

CENTER FOR  
EMBODIMENT  
MEDICINE

# *EMBODIMENT MEDICINE TRAINING*

CONSCIOUS DANCE & EXPRESSIVE ARTS  
TRAINING FOR THERAPISTS

SANTA CRUZ, CALIFORNIA  
MAY 2026 – JAN 2027

@THE CENTER FOR EMBODIMENT MEDICINE

303 POTRERO ST. 29-307, SANTA CRUZ, CA

+ TANNERY ARTS STUDIO

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DR. RACHEL JORDANA HORODEZKY

# OVERVIEW + PHILOSOPHY

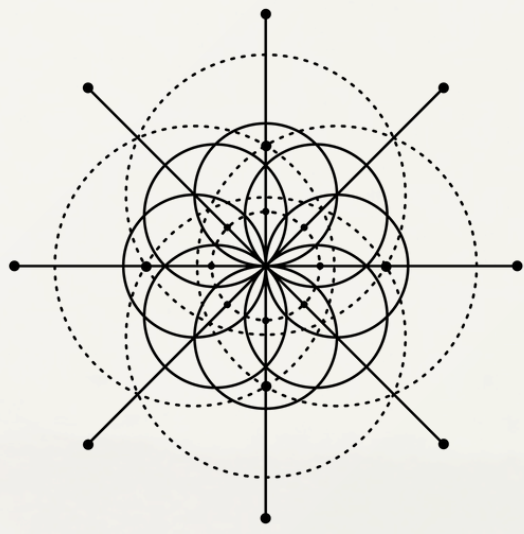
An 8 month long, experiential training and certification in a trauma-informed, somatically grounded approach to therapy — integrating conscious dance, expressive arts, eco-therapy, and clinical depth.

Developed by Dr. Rachel Jordana Horodezky, PsyD, this training invites licensed and pre-licensed therapists into a transformative process that brings creativity, presence, and movement into clinical practice.

This is not just a training — it's an initiation into embodied, artful therapeutic work.

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# *Meet Your* INSTRUCTOR



*Dr. Rachel Jordana  
Horodezky, PsyD25159*

Founder and Clinical Director of the Center for  
Embodiment Medicine, Licensed Clinical  
Psychologist, Mother, Bad Ass DJ, and Conscious  
Dance/ Expressive Arts Faciliator.

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# *MODULE 1 — EMBODIMENT*

THE THERAPIST AS INSTRUMENT

IMMERSION WEEKEND #1: MAY 22-24 2026

FRIDAY MAY 22 4PM-7PM

SATURDAY MAY 23 10AM-4PM

SUNDAY MAY 24 10AM-4PM

**Core Inquiry:** How do I cultivate the capacity to be a regulated, present, and embodied guide for others?

## **Focus Areas:**

- Foundations of Embodiment Medicine
- Nervous system literacy & polyvagal theory
- Therapist embodiment & co-regulation
- Conscious dance foundations
- Expressive arts for resourcing

## **Zoom Sessions:**

- Somatic attunement in clinical work
- Therapist nervous system hygiene
- Embodied living and expressive arts labs

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# *MODULE 2— FACILITATION*

HOLDING TRANSFORMATIONAL SPACE

IMMERSION WEEKEND #2: SEPT 25-27 2026

FRIDAY SEPT 25<sup>TH</sup> 4PM-7PM

SATURDAY SEPT 26 10AM-4PM

SUNDAY SEPT 27 10AM-4PM

**Core Inquiry:** How do I hold space for others' embodied processes with depth, clarity, and creative trust?

## **Focus Areas:**

- Arc of a conscious dance journey
- Expressive arts for processing
- Group dynamics & trauma-informed space
- DJing & musical curation
- Practice facilitation & ritual design

## **Zoom Sessions:**

- Case Consultation
- Final Projects Part 1
- Final Projects Part 2

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# *MODULE 3— ARTISTRY + SOUL*

NATURE, RITUAL & CREATIVE INTEGRATION

IMMERSION WEEKEND #3: JAN 29-31 2027

FRIDAY JAN 29 4PM-7PM

SATURDAY JAN 30 10AM-4PM

SUNDAY JAN 31 10AM-4PM

**Core Inquiry:** How do I synthesize my knowledge, creativity, and presence into a uniquely artful therapeutic offering?

## **Focus Areas:**

- Eco-therapy and land-based ritual
- Transpersonal healing
- Designing therapeutic ceremony
- Mapping your authentic practice path
- Closing ritual & harvest

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# *CERTIFICATION + TUITION*

## Certification Requirements:

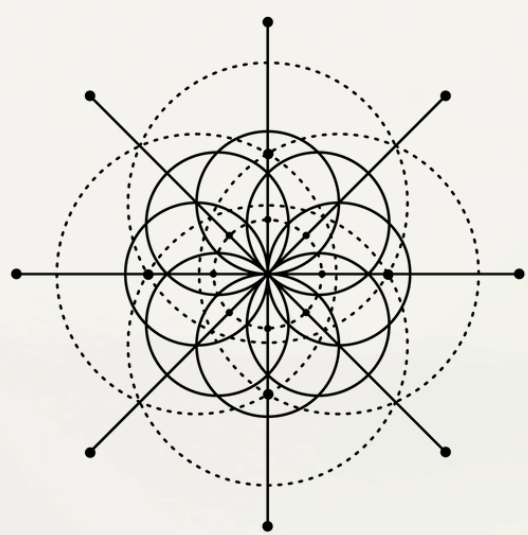
- Attendance at all 3 immersions
- Participation in 4 Zoom sessions
- Final project presentation:  
Ritual, Case Presentation or Teaching

## Tuition:

- Early Bird: \$4,200 (by Jan 1 2026)
- Standard: \$4,800
- Payment plans available
- BIPOC scholarships available

Registration opens Summer 2025

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*Apply*  
TODAY

SEND AN E-MAIL TO  
RACHELJORDANA@GMAIL.COM TO  
REQUEST AN APPLICATION

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