



SO
EV | SCHOOL of
EMBODIED ARTS

Feminine Embodiment Coaching Certification



Called to a career in embodiment?

Since 2018 we've supported participants from 26+ countries to master **somatic skills**, deepen their **personal practice** & step into **livelihoods of service** - earning consistent ★★★★★ reviews along the way.

Program Snapshot

A high-touch, world class, professional training.

Start Date: Start anytime

Duration: 6 months

Mode: Online, live & interactive

Our Philosophy

The spiritual & scientific underpinnings...



Embodiment

Distinct somatic modality

Devotional

Feminine flow, power & pleasure

Polyvagal Informed

Nervous system

Trauma Sensitive

Deep work, without harm

Culturally Inclusive

Invite in identity & culture

you're invited to

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*This is a **very in-depth** program
with so much valuable content,
amazing teachers & support.
- Jenna Korf, USA*



In just 6 months you could be...

- **Fluent in the language of the body**, with a grounded understanding of somatics, the nervous system, Polyvagal Theory & trauma-sensitive approaches.
- **Deepening into your own vulnerability & embodiment** - more fully inhabiting yourself, your feminine & your aliveness.
- **Held in a rich, supportive community by senior mentors & peers** who see your genius (and won't let you hide from it).
- **Effortlessly guiding powerful client sessions**, using coaching frameworks, tools & language that allow you to facilitate deep transformative & empower clients.
- **Confident in your signature coaching journey**, with your unique magic distilled into a clear, compelling offer that clients immediately resonate with.
- **Welcoming in clients & creating a livelihood** rooted in service.

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Whether you're a new practitioner, or called to expand & deepen your work...

This is a professional practitioner training, with an **emphasis on personally integrating the work** so that it lives inside you.

The training weaves three streams of training so you can **embody, know & coach**.



Across 6 core modules you'll explore...

1

Embodiment & Feminine Foundations

Dial up your body sensitivity, explore embodiment philosophy & learn the core coaching frameworks that hold every client session.

2

Shame, Vulnerability & Power

Cultivate deeper (safer) vulnerability with yourself and with your clients & gain a grounded understanding of nervous system & power dynamic theory.

3

Boundaries & Identity Death/Rebirth

Understand the deeper drivers of identity shifts & develop trauma-sensitive techniques to coach.

4

Pleasure & Aliveness

Dial up your aliveness & stamina to feel *good* in your body so you can weave more capacity for pleasure into your day & your client sessions.

5

Magnetism & Polarity

Dial up your body magnet & draw your desires (& future clients) towards you.

6

Embodied Entrepreneurship

Develop your signature coaching offer & set yourself up for your first clients by using principles of feminine leadership to get more done (with less hustle).

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*The shift in my personal development was nothing short of magic. I've been invested in self development for years but **I've never experienced the depth that this program offers** in such a gentle, trauma informed way.*

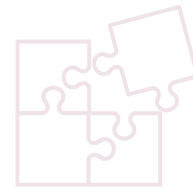
- Amy Janz



Tools

You'll receive done for you **roadmaps** for any type of client, or challenge.

- Core Coaching Framework
- Drop In Process
- Embodied Goal Setting
- Liberation Tool
- Titration Tool
- Limiting Beliefs Tool
- Primal Resistance Patterns Tool
- Roles Tool
- Pleasure Spiral Tool
- Magnetism Tool
- Elements Tool
- Wisdom Wrap Up
- & so much more...



Techniques

You'll learn to safely meet yourself & your client in **deep body awareness** through...

- Neuroception & Creating Safe Space
- Interoception
- Accessing The 4 Bodies Dimension
- Bottom-Up Processing
- Pillars of Embodiment
- Protective Layers
- Titration
- Attunement
- Co-Regulation
- Trauma-Sensitive Techniques
- Culturally Inclusive Techniques
- Active Listening
- & so much more...

How is the program delivered?

Self Paced

6 Comprehensive
Training Modules



3hrs/wk

- **Personal Devotional** practices to support you to deepen
- **Scientific & Spiritual** theory underpinnings
- **Coaching Tools** and demonstrations

and

Live

Vibrant Community,
Coaching & Calls



2hrs/wk

- Live **Teaching & Practice** Calls
- Small **Group Mentoring**
- Receive & **swap coaching** with peers

Program Investment

990

month for 6 months

5,900

pay in full

Pricing in USD

*I find myself able to **hold space and coach as never before**. I totally suggest this program to whoever wants to deepen their own relationship with their body and spread their medicine.*

- Elisa Caltabiano, Italy



Could Feminine Embodiment Coaching be the missing link to creating...

- ✓ The **somatic depth** you're craving in your client work
- ✓ The **grounded confidence** you yearn for in your **practitioner skills**
- ✓ The sustainability you desire to create a **rich livelihood of service?**

Only you know.

Our team would love to find a time for an informal chat to **discuss your desires & get your Qs answered.**

Here's who you'll be chatting to...

Our Team



Amy Peng

she/her

Enrollment Coordinator



Jenna Ward

she/her

Founder & Senior Coach



Kate Mellis

she/her

Teacher & Senior Coach



Sharon Mehat

she/her

Teacher & Senior Coach

If you're called to
deepen your
embodiment &
practitioner skills, let's
chat...

you're invited to

[BOOK A CALL >](#)



*FEC was one of the **most impactful trainings that I've done** for my own personal development as well as for my coaching practice.*

- Claudine Holt MD, USA