



HOW TO SPEND YOUR FIRST 2 WEEKS WITH SOMATIC INTELLIGENCE



New to the *SI Wisdom Academy*?

With various classes suddenly available to you for practice, it might feel overwhelming to choose your first class or figure out where to get started, especially if you're new to movement and somatic practices in general. We created this beginner's guide to the *Somatic Intelligence Wisdom Academy* to help you make the most of your first two weeks using your membership.



- **Duration** – See how long each program is. You can only pick one category at a time.
- **Mentors** – See what each mentor offers or pick various mentors at the same time.
- **Style** – Pick the subject you wish to learn most about.
- **Difficulty** – See what level of difficulty the program that interest you is.

When you combine these various options together you narrow down the pick, allowing you to get more accurate with finding what you wish to learn and shift. You can also programs sort by Newest, Most Popular, More Relevant, and A to Z.

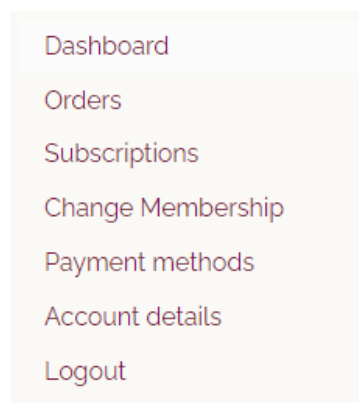
Playlists

Would you like to combine different lessons from various programs and create your own morning routine, your favourite somatic practices, winding down routine, and any other kind of playlist to enhance your learning and commitment?

Then we have just the thing for you! Visit the [Playlists page](#) (login first) and watch the video at the top of the page to learn how Playlists are created and how to navigate them once you have various playlists.

My Account

Clicking on My Account will take you to where you can edit your information and membership settings, access your billing and subscription history, and more. You will find inside:



Support

You can reach our support via email with a click of a button.



CHOOSE YOUR FIRST PROGRAM IN THE *SI WISDOM ACADEMY*

A common question we get when people first start their membership is "How do I know which program to start with?"

Here are some of our go-to ways for choosing a program:

- **Define your *intention*** - what it is that you want to shift or learn, for example, you might want more confidence, more resilience, to learn how to heal your trauma, or how to embody your divine feminine energy etc. Then pick the program that is best suited for this subject.
- **Define your *emotional availability*** - how available are you to do the enriching work? If you feel like you are ready to dive in, take on the deeper longer programs. if you wish to keep it light as you get started pick, for example, a 15-Day challenge with one simple practice a day.
- **Define your *time commitment*** - what is your time commitment as you get started - how much time can you allocate to studying/practicing a day - 10 minutes, half an hour, an hour? And then pick where to get started based on it. If you have more time, take on more, if you have less time, keep it light.
- **Define your *curiosity*** - do you wish to try a lot right of the bat getting a taste of what is there, and then to start deepening, or do you wish from the get-go to take something and repeat it till it integrates. Every type of learning style is welcome. Check within you for what resonated with you and will work for you.
- **Define your *difficulty*** - Are you a beginner? At an intermediate level? An advanced member? Do you wish to repeat your foundation or wish to learn new things?



START PRACTICING & GET INVOLVED WITH THE **SOMATIC INNER CIRCLE** COMMUNITY.

Welcome to our SI family!

Even though this is an online platform, we offer a community like no other - safe, supportive, and unconditionally held - the perfect space for healing and personal growth.

Included in your membership is an invitation to join our [Somatic Inner Circle Community](#) through Mighty Networks, for the duration of your membership, where you can join lively exclusive trainings with Chen Lizra, ask all of your questions in exclusive lives Q&As, bond deeply with other like-minded change-makers on the same journey of self-growth from all around the world, and feel belonging and truly supported. You can also find a button inside o the Wisdom Academy that directs you to it.

Also, if you're not practicing with anyone else and you're looking for an accountability or study buddy, this is the place! Every day, you can find in our community members asking for and sharing advice and talking about all things somatics, growth, and healing. We're waiting for you inside!

Events

RSVP to live events where Chen Lizra shares unique wisdom enhancing and exemplifying your learning and be live with her and the rest of the members in our VIP section during the lives where you can interact and ask questions.

Our quarterly Meet & Greet – Live your Truth event is like no other. We guide you on the basics of 'witnessing' others and how to deeply drop with complete strangers in a safe environment into deep trust and being received emotionally. This practice is a game changer for many who carry any kind of trauma – big or small. (Available to yearly members only).

Groups

Join the Meet & Greet group for lives where you'll learn how to deeply relate to other community members from all over the world, showing up as your true self. You will meet other change-

makers and make real profound connections and friends. Or if you wish for an accountability or study buddy, join the group and gain extra support. (Available to yearly members only).

Explore Courses

Can't make it to a live or to all lives, catch all the wisdom in the Inspirational Live Replays. Included is a library of past inspirational replays on many deep and profound subjects including guest interviews. (Available to yearly members only).

Join these weekly simple activities

Each Tuesday Chen shares a YT video and invites you to participate in a powerful somatic practice of feeling others and deepening your ability to 'witness' them.

On each Friday our Community Manager, invites you to celebrate your wins of the week. This is a powerful weekly habit because we tend to judge and critique ourselves so badly. By celebrating our wins, we stop the negative self-talk and move into positive affirmations.

On every Monday our Community Manager invites the annual members inside the accountability group to share what they commit to for the coming week, what challenges they have met in staying accountable, and tips for keeping your motivation high.

Email notifications and not getting too many emails

We do our utmost to think of your whole journey with us. Normally, as a member in the Wisdom Academy you will get a weekly Somatic Wisdom Newsletter on Mondays. And once a month a members' newsletter dedicated only to our Wisdom Academy members.

If you are getting lots of other emails it's because you have not managed your notifications inside of the Somatic Inner Circle. You can choose to get a message for each action that takes place inside of our community, a daily digest, or turn email notifications off completely. if you are not sure how to do this please reach out to our Community Manager.

If you're a fan of the 'gram, follow Chen Lizra [@clizra](#) on Instagram for profound stories, deep insights, and somatic practices. She's always sharing something new every single day.

Somatics and movement are a never-ending practice. We're always learning more about ourselves, growing, and deepening in our journey.

We are happy to support you on this gorgeous journey of unfolding.

Welcome to the SI Wisdom Academy!

