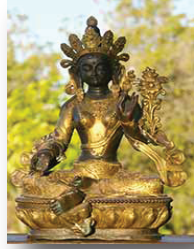


# Sumanas Retreat Forum



February, 13th, 2013 at 6:30pm

1605 Bath Street, Santa Barbara, CA  
RSVP 805-722-8043

## Heal Trauma Gently

Healing trauma is about reorganizing and integrating responses that have overwhelmed us. When someone has had trauma in their lives, whether it is a one time occurrence or chronic, the nervous system can get stuck in a defensive response, resulting in physiological and psychological symptoms.

Healer Dani Antman will talk about healing trauma, PTSD, and stress in the nervous system. This ground breaking work allows for trauma to heal gently through building nervous system capacity and regulation. Dani will describe how we can bring our selves and our clients from a hypervigilant defended state, to a relaxed and resourced place. She will talk about resourcing, resiliency, pendulation, titration and discharge in terms of the sympathetic and parasympathetic nervous systems to have an understanding of how to help clients in their process.

She will do a short demonstration of the process with a volunteer from the audience.



Dani Antman is an internationally known energy healer and counselor, in Santa Barbara, CA. She is a graduate of the Barbara Brennan School of Healing, a 4 year training in Healing Science. She also is a student and teacher of Kabbalah, having spent 9 years as Senior teacher, with A Society of Souls, a school of Kabbalistic healing. She is currently specializing in PTSD and Trauma Healing in Somatic Experiencing. She just completed a 3 year training in Somatic Experiencing, the work of Peter Levine. Dani is also an Interfaith Minister, and officiates at weddings in Santa Barbara and Southern California. [www.daniantman.com](http://www.daniantman.com)

SUMANAS RETREAT FORUM is a lecture series on topics of health and well-being by local, national and international healers, therapists, artists and health professionals. The lecture series is open to the public, especially, to those who are interested in health and healing, relaxation, rest, recovery, and renewal. For more information visit [sumanasretreat.org](http://sumanasretreat.org) or call 805-722-8043.