ECO-SOMATICS

6-Month Advanced Practitioner Training

Month 1 - Eco-Ancestors, Eco-Epigenetics

Advanced Training with Dr Azra - November 3rd, 2-5 PM EST TUE

Advanced Training with Dr Azra - November 12th, 2-4:30 PM EST THURS

Symbiotic Movement with Lizzy - November 18th, 1-3 PM EST WED

Practitioner Circle with Dr Azra - November 24th, 2-3 PM EST TUE

Month 2 - Aquatic Layer

Advanced Training with Dr Azra - December 1st, 2-4:30PM EST TUE

Advanced Training with Dr Azra - December 9th, 2-4PM EST WED

Symbiotic Movement with Lizzy - December 16th, 1-3 PM EST WED

Month 3 - Mammalian Layer

Advanced Training with Dr Azra - January 6th, 2-4:30 PM EST WED

Advanced Training with Dr Azra - January 12th, 2-4PM EST TUE

Symbiotic Movement with Lizzy - January 20th, 1-3 PM EST WED

Practitioner Circle with Dr Azra - January 26th, 2-3 PM EST TUE



Dr Azra Bertrand, MD



Lizzy Zima

ECO-SOMATICS

6-Month Advanced Practitioner Training

Month 4 - Apex Layer

Advanced Training with Dr Azra - February 2nd, 2-4:30 PM EST TUE

Advanced Training with Dr Azra - February 10th, 2-4 PM EST WED

Symbiotic Movement with Lizzy - February 17th, 1-3 PM EST WED

Month 5 - Dragon Layer

Advanced Training with Dr Azra - March 2nd, 2-4:30PM EST TUE

Advanced Training with Dr Azra - March 10th, 2-4PM EST WED

Symbiotic Movement with Lizzy - March 17th, 1-3 PM EDT WED

Practitioner Circle with Dr Azra - March 23rd, 2-3 PM EDT TUE

Month 6 - Mother Tree Layer

Advanced Training with Dr Azra - April 6th, 2-4:30 PM EDT TUE

Advanced Training with Dr Azra - April 14th, 2-4 PM EDT WED

Symbiotic Movement with Lizzy - April 21st, 1-3 PM EDT WED

Closing Circle with Dr Azra - April 27th, 2-3 PM EDT TUE



Dr Azra Bertrand, MD



Lizzy Zima