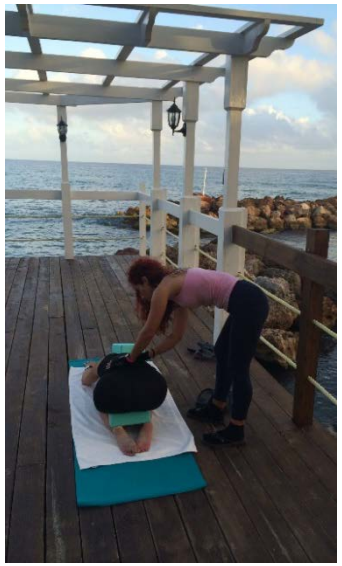


Genco Method© Somatic Coaching and Yoga Training

Level 1

TIJEN GENCO, MS, MCC, NBC-HWC, E-RYT 200

YOGA ALLIANCE :UP TO 104 HOURS

NBHWC: UP TO 39

ICF: UP TO 12 HOURS CORE COMPETENCIES / 92 RESOURCE DEVELOPMENT

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Continuing Education Credits

YOGA ALLIANCE :UP TO 104 HOURS

NBHWC: UP TO 39

ICF: UP TO 12 HOURS CORE COMPETENCIES / 92 RESOURCE DEVELOPMENT

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Who would benefit from this training?

Life Coaches

- Enhance your coaching skills to include body-centric inquiries for variety of life situations.
- Learn new ways to support the client processing emotions such as grief, fear, anxiety, stress, etc.
- Support yourselves as a coach by deepening your self-awareness and self-care practice.

Health Coaches

- Enhance your coaching skills to include body-centric inquiries for variety of ailments.
- Learn new ways to support client processing emotions and somatic responses contributing to the ailments such as stress, heart problems, movement challenges, hormonal disturbances, etc.
- Support yourselves as a coach by deepening your self-awareness and self-care practice.

Yoga Teachers

- Enhance your teaching and private session delivery skills to include body-centric inquiries for variety of ailments.
- Improve your ability to listen to and understand the client at a deeper level.
- Support yourselves as a coach by deepening your self-awareness and self-care practice.

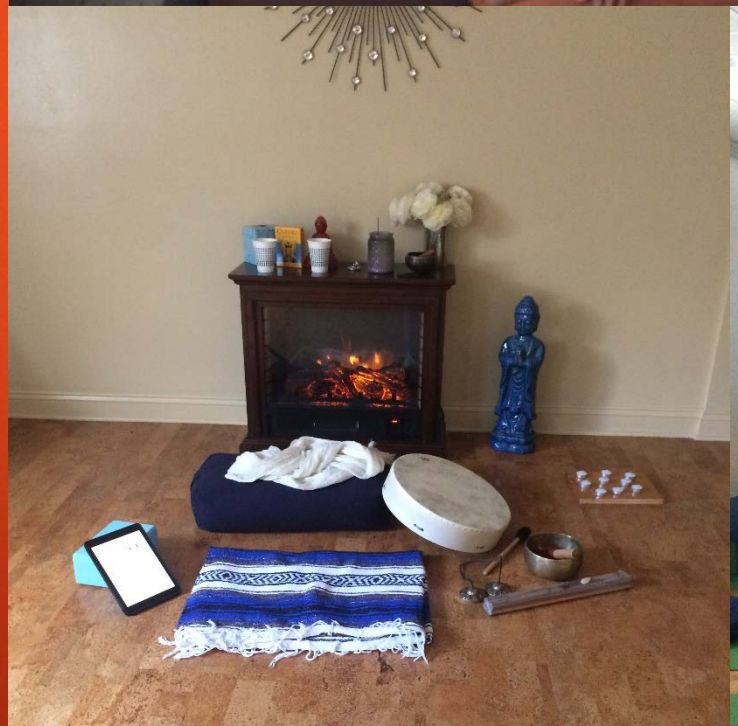
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What you will learn?

This training will help coaches and yoga teachers bring the somatic aspect of mindful awareness and healing facilitation to the sessions and to their practice.

- Yoga for Ailment: Yoga protocols for ailments
- Somatic Inquiry: Body-centric inquiry
- Mind-Body Connection: Deepened self awareness and practice







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Course Components



Core Coaching

Somatic and Subtle Inquiry



Core Mind-Body

Overview of Human Energetic Anatomy and Ailments



Practicum

Practice with Client

Self Practice

Student Homework

Case Study Development

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Row Labels	Sum of Weekly Commitment	Sum of # of Hours
Contact	2	39
Coaching	2	14
Somatic and Subtle Inquiry		2
Strategic Inquiry and Case Study Questions	1.5	9
Virtual Mentor Interactions	0.5	3
Mind-Body		22
Brain & Nervous System (BNS)		2
Circulatory System (CS)		2
Digestive System (DS)		2
Hormonal System (HS)		2
Immune System (IS)		2
Mind and Emotions (ME)		2
Muscular & Skeletal System (MSS)		2
Reproductive System (RPS)		2
Respiratory System (RS)		2
Urinary System (US)		2
Energetic System (ES)		2
Practicum		3
Case Study Presentations		3
Non-Contact	10	65
Practicum	10	65
Practicum - Contact Practicum	2	13
Practicum - Self Practice	6	39
Student Homework	2	13
Grand Total	12	104

Course Outline

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Understanding Self-Directed Part of the Practicum Requirements

Contact Practicum:

- The requirement is 13 client contact hours and can be established with one client
- The idea is to grow the relationship and develop the case study
- Client contact is a professional service provided to a client, measured in increments of an hour.
- Students record the hours and will also be able to produce case notes describing the service and client's progress.

Self Practice:

- The requirement is 39 self practice hours
- Self practice is the time students develop a practice of mind-body with what they are learning in the class, measured in increments of an hour.
- Students record the hours and will also be able to produce case notes describing the practice and self progress.

Student Homework:

- Students will be assigned homework to read class materials and come to the sessions prepared to discuss the content with the teacher.
- Estimated time for that is 2 hours/week

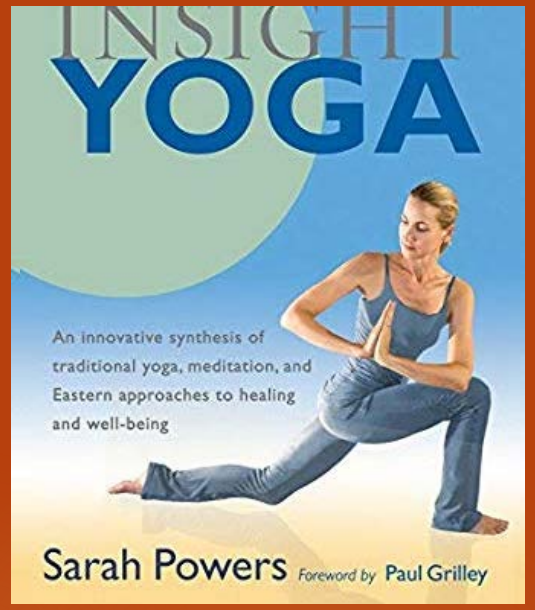
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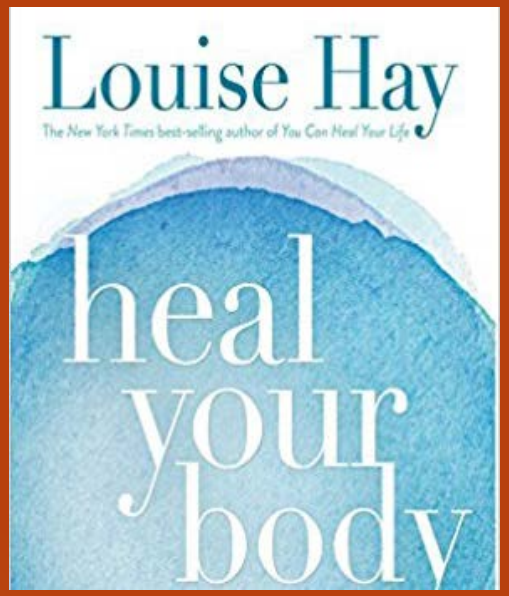
70 Hours Training
39 Contact Hours, 65 Non-Contact Hours

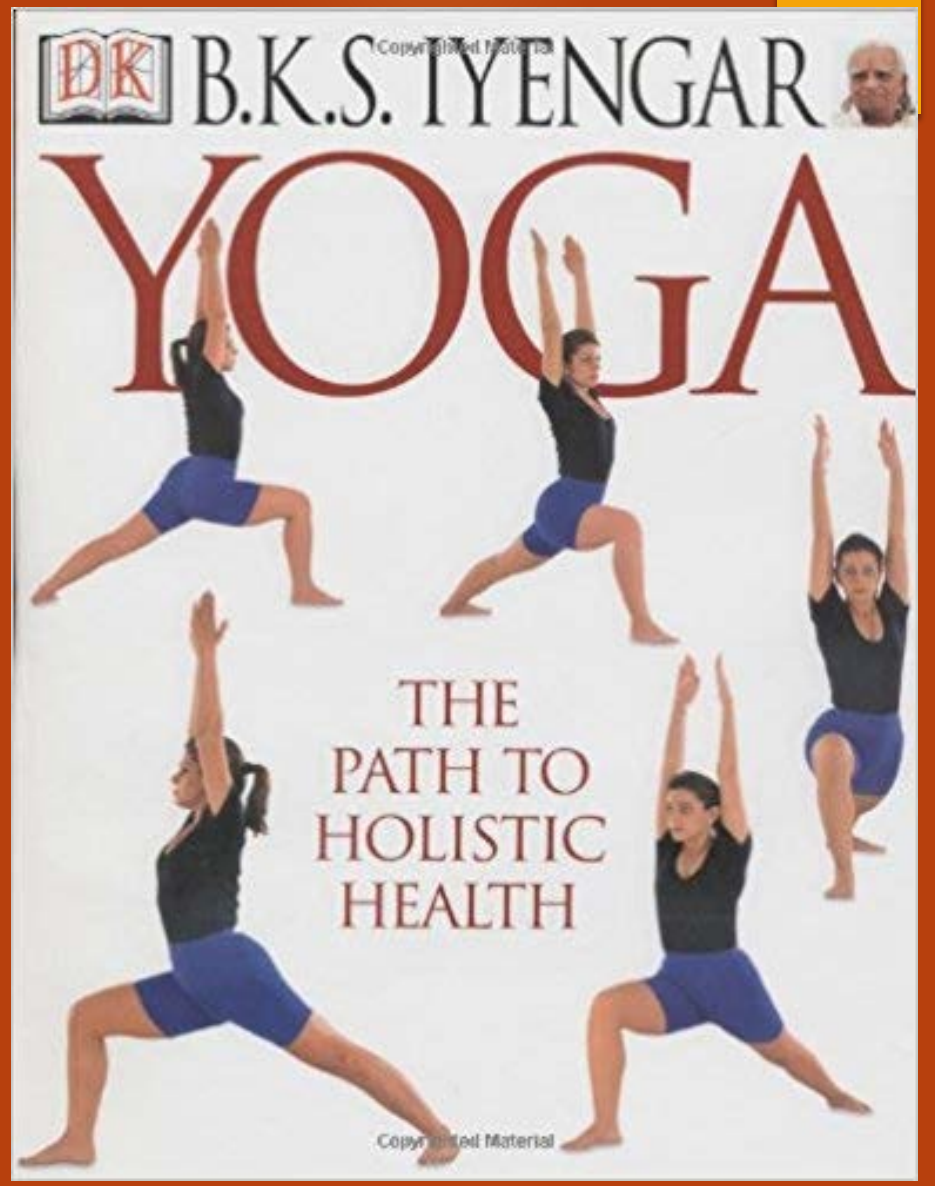
Location	• Zoom virtual live sessions • Google classroom for homework assignments and collaboration • Facebook discussion group during and post course community building
Schedule	• Saturday/Sunday 10:30 am – 12:00 pm EST Theory and Practice with Tijen • Wednesdays 11:00 am EST Somatic and Subtle Inquiry Mentor Sessions with Tijen
Prerequisites:	• Basic yoga practice/knowledge • Basic coaching practice/knowledge
CEUs	• Yoga Alliance :up to 104 Hours • ICF: up to 12 Hours Core Competencies / 92 Resource Development • NBHWC: up to 39

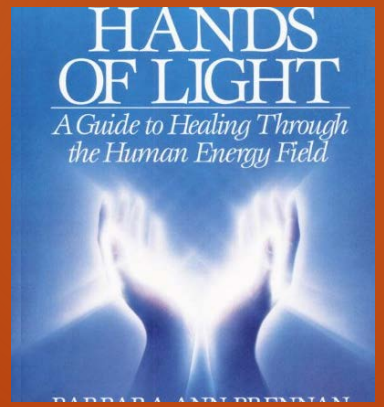
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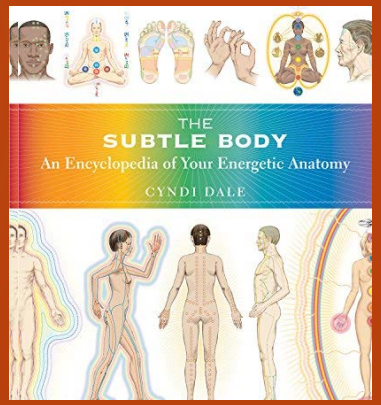
Required Reading Materials











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Required Mind-Body Practice Materials

- Bolsters x 2
- Yoga strap
- Blanket(s)
- Pillows x 2
- Yoga chair









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Course Fee and Inclusions

Inclusions

- 39 Contact Hours with Tijen Genco, MS, MCC, NBHWC, E-RYT200, MBB
- Ability to watch session recordings offline
- Google classroom interactions with course mates
- Somatic Coaching with Tijen Genco Facebook Group

- Yoga Alliance :up to 104 Hours
- NBHWC: up to 39
- ICF: up to12 Hours Core Competencies / 92 Resource Development

Payment Options

- $2,400 full payment
- Make four payments of $615 every 14 days
- Make four monthly payments of $625



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Resources

- Bolsters
- 6 FT Strap
- 10FT Strap
- Blankets: You may use your own blankets at home
  - Cotton Yoga Blankets: This is a bundle deal. You may order one and share the cost with the other participants.
  - Plush Blanket
- Foam Yoga Blocks 4“
- Chair: You only need 1 and need to unscrew the back to turn this into a yoga chair. Cheaper this way…
- Optional Pillow Covers
- Optional Adjustable Pillow 1
- Optional) Adjustable Pillow 2 or Optional Adjustable Pillow 2: I have the fist one. 2nd looked ok to me as well.
- Yoga Mats
  - What I use for myself
  - What I use for clients
  - Another option for mat for restorative style yoga
- Optional) Yoga Towel
- Optional) Ankle Weights: This is an alternative to sandbags that gives more option to utilize
- Optional Gloves and Socks: This style of yoga often doesn’t require strong ability to hold on to the mat. But still might be useful to have these.
- Optional Pendulum

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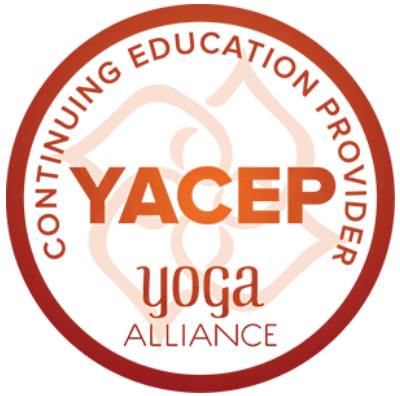






Infinite Possibilities for your Business

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