



World Transplant Games Federation

# 'EMBODYING YOUR TRANSPLANT' LIVE CLASS SERIES

PRESENTED BY TINA

CLARKE

*wellness*

## WHAT IS SOMATIC (BODY-BASED) PRACTICE



Somatic practice is a form of body-centered therapeutic practice that looks at the connection of both the mind and the body when healing from a life altering experience.

The transplant process requires a lot of physical, emotional and mental processing. Although we have survived and are grateful, certain aspects of that journey remain with us. Many of us are left with lingering alterations in our nervous system, which affect our moods, our ability to handle stress, sleep issues and more – it is a little different for everyone.

Through somatic practices, you can learn to safely explore the landscape of your body, understand your sensations, and rebuild your sense of trust and friendship with your body.

The somatic approach is gentle, non-invasive and self-regulating. It involves building awareness through sensation, movement, breath, self-touch and sound.

Through therapeutic somatic play, you may find that you regain a deeper sense of being 'back in your body', have a greater feeling of self-empowerment, mental wellness and feel more at ease in your everyday life.

## ABOUT TINA CLARKE



The live classes will be conducted by Tina Clarke, from Tina Clarke Wellness.

Tina has Cystic Fibrosis and received a double lung transplant 7 years ago.

She has worked for over 20 years as a wellness & body orientated therapist, specialising in working with those who have chronic disease and organ transplant. After years of gathering, exploring and experimenting, Tina believes that knowledge and tools are a fantastic way to feel empowered even with chronic conditions, where you can often feel so defeated or lost.

Qualifications: Yoga 200hr RYA teaching certificate, Body Mind Centering Certificate, Online trauma course with Peter Levine, Online Somatic training with the Somatic Institute.

## HOW TO JOIN

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- Join by registering at [www.wtgf.org/refitforlife/embodying-your-transplant-live-class-series/](http://www.wtgf.org/refitforlife/embodying-your-transplant-live-class-series/)
- Or send an email to [fitforlife@wtgf.org](mailto:fitforlife@wtgf.org)
- Classes will take place live on Zoom and you will be sent the Zoom link details before the class series starts
- To allow best interaction with each other, your cameras will be on during zoom, so please set up somewhere quiet and comfortable
- Classes are limited to 25 participants

## ABOUT THE CLASS

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- Classes are open to everyone (you must be at least 4 month post-transplant)
- Classes are offered at no cost
- The first class starts on Wednesday 26th May 2021, and will be held at the same time every Wednesday thereafter for 8 consecutive weeks
- Classes will take place at 19h00 (CEST)
- Please set aside 1 hour for each class, in a quiet and comfortable space
- The classes are slow and gentle with simple movements, and you do not need to be physically fit or aerobically active to join
- Wear something comfortable or stretchy clothing that allows for free movement
- You will need a mat or blanket to sit on, plus a cushion or two and a blanket for covering
- Tina will spend a short portion at the beginning of each class discussing the class and allowing time for sharing and questions
- Tina will then move onto the "live class" where the somatic practices will be carried out
- In the class you will learn these key practices: Stillness, Gentle Movement, Somatic Exercises, Breath work and Mindfulness
- Throughout this 8 class series, Tina will provide you with techniques to help you learn and understand your resilient and incredible body

## IMPORTANT TO NOTE

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- Participants must be at least 4 months post-transplant
- These classes are not suitable for those with medium - severe medical trauma
- We recommend you consult with your transplant team before starting the class

# CLASS OUTLINE



## **CLASS 1: 26th May 2021**

- Acknowledgement about what we have been through and its effects on our body and mind
- Introduction to a somatic body-mind approach and it's unique ability to help us process what we have been through
- Exploring this in our own body-mind with some simple somatic explorations

## **CLASS 2: 2nd June 2021**

- Understanding & physically experiencing the Nervous System
- How trauma/extreme stress can come from living with serious illness or rapid decline in health, and then transplant
- Building our internal & external "Resources" for creating a greater sense of safety in body-mind

## **CLASS 3: 9th June 2021**

- Learning to track sensation for accessing the information in our body-mind  
Learning how to Titrate and Pendulate to gently approach our body and feelings
- Exploring tension and holding, and pleasure and ease

## **CLASS 4: 16th June 2021**

- The Vagus Nerve and it's important role in our body and mind
- Tracking the vagus nerve in our own body and practicing some exercises for stimulating it within a soothing movement practice

## **CLASS 5: 23rd June 2021**

- The Core Self: Understanding & accessing it
- Learning the importance of 'present time', practicing coming back to Core Self in challenging times or whenever we go outside our 'window of tolerance'

## CLASS OUTLINE

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### **CLASS 6: 30th June 2021**

- Open talk and exploration of fears & worries post-transplant
- Noticing patterns in mind and body and exploring new possibilities of thinking
- Moving and breathing – 'Repatterning'

### **CLASS 7: 7th July 2021**

- Exploring and speaking about changes in bodily appearance post transplant:
- Mirror work, exploring sensations of feelings, creating friendship with body, closing gap between any misalignment of perceptions and reality, approaching acceptance & self love through nurturing

### **CLASS 8: 14th July 2021**

- Practicing what we have learnt; exploring how to respond to our needs
- Allowing body intelligence to blossom, exploring joy of freedom of movement & deeper friendship with body
- Embracing your improved health & potential post-transplant

## DISCLAIMER

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The World Transplant Games Federation, nor Tina Clarke Wellness are responsible for the well-being of participants, and are not liable in any way for the emotional, mental, or physical side effects that may arise from taking these classes.

Please ensure you take care of yourself and only perform exercises suitable for you, or as advised by your Health Professional. Please monitor your health & well-being during and after each of these classes and take the appropriate steps needed to care for your mental and physical health.

## CONTACT US

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For more information, please email [fitforlife@wtgf.org](mailto:fitforlife@wtgf.org)