



SOMATIC YOGA THERAPY TRAINING PROGRAM GUIDE

675-HR SYT DIPLOMA +
875-HR SYT CERTIFICATION



Somatic Yoga Therapy is a holistic adjunct therapy that integrates traditional bio-psycho-social-spiritual Yoga Therapy applications through a somatic, inquiry-based lens. Our 675 HR Diploma program allows graduates to earn an Advanced Yoga Teacher Designation while qualifying to become a 875-HR Somatic Yoga Therapist.

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ABOUT MANDORLA YOGA INSTITUTE

Mandorla Yoga Institute is an accredited Canadian school that has been dedicated to supporting embodied healing since 2007. We welcome students who are interested in attending our programs for personal healing and for professional growth.

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ABOUT STEFANI WILTON

Stefani was first introduced to somatic work in her youth as part of her theatre arts education. As a neurodivergent person, she was drawn to body-based expression and became passionate about the exploration of emotion through freeform movement and Vinyasa Flow Yoga. This curiosity led her to focus her B.A. (Cultural Studies) thesis on how redemptive themes in the Arts can invite self-reflection and healing of the shadow-self. In her twenties, she had the opportunity to work with a Phoenix Rising Yoga Therapist who introduced her to somatic-therapy-informed-yoga. This inspired her to pursue studies with Robin Rothenburg in the foundations of Viniyoga Therapy and with Jack Kornfield in the practice of Mindfulness Meditation. She became a Certified Yoga Therapist in 2009 (C-IAYT). These practices largely inform the embodied way that Stefani experiences and teaches yoga. Stefani went on to study Thai Yoga Massage in Thailand, the US, and in Canada, and then pursued a Myofascial-Osteopathic-informed Massage Therapy designation in 2012 (RMT 2200 HRS), which contributes to the unique way in which Stefani integrates Somatic Bodywork practices into her work.

Stefani's vision for Somatic Yoga Therapy and Somatic Embodiment Yoga further developed as she immersed herself in the study of Adaptive and Restorative Yoga as well as Integrative Somatic Therapy Practice (ISTP) at the Integrative Somatic Studies Institute in Vancouver, BC, where she is honored to be a faculty member. Stefani is a creative innovator who joyfully endeavors to share her therapy work in 1:1 and group settings, with collaborative work in clinics in AB, ON, and BC alongside her private practice and educational work through Mandorla Yoga Institute. She has a rich history of community building where she owned her first yoga studio in Sarnia, ON and proudly now calls Calgary, AB home with her family.



Mandi Mack RMT, C-IAYT
Ayurvedic Marma Therapy Teacher
/Somatic/Trauma-informed Practitioner
mandimack.com

Mandi is a Therapist with 21 years of experience specializing in complex cases. Using a unique blend of Massage, Eastern therapies including Ayurveda, Traditional Thai, and Yoga Therapy, she delivers a trauma-sensitive approach with a focus on nervous system regulation.

Additionally, she is a passionate entrepreneur, curious rebel, spiritual adventurer, transformation leader, Shamanic practitioner, and the creator of Vedic Smudge. Her mission is to inspire curiosity in the world through embodied experimental exploration with a focus on ceremony, ritual, indigenous practices, alternative health, massage, yoga, spirituality, meditation, mystic, and esoteric explorations. She also teaches and hosts women's groups, retreats, and more.

Dr. Erin Tremblay R.Ac., E-RYT
Traditional Chinese Medicine Teacher/
Somatic/Trauma-Informed Practitioner &
Birth Doula
erintremblay.ca

Dr. Erin Tremblay is a Doctor of Acupuncture with a background in anti-oppressive practice from her undergraduate studies in Rural Development and Sociology at Augustana University. With additional training and life experience in supporting women through birth as a doula and Traditional Chinese Medicine Practitioner, Erin specializes in guiding her clients through the complexities of life transitions.

Dr. Erin is gifted in supporting others in accessing ease within their own bodies and is a strong proponent for cultivating rest and pleasure as deep pathways for healing.





3

STEPS TO BECOME A SOMATIC YOGA THERAPIST

1

PROGRAM PRE-REQUISITES:
200-HOUR YOGA TEACHER TRAINING
CERTIFICATION (SEYT THROUGH
MANDORLA IS RECOMMENDED)
OR A MASTER'S LEVEL DEGREE IN A
MENTAL HEALTH RELATED FIELD

2

675-HOUR DIPLOMA IN SOMATIC
YOGA THERAPY (GRADUATES OF
MANDORLA'S SEYT TRAINING
RECEIVE ADVANCED STANDING
AND ARE EXEMPT FROM THE FIRST
75 HOURS)

875-HOUR SOMATIC YOGA
THERAPIST + INTEGRATIVE
THAI YOGA MASSAGE
PRACTITIONER
PROFESSIONAL
CERTIFICATION (INCLUDES
THE 675-HOUR DIPLOMA)

3

24 - 30
MONTHS

HOW LONG DOES IT TAKE TO EARN YOUR SYT CERTIFICATION?


3 - 6
MONTHS

200-HOUR SOMATIC EMBODIMENT
YOGA TEACHER TRAINING (REQUIRED
FOR INDIVIDUALS WHO DO NOT HAVE A
200 HR YOGA CERTIFICATION OR A
BACKGROUND IN MENTAL HEALTH)

12 - 15
MONTHS



COMPLETE THE 675-HOUR
DIPLOMA IN SOMATIC YOGA
THERAPY (SEYT GRADS ARE
EXEMPT FROM THE FIRST 75 HRS)

875-HOUR SOMATIC YOGA
THERAPIST + INTEGRATIVE
THAI YOGA MASSAGE
PRACTITIONER
PROFESSIONAL
CERTIFICATION (INCLUDES
THE 675-HOUR DIPLOMA)

12
MONTHS



3 - 6 MONTHS

WHEN CAN I START TEACHING?

**3 - 6
MONTHS**



OUR 200 HOUR YOGA TEACHER TRAINING IS REGISTERED WITH THE YOGA ALLIANCE. YOU MAY START ACTIVELY TEACHING AS SOON AS YOU GRADUATE FROM THIS PROGRAM.

**12 - 15
MONTHS**



OUR 675-HOUR DIPLOMA IN SOMATIC YOGA THERAPY ALLOWS YOU TO REGISTER AT THE RYT500 LEVEL WITH THE YOGA ALLIANCE, CYA, AND NAMASTA. THIS ALLOWS YOU TO PRACTICE AS AN ADVANCED SOMATIC YOGA TEACHER/ SOMATIC YOGA THERAPIST-IN-TRAINING.

**12
MONTHS**



OUR 875-HOUR SOMATIC YOGA THERAPIST + INTEGRATIVE THAI YOGA MASSAGE PRACTITIONER PROFESSIONAL CERTIFICATION ALLOWS YOU TO REGISTER WITH CYA AND THE NHPC WITH ELIGIBILITY TO ACCESS STUDENT MEMBERSHIP FOR INSURED PRACTICE DURING YOUR PRACTICUM. GRADUATES OF THIS PROGRAM EARN THE C-SYT AND C-ITYM DESIGNATION.

HOW ARE THE 100% ONLINE + PROGRAMS INTERNATIONAL DELIVERED? HYBRID



**100%
ONLINE/
HYBRID**

THE 200-HOUR SOMATIC EMBODIMENT YOGA TEACHER TRAINING IS OFFERED WITH THE OPTION TO ATTEND 100% ONLINE, OR YOU MAY ATTEND THE 5-DAY IMMERSION IN PERSON IN CALGARY, AB, CANADA, AND OTHER INTERNATIONAL LOCATIONS.

**INTERNA-
TIONAL
HYBRID**



OUR 675-HOUR DIPLOMA IN SOMATIC YOGA THERAPY REQUIRES YOU TO ATTEND TWO 5-DAY IMMERSIONS IN CALGARY, AB, CANADA OR ABROAD. THE REMAINDER OF YOUR PROGRAM IS 100% ONLINE (SEYT GRADUATES ARE EXEMPT FROM THE 1ST 5-DAY IMMERSION AND NEED ONLY ATTEND THE 2ND IMMERSION.

OUR 875-HOUR SOMATIC YOGA THERAPIST + INTEGRATIVE THAI YOGA MASSAGE PRACTITIONER TRAINING REQUIRES YOU TO ATTEND TWO IN-PERSON IMMERSIONS IN CALGARY, AB, CANADA OR ABROAD AT THE START AND END OF YOUR PROGRAM. THE FINAL IMMERSION INCLUDES A GRADUATION CEREMONY AND SHOWCASING OF YOUR WORK. THE REMAINDER OF THIS PROGRAM OCCURS ONLINE.

**INTERNA-
TIONAL
HYBRID**



SELF-STUDY + LIVE CLASSES

WHAT DOES THE CURRICULUM INCLUDE?



**100%
ONLINE/
HYBRID**

OUR 200-HOUR SOMATIC EMBODIMENT YTT IS APPROPRIATE FOR PROFESSIONAL GROWTH AND PERSONAL HEALING. WHILE WE HAVE AN APPLICATION PROCESS TO ENSURE INTEGRITY, NO PRIOR YOGA EXPERIENCE IS REQUIRED. THIS CURRICULUM FOCUSES ON NERVOUS SYSTEM REGULATION THROUGH EMBODIED SOMATIC PRACTICE.

**INTERNA-
TIONAL
HYBRID**



OUR 675-HOUR DIPLOMA IN SOMATIC YOGA THERAPY BEGINS WITH A 5-DAY SOMATIC EMBODIMENT IMMERSION, THAT IS FOLLOWED BY SELF-STUDY MODULES IN THE FRAMEWORK OF SYT METHODOLOGY. WE THEN MEET FOR A 2ND 5-DAY IMMERSION IN SYT BIOMECHANICS + FUNDAMENTALS. WE THEN SPEND 5 X (6 WK) ONLINE SEMESTERS FOCUSED ON THE BIO-PSYCHO-SOCIAL-EMOTIONAL-ENERGETIC APPLICATIONS OF SYT USING PEDAGOGY THAT IS ROOTED IN EXPERIENTIAL PRACTICE + APPLICATIONS.

OUR 875-HOUR SOMATIC YOGA THERAPIST + INTEGRATIVE THAI YOGA MASSAGE PRACTITIONER TRAINING BUILDS ON THE 675-HR DIPLOMA WITH AN EMPHASIS ON THE EMOTIONAL-MENTAL APPLICATIONS OF SYT AND INTEGRATES THAI MASSAGE + AYURVEDIC MARMA THERAPY INTO SYT PRACTICE WHILE SUPPORTING THE COMPLETION OF YOUR SYT PRACTICUM.

**INTERNA-
TIONAL
HYBRID**



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675-HOUR SYT DIPLOMA CURRICULUM

12 - 15 MONTH PROGRAM

(DEGREE IN MENTAL HEALTH RELATED FIELD OR 200HR YOGA CERT REQUIRED)

75 HOUR SOMATIC EMBODIMENT STUDIES (3 MONTHS)

- SEYT GRADUATES ARE EXEMPT FROM THIS PORTION OF THE PROGRAM -

- IN-PERSON IMMERSION (5 DAYS) WITH ONLINE OPTION - EXPERIENTIAL SOMATIC EMBODIMENT YOGA SKILLS FOR CULTIVATING NERVOUS SYSTEM RESILIENCE THROUGH EMBODIED PRACTICES, SOMATIC MOVEMENT, SENSORY MODULATING TOOLS, AND RESTORATIVE YOGA
- EMBODIED ANATOMY AND ENERGETIC ALIGNMENT
- SOMATIC YOGA SEQUENCING
- EMBODIED TEACHING
- EMBODIED TEACHING PRACTICUM (TEACH 5 SOMATIC EMBODIMENT YOGA CLASSES)

SELF-STUDY MODULES: (2 MONTHS)

- SOMATIC YOGA THERAPY FOUNDATIONS 1
 - ESTABLISHING THE FRAMEWORK AND METHODOLOGY OF SYT
- SOMATIC YOGA THERAPY FOUNDATIONS 2
 - ESTABLISHING THE LANGUAGE OF SYT (CLINICAL, ANATOMICAL, SOMATIC, AYURVEDIC, AND YOGIC)
- SOMATIC YOGA THERAPY FOUNDATIONS 3
 - AYURVEDIC FOUNDATIONS + NERVOUS SYSTEM FUNDAMENTALS FOR TRAUMA RESPECTFUL PRACTICE

IN-PERSON IMMERSION (5 DAYS)

- SOMATIC YOGA THERAPY FUNDAMENTALS
 - INTRO TO AYURVEDIC 5 ELEMENT THEORY
 - MYOFASCIAL INFORMED BIOMECHANICS OF ASANA AND CULTIVATING SKILLS FOR RECOGNIZING MALADAPTIVE PATTERNS

ONLINE MODULE 1, THE EARTH ELEMENT (6 WEEKS)

- SOMATIC-EMOTIONAL AND SOMATIC ENERGETIC SYT APPLICATIONS FOR WORKING WITH FEAR AND PANIC, RELEASING THE MYOFASCIAL BLADDER MERIDIAN, AND RESTORING ENERGETIC ALIGNMENT TO THE LOWER BODY

ONLINE MODULE 2, THE WATER ELEMENT (6 WEEKS)

- SOMATIC-EMOTIONAL AND SOMATIC-ENERGETIC SYT APPLICATIONS FOR WORKING WITH ANGER, HATRED, JEALOUSY, AND ENVY; RELEASING THE MYOFASCIAL LIVER MERIDIAN, AND RESTORING ENERGETIC ALIGNMENT TO THE PELVIS

ONLINE MODULE 3, THE FIRE ELEMENT (6 WEEKS)

- SOMATIC-EMOTIONAL AND SOMATIC-ENERGETIC SYT APPLICATIONS FOR WORKING WITH SHAME, GUILT, CONFUSION, WORRY, AND OVERWHELMING THOUGHTS; RELEASING THE MYOFASCIAL STOMACH MERIDIAN; AND RESTORING ENERGETIC ALIGNMENT TO THE ABDOMEN AND DIAPHRAGM

ONLINE MODULE 4, THE AIR ELEMENT (6 WEEKS)

- SOMATIC-EMOTIONAL AND SOMATIC-ENERGETIC SYT APPLICATIONS FOR WORKING WITH HAPPINESS, CONTENTMENT, JOY, AND ANXIETY; RELEASING THE MYOFASCIAL HEART MERIDIAN; AND RESTORING ENERGETIC ALIGNMENT TO THE LOWER CHEST AND SHOULDER

ONLINE MODULE 5, THE ETHER ELEMENT (6 WEEKS)

- SOMATIC-EMOTIONAL AND SOMATIC-ENERGETIC SYT APPLICATIONS FOR WORKING WITH SADNESS, GRIEF, DEPRESSION, AND APATHY; RELEASING THE MYOFASCIAL LUNG MERIDIAN; AND RESTORING ENERGETIC ALIGNMENT TO THE UPPER CHEST AND NECK

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A woman with long brown hair, wearing a white button-down shirt, is performing a Thai yoga massage on a person lying on their back on a dark mat. The person being massaged is wearing a light-colored, possibly white, long-sleeved shirt and is in a relaxed pose with their arms extended upwards. The background is a plain, light-colored wall. The overall tone of the image is calm and professional.

875-HOUR SYT DIPLOMA CURRICULUM

12 MONTH PROGRAM

(THIS PROGRAM BUILDS ON THE 675-HR DIPLOMA AND IS COMPRISED OF 200 HRS OF STUDY)

SELF-STUDY MODULES: (2 MONTHS)

- INTEGRATIVE THAI YOGA MASSAGE COURSEWORK
- CASE STUDY RESEARCH + COMPLETION OF PRACTICUM PROJECT

IN-PERSON IMMERSION (5 DAYS)

- INTEGRATIVE THAI YOGA MASSAGE AND AYURVEDIC MARMA THERAPY

SUPERVISED PRACTICUM (10 MONTHS)

- OBSERVE, EXPERIENCE, AND FACILITATE SYT WITH FEEDBACK AND APPLIED GROUP WORK - HYBRID MODEL ALLOWS ATTENDANCE IN PERSON OR ONLINE

GRADUATION WEEKEND (3 DAYS)

- CASE STUDY PRESENTATIONS AND ADVANCED SYT PRACTICE, FOLLOWED BY A MEANINGFUL GRADUATION CEREMONY AND CELEBRATION (FAMILY MEMBERS, FRIENDS, AND OTHER MEMBERS OF OUR COMMUNITY ARE INVITED TO ATTEND)

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SCHOLAR -SHIPS, PAYMENT PLANS + GRANTS

WHAT IS THE TUITION INVESTMENT?

200HR



AS AN ACCREDITED EDUCATIONAL INSTITUTION IN CANADA, ALL MYI PROGRAMS ARE TAX DEDUCTIBLE AND RRSP/RESP ELIGIBLE. IN ADDITION, OUR PROGRAMS ARE ELIGIBLE FOR FUNDING THROUGH THE CANADA JOB GRANT.

THE INVESTMENT FOR THE 200 HR YTT IS \$3333 CAD, HOWEVER SCHOLARSHIPS AND PAYMENT PLANS ARE AVAILABLE TO REDUCE YOUR TUITION BY UP TO \$1,000.

675HR SYT



TUITION FOR THE 675-HOUR DIPLOMA IN SOMATIC YOGA THERAPY IS \$8950 CAD. GRADUATES OF THE SEYT TRAINING PROGRAM HAVE REDUCED TUITION FEES OF \$7600 CAD.

TUITION FOR THE 875-HOUR SYT + ITYM TRAINING IS \$4950 CAD. TUITION IF ENROLLING IN THE FULL 875 HR TRAINING IS \$13,900 CAD. WE PROVIDE PAYMENT PLANS AND ENROLLMENT VERIFICATION LETTERS FOR RRSP AND RESP WITHDRAWALS AND GRANT APPLICATIONS.

875HR SYT+ ITYM (675HR + 200HR PRACTICUM)

PROGRAM DATES

2025/2026

Somatic Embodiment Studies
Next Session: July 28-Aug 1, 2025
Calgary, AB or ONLINE

675-HR SYT Diploma Program
Next Session: July 2025 Self-Studies
In-Person Immersion: Sep 15 - 19, 2025
Online Studies: Sep 2025 - May 2026

875-HR SYT Certification Program
In-Person Immersion: Sep 8 - 12, 2025
Online Studies: Sep 2025 - May 2026
Graduation Weekend: June 12 - 14, 2026



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TESTIMONIALS

"My journey learning Somatic Yoga Therapy with Stefani started as a self-exploration of boundaries, limits, and finding space internally where I can feel and embody safety, comfort, and self-compassion. Stefani was not only a teacher, a guide, or a mentor, she became one with us. She feels your experiences and guides you through them with the gentlest and softest approach. I embarked on this journey feeling a little scared with not knowing what to expect and I am grateful for all that this experience has taught me about the somatic experiencing of trauma and how our bodies can tell stories we have forgotten. I am grateful for the growth I have experienced and my ability to bring this experience to my own space and the individuals I work with. I am grateful for how I have learned to listen to behaviors and what the body speaks, it is no longer agitation that I see but rather a story being told through the unspoken thoughts we leave behind. We often have a choice in what comes out of our mouths but this training has taught me to listen to both as the unspoken truth through bodily sensations is as valid and powerful, if not at times more, than what we chose to let out. One of my biggest teachings I would say is that this training is not your typical training to learn a new approach, it's becoming part of a community, a family, of people learning how to be vulnerable, people learning how to support, and people learning how to just be. I am grateful for every bit of this journey and would embark on it again and again in a heartbeat."



Christelle Chouier M.A.,
Registered Psychotherapist -
800-hour SYT Graduate

"Stefani Wilton is a pioneer in the field of restorative yoga and somatic body work. Her expertise in connecting the body and mind to heal the (S)self is essential for every body. Whether you are new to restorative yoga and somatic healing or well versed in it, Stefani's work will guide and inspire. Stefani's teachings have helped me find self-discovery and self-healing while assisting others to do the same both in the therapy office and on the yoga mat."



Nikki Hemstad-Leete, MSW,
Clinical Therapist, Be The
Change Counselling - RYT200
Graduate

"There's a reason I keep coming back to Mandorla for somatic yoga training. Stefani's teachings are a salve that the world needs, providing a transformative and empowering learning environment for those wanting to become somatic yoga therapists. This program creates high quality teachers. 10/10 recommend. I will forever be a student at Mandorla."



Emma Gourlie, Life Coach &
Embodied Movement Teacher
- 800-hour SYT Graduate