



SOMA Embodiment® Training with Dr. Sônia Gomes

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What is SOMA Embodiment®?

SOMA Embodiment® is a therapeutic approach rooted in somatic psychology, neuroscience, and bodywork traditions. Designed for trauma professionals, it helps restore nervous system regulation and bodily balance through touch, movement, and perceptual awareness.

This method supports:

- Releasing trauma patterns held in the body.
- Rebuilding safety and boundaries.
- Restoring agency, grounding, and relational capacity.
- Reestablishing natural flow of movement and sensation.

Core Principles of SOMA Embodiment®

- Trauma recovery begins with reestablishing physical stability and sensorimotor integration.
- Trauma energy is released gradually and safely.
- Emphasis on perception, proprioception, and relational capacity.
- Restoration of boundaries, body awareness, and agency.
- Use of haptic intelligence and movement to reach deep emotional patterns.



Introductory Seminars with Andreas Eberhardt

About Andreas Eberhardt

Born in Vienna in 1964, Andreas Eberhardt has over 20 years' experience in bodywork and trauma resolution. Trained in Ortho-Bionomy (2008) and Somatic Experiencing® (2010), he has assisted Dr. Sônia Gomes in the SOMA program since 2013. Guided by Tibetan Buddhist principles, his approach integrates mindfulness, compassion, and embodied awareness to restore balance and support deep healing.

Andreas will lead introductory seminars before the training to provide an experiential glimpse into SOMA.



About Dr. Sônia Gomes

Dr. Sônia Gomes is a clinical psychologist (Ph.D.) with over 40 years of experience in trauma therapy and the founder of SOMA Embodiment[®]. A Certified Rolfer[®] and Rolfing[®] Movement Practitioner, she also serves as Senior International Faculty in Somatic Experiencing[®], teaching across Brazil, Europe, North America, South Africa, and Asia. Inspired by her studies with Dr. Peter Levine, Stephen Porges, and Hubert Godard, her work integrates felt sense, movement, touch, and the social nervous system to support deep trauma healing.

Her work blends felt sense, movement, touch, and the social nervous system for trauma healing.

Dr. Sônia Gomes will be teaching all three seminars.

Training Program Overview



Perception & Awareness → Expand kinesthetic sensitivity (hapticity).

Movement & Breath → Support natural flow and circulation.



Trauma Release → Unlock movement restrictions safely.

Balance & Fluency → Reestablish stability and coordination.



Intuition & Resonance → Deepen relational and therapeutic presence.

Eligibility

Open to trauma professionals (SE™, Hakomi, Biosynthesis, Body Psychotherapy, etc.)

Students with at least 1 year of somatic therapy training may apply.

Chiropractors, Osteopath, Doctors (Gynecologist, Pediatricians), Nurses, Psychologist, Psychiatrist, Massage therapists, Movement therapists, Craniosacral therapists, Physiotherapists, Human Resource Professionals, Life Coaches, Business Coaches, Yoga Teachers, Motivational Speakers, Social workers, Counselors, Speech Therapist, Children Workers, Personal trainers, Primary Care Givers, Doula, Midwives.

Cancellation and Non Refund Policy

In case you missed your previous training dates due to an emergency, we can accommodate you in the next training session.

The above payments are subject to a strict no-refund policy. One must be mindful before choosing to make payments to confirm their seat at the training. One will receive a receipt via email once the payment is completed. It is important for a student to complete their payments only after their application is approved.

For Refund and Cancellation Policy please refer to this link

thewhiteelephant.in/refund-and-cancellation-policy

Registration Process

Registration process for the intros:

You can directly register from our website

ENROLL NOW

Registration process for the seminars:

Note: For enrolling to the seminar, you need to complete the two days intro.

Step 1: Fill out the registration form and reach out to pooja@thewhiteelephant.in

Step 2: Sign a consent form to ensure you understand the guidelines and requirements of the trainings.

Step 3: Secure your spot by completing the payment

Certification Requirements

- Compulsory to attend two days Intro.
- Attendance at all seminars(max 2 missed days across the training).
- Receive 5 personal SOMA sessions.
- Complete 2 professional supervision sessions.

Certificate issued by SOMA Embodiment® Institute.

SOMA Embodiment® Introductory

The Intro is designed as a 2-day journey:

- Day 1: In-person (choose between Rishikesh or Bangalore)
- Day 2: Online (attend from anywhere)

Note: Attendance on both days is compulsory to complete the Intro.

Completion of the Intro is **mandatory** for anyone wishing to register for the **SOMA Training starting on 22nd August 2026.**

Intro Dates & Locations

You may select your preferred combination of Day 1 & Day 2 dates.

Day 1 – In-Person Options

- | | |
|-----------------|-----------------|
| 📍 Rishikesh | 📍 Bangalore |
| • 3rd Nov 2025 | • 30th Nov 2025 |
| • 1st Mar 2026 | • 15th Feb 2026 |
| • 10th Mar 2026 | |

Day 2 – Online Options

- 📺 Choose one:
- 6th Dec 2025
 - 22nd Mar 2026

Price for the intro

15,000INR +18% GST =17,700 INR

SOMA Embodiment® Training Structure & Dates

Training Seminars (18 days total)

Seminar 1: 22nd Aug - 27th Aug, 2026

Seminar 2: 21st Jan - 26th Jan, 2027

Seminar 3: 26th May - 31st May, 2027

Locations: Bangalore

Faculty: Dr. Sônia Gomes (all seminars)

Price per Seminar

72,000INR +18% GST = 84,960 INR

Price if you pay for full training

2,00,000INR +18% GST = 2,36,000 INR

CONTACT & INQUIRY

Connect with Us

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pooja@thewhiteelephant.in

Inquiry Process

Reach out for more information or payment inquiries.

Our dedicated team is here to assist you.

Learn & Upskill

REGISTER NOW