to place the body part being solicited, into a global posture. To rediscover the efficiency and fluidity of a movement, the GPS allows a perfect linking between the joint, the muscle and their fasciae. These specific postures must be meticulously performed and are adapted to each part of the body.

The positions can be used in training and conditioning as well as in pre-season training. They are equally of indubitable efficiency for all re-education programs.

For example, after an accident or an illness, all therapeutic treatment must be completed by a rehabilitation of all activities of daily life, in the personal life; the sporting life; and the professional life.

There are thus four big stages to follow:

- The first is curative; by the surgeon, doctor, osteopath; or chiropractor according to their methodology.
- The second allows the patient to validate the therapeutic action above by analytic auto-normalization exercises such as myofascial stretching, ELDOA, circulatory or respiratory exercises, proprioception exercises, awareness training, etc
- The third stage brings in global postural exercises to give to the patient a general integration back into daily life, and sporting and professional activities. It is these global postural stretches of the trunk; and upper and lower limbs that are included in the program of the advanced personal trainer.
- The fourth stage is the return to normal activities of the individual in question.

Date: 11-13th of January 2019

Location : Central London

#3. Cardiovascular training & Physical Conditioning

It is advisable to increase cardio-vascular and cardio-respiratory capacities. Whether for the beginner, to maintain general conditioning, preparatory training for sports, or to improve the performance of a high caliber athlete, only a program adapted to the individual needs can respond to the specific objective. This course will study the elements that will permit progress in endurance, as well as cardio vascular and cardio-respiratory abilities according to the individual's needs.

Date: 8-10th of March 2019

Location: Central London

Payment plans, early registration discounts and yearly fees are available.

Contact: info@somatraining.co.uk

www.somatraining.co.uk



#4. Strapping for sport pathologies

This course will cover a specific methodology and strapping techniques for common sport and overuse injuries; such as sprains, subluxations, tendonitis etc., that should be used as a therapeutic intervention along other therapies.

Very frequently, to assist in the ability of movement or strength performance, the trainer must apply a therapeutic tape job for a ligament, tendon, muscle or a specific articulation.

Date: TBA

Location: Central London

#5. Clinical Applications and Examination

This seminar allows the application of all the Level 1,2 and 3 information for specific clients and to answer any questions arising.

Date: TBA

Location: Central London

Graduation as a Certified SomaTrainer.

Payment plans, early registration discounts and yearly fees are available.

Contact: info@somatraining.co.uk

www.somatraining.co.uk