

PULSING

Rhythmic Bodywork

PRACTITIONER TRAINING - 2027

*A professional and personal journey into
touch, rhythmic movement, breath and embodied awareness.*

Facilitated by Betty Mezzarano

19–21 March 2027	16–18 April 2027	15–16 May 2027
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8 Training days - Maximum 8 participants

The Humble Hub / The Humble Heart
St Leonards-on-Sea, East Sussex

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DISCOVER PULSING

1. Welcome to the Pulsing Practitioner Training

This is an immersive, experiential training for anyone drawn to learning a form of bodywork based on rhythm, movement, touch, breath, presence and deep listening.

Across three modules over three weekends, you will develop practical skills while deepening your understanding of the work through giving and receiving Pulsing, observation, guided practice and reflection. The time between modules offers space to practise, integrate and build on your learning.

The intention is that you leave not simply knowing how to practise Pulsing, but feeling confident in your ability to offer a safe, responsive and deeply connected experience to your clients.

2. What Is Pulsing?

Pulsing is a gentle yet dynamic form of rhythmic bodywork that combines flowing, wave-like movements, rocking, stretching, holding and gentle mobilisation of the joints and limbs.

It can be invigorating and playful, deeply relaxing and nurturing. Through rhythmic movement and attentive touch, Pulsing invites a sense of ease, connection and freedom within the body.

Our physical experience is closely connected with how we feel, think and respond to the world around us. Over time, we may develop habitual patterns of tension, holding and protection — often described as *body armour*. These patterns can influence how we move, how we experience ourselves and how we relate to others.

By bringing attention to physical sensations, restrictions and patterns of holding, we can begin to work with the emotional and energetic patterns that may lie beneath them. This can happen indirectly, through the physical experience itself, or more explicitly, by exploring the connections between bodily sensations, emerging emotions and our ways of being in the world. In this way, Pulsing can support greater awareness, ease and freedom of expression.

Pulsing can be practised as a bodywork approach in its own right, and some practitioners also integrate it into psychotherapeutic work. In this context, the physical experience may provide a starting point for exploring emotional patterns, personal history and habitual ways of relating, with the process guided by the practitioner's training, experience and professional scope of practice.

How Does a Pulsing Session Work?

The receiver remains fully clothed and lies comfortably on a treatment table. The practitioner establishes a continuous rocking rhythm through the body, introducing a variety of movements that may include gently lifting, stretching, bouncing, rotating, swinging and shaking the limbs.

The receiver is invited to relax into the support of the practitioner, letting go of the effort of directing each movement and becoming curious about the sensations and responses that arise.

The rhythm, pace and range of movement can shift from slow and meditative to dynamic and energising, inviting new ways of experiencing the body. Through this variety, the receiver has an opportunity to notice physical sensations and feelings, explore different responses and become more aware of the emotional and energetic dimensions that may be associated with familiar patterns of tension and holding. For some people, this may also bring feelings, memories or habitual patterns of being into awareness. Within this unfolding, new possibilities of being may emerge.

The experience can be both physical and meditative, supporting relaxation, ease of movement, fuller breathing, a sense of aliveness and a closer connection with the self.

There is space for stillness, spontaneous movement and pauses, allowing the experience to unfold without pressure or expectation. Each person's experience is unique. The practitioner works responsively, respecting individual boundaries and allowing the session to unfold at the receiver's own pace.

3. Benefits of Pulsing

Pulsing can support physical wellbeing, relaxation and emotional balance, while encouraging greater body awareness, ease of movement and a deeper connection with yourself. Each experience is individual, and the effects will vary from person to person.

Potential benefits may include:

- Relax and unwind
- Restore energy and vitality
- Explore habitual patterns of tension and holding
- Release muscular tension and joint stiffness
- Ease emotional stress and anxiety
- Encourage deeper, more relaxed breathing
- Improve physical flexibility, mobility, balance and coordination
- Reconnect with natural body rhythms
- Increase body sensitivity and self-awareness

- Enhance sensuality and connection with the body
- May increase libido
- Explore playfulness and discover new possibilities
- Bring feelings, memories and imagery into awareness
- Support blood and lymph circulation
- Encourage digestive movement
- Promote restful sleep and potentially ease insomnia

Pulsing is not simply a physical experience; it invites us to explore the many layers of our being and how we experience ourselves.

4. Suitability and Contraindications

Pulsing combines rhythmic movement of the body and sustained touch, and may influence how we experience physical sensations, emotions and memories. It is therefore important to consider your physical and psychological wellbeing before receiving a Pulsing session or participating in the training.

The same contraindications that apply to receiving a Pulsing session also apply to taking part in the training, as students will both give and receive Pulsing throughout the course.

Physical Considerations

Pulsing involves movement of the musculoskeletal system and stimulates the body's fluid systems. Certain physical conditions may make this type of bodywork unsuitable or require particular care.

These include:

- Recent fractures, injuries or surgery
- Contagious illnesses or infectious diseases
- Pregnancy
- A slipped or herniated disc
- Cardiovascular conditions, including thrombosis or serious varicose veins
- Advanced osteoporosis
- Cancer
- Epilepsy or other neurological conditions
- Significant symptoms or health problems that have not yet been diagnosed

Pulsing generally involves encouraging movement and opening in areas of tension and restriction. It may be less suitable for people with hypermobility, whose joints can move beyond the usual range and who may need a different approach to movement and support.

This list is not exhaustive. If you have a medical condition, are recovering from an injury or operation, or are uncertain whether Pulsing is appropriate for you, please seek advice from a suitably qualified healthcare professional and speak to me before booking.

Psychological and Emotional Considerations

Because of its regressive effect, Pulsing can be a deeply absorbing experience. The combination of touch, rhythm and supported movement may bring a person into an altered state of awareness or evoke emotions and memories connected with earlier experiences.

For some people, this can feel nourishing and liberating. For others, particularly those experiencing significant psychological difficulties or unresolved trauma, it may feel overwhelming or destabilising.

Particular care is needed for people experiencing or living with:

- Schizophrenia or other conditions that significantly affect contact with consensual reality
- Dissociative disorders
- Post-traumatic stress disorder (PTSD) or complex PTSD (C-PTSD)
- Recurrent or severe panic attacks
- Significant unresolved trauma, including experiences of physical or sexual abuse

A history of abuse does not automatically mean that Pulsing is inappropriate. However, body-centred work involving touch and movement can bring up difficult feelings or memories. Where there is a significant history of trauma, it is important to consider carefully whether participating is right for you at this time. Prior therapeutic support may be important, and individual circumstances should be discussed before joining the course.

If you have concerns about your suitability for Pulsing or the training, please contact me confidentially before booking so that we can discuss your circumstances.

5. Is This Training Right for You?

This is an experiential, shared learning environment in which participants take turns giving and receiving Pulsing. The process can be personal and meaningful, and you may encounter unexpected physical sensations, emotions or memories as you deepen your awareness of yourself.

The training is designed to teach the practice of Pulsing and develop practical skills, sensitivity and embodied awareness. While personal exploration is an important part of the learning process, the training is not a substitute for personal therapy, medical treatment or individual psychological support. It cannot provide the level of individual care that some participants may need.

It is important to consider your own physical and psychological circumstances and whether you feel ready to take part in this kind of experiential learning. Each participant is responsible for communicating to me any concerns that could affect their participation. Consent, personal boundaries and the freedom to express your needs, pause or decline an exercise or practice are respected throughout the training.

If you are unsure whether the course is suitable for you at this time, please contact me confidentially before booking. We can discuss your circumstances and consider the most appropriate next step.

EXPLORING THE TRAINING

6. Who Is the Training For?

The Pulsing Practitioner Training offers an opportunity to deepen existing skills, explore a new approach to bodywork or embark on a personal journey of embodied learning.

The training may be particularly valuable for:

- Bodyworkers and massage therapists
- Holistic and complementary practitioners
- Counsellors, psychotherapists and other therapists
- Trauma-informed practitioners
- Doulas and birth workers
- Yoga, Tai Chi and Qigong teachers
- Dance and movement practitioners, including dance movement therapists
- Performing arts practitioners
- Healers and wellness professionals
- Practitioners wishing to broaden their existing skills
- Anyone interested in personal development through a whole-person approach to the body

You do not need previous experience of Pulsing or a background in professional bodywork. The training welcomes both beginners and experienced practitioners.

What matters most is curiosity, openness and a willingness to learn through direct experience.

Pulsing invites you to develop not only practical skills, but also the sensitivity, presence and awareness needed to work responsively with another person. Throughout the training, you will

have opportunities to explore your own experience of receiving the work, observe others, practise new techniques and reflect on what you discover.

Whether you are developing an existing practice or exploring a new direction, the training provides a foundation from which to deepen your understanding of Pulsing and continue developing your skills.

Your previous experience, personal qualities and professional background will all contribute to the learning environment, creating opportunities for shared exploration, exchange and discovery.

7. What You Will Learn

Across the eight training days, you will develop a practical repertoire of Pulsing techniques and learn how to bring them together into a flowing, coherent session.

You will learn basic 40 moves and techniques that can be adapted and sequenced in different ways to create a session of approximately one hour. Your repertoire can continue to expand with experience and further training.

Through giving and receiving Pulsing, you will build practical skills, deepen your body awareness and develop the sensitivity, confidence and presence needed to work responsively with another person.

Practical Skills and Techniques

You will learn to:

- Give a complete Pulsing session of approximately one hour, working with both the front and back of the body
- Establish and maintain continuous, rhythmic rocking throughout the body
- Work with the limbs using swinging, lifting and gentle mobilisation
- Explore a range of techniques, including stretching, pulsing, cradling, holding and rotation
- Vary the rhythm, pace and quality of movement in response to the person receiving
- Experiment with different styles, approaches and ways of working
- Work with stillness as well as movement
- Use touch in a safe, respectful and responsive way
- Develop effective practitioner positioning, grounding and presence
- Open and close a session in a grounded and contained way
- Adapt your approach to different bodies, needs and sensitivities
- Work with breath and bodily awareness to support the receiver's experience
- Recognise spontaneous bodily responses and respond without forcing an outcome
- Use verbal guidance, where appropriate, to support awareness and exploration

Developing Sensitivity and Awareness

A central part of the training is learning to notice the relationship between touch, movement, sensation and the body's responses. Rather than trying to make something happen, you will develop the ability to pay attention to what is already happening and respond with sensitivity.

You will learn to recognise and respond to:

- Changes in breathing and muscular tension
- Subtle movement responses, stillness and settling
- Signs of activation, discomfort or overwhelm
- Changes in emotional expression
- Personal boundaries and the need for space
- Moments when it may be appropriate to slow down, pause or allow time for integration

Through practice, you will learn to adjust the pace, rhythm and quality of your touch rather than rely on a fixed approach. The aim is to develop the confidence and sensitivity to meet each person as an individual, allowing each session to unfold at a pace that respects their needs and responses.

Personal and Embodied Development

Although this is a professional practitioner training, Pulsing is also an invitation into your own embodied exploration.

Through receiving the work and noticing your own responses, you may develop:

- Greater body awareness and sensitivity
- Deeper self-connection
- Greater trust in your own perceptions
- An increased capacity for presence
- Awareness of habitual patterns
- A greater sense of ease and embodied confidence

Your own experience becomes an important part of your professional learning. The more deeply you understand the experience of receiving Pulsing, the more thoughtfully and sensitively you can offer the work to others.

Questions We Explore Through Practice

Pulsing invites an ongoing process of exploration, curiosity and discovery. Throughout the training, you will have opportunities to reflect on questions such as:

- What does it mean to be connected and present?
- What is my intention when I touch another person?
- What does this movement invite, and how does rhythm affect the body?
- How can I recognise when to continue, slow down or change direction?
- How can I work with resistance without forcing or overriding it?
- What happens when I allow stillness, pause and space?
- How can I follow the body's responses rather than direct the experience?
- What creates a sense of safety, trust and respect for boundaries?

These questions are not intended to have definitive answers. They offer starting points for observation, reflection and learning through direct experience.

8. How the Training Works

The training is experiential, hands-on and practical. Each module combines demonstrations, discussion, observation, receiving and giving Pulsing, guided practice, reflection and integration.

You will spend substantial time practising in pairs, with guidance and feedback throughout. Learning takes place not only through practising techniques, but also through receiving the work, observing others and reflecting on the different ways Pulsing can be experienced and offered.

The training unfolds across three modules over three weekends (8 days), allowing time between each stage to practise, integrate and deepen your understanding. Peer exchanges between modules are a required part of the training and must be completed in order to successfully complete the course and receive a certificate.

The intention is to build your skills progressively, moving from learning individual movements towards developing a flowing, responsive session that you can adapt to the person receiving.

9. A Small, Supportive Learning Group

The group is limited to a maximum of eight participants. This allows time for individual attention, questions and practical guidance, while giving the group space to develop trust and connection across the three modules.

Working in a small group creates opportunities to learn from one another's experiences, explore different approaches and receive feedback in a supportive environment.

Everyone brings their own background, experience and way of perceiving the work. The training encourages curiosity, respect and openness, allowing participants to develop at their own pace while contributing to the shared learning process.

10. Safety, Consent and Professional Boundaries

Pulsing involves sustained touch and rhythmic movement of the body. Physical and emotional safety are therefore important considerations, both when receiving a session and throughout the training, where students regularly give and receive the work.

Throughout the training, you will be encouraged to work within your own boundaries and to respect those of your practice partner. Developing sensitivity to another person's responses, communicating clearly and remaining attentive to their needs are essential aspects of the practice.

Consent is an ongoing process, not a one-time conversation. It remains central throughout each session. You can say no, ask for a movement to stop, request a different approach, change your mind, pause or take time to integrate.

You will explore how to recognise when an approach needs to be adapted, when to pause and when Pulsing may not be appropriate. Developing an awareness of the limitations and scope of the work is an essential part of responsible practice.

The training is educational and experiential; it is not intended to replace medical care, psychological treatment or personal therapy.

As already stated above, if you have a significant physical or psychological condition, a recent injury or surgery, are pregnant, have a neurological or cardiovascular condition, experience hypermobility, or have any other concerns about participating, please contact me confidentially before booking so that we can discuss your circumstances.

11. Professional Practice and Scope of Practice

Alongside learning the practical techniques of Pulsing, you will explore the professional responsibilities involved in offering bodywork to others.

These include:

- Informed consent and professional boundaries
- Appropriate touch and client communication
- Practitioner presence and safe practice
- Adapting sessions to individual needs and sensitivities
- Recognising when referral may be appropriate
- Practitioner self-care and awareness of personal limitations

The training provides practical skills that may be incorporated into an existing bodywork or therapeutic practice, subject to your qualifications, insurance and professional scope of practice.

It does not qualify you as a medical professional or psychotherapist. Anyone intending to work in a psychotherapeutic capacity should hold appropriate qualifications for that work.

THE TRADITION AND QUALIFICATION

12. The Lineage of Pulsing

Pulsing was developed in California in the late 1970s by Curtis Turchin, a chiropractor whose work drew on bodywork approaches including the Trager Approach and Postural Integration. The latter was influenced by Reichian body psychotherapy, among other approaches.

Turchin was particularly fascinated by the Trager Approach, with its gentle, rhythmic rocking and its respectful, supportive way of working with the body. He was drawn to the quality of this rocking movement, which he associated with the rhythm of an infant in the womb, described as approximately 120–160 beats per minute. He valued its non-forceful approach, allowing the body to respond naturally to movement rather than imposing change.

Turchin recognised the potential of rhythmic rocking as a way of working with habitual muscular tension and the protective patterns Wilhelm Reich described as *body armour*. Although the Trager Approach was not developed as a Reichian therapy, Turchin saw how its gentle, supportive qualities could offer an indirect way of working with these holding patterns, encouraging the body to soften and dissolve its armour.

Building on these influences, Turchin developed his own form of bodywork, placing greater emphasis on rhythmic rocking, the mobilisation of joints and limbs, and the interconnected experience of body and mind. He created a whole-body sequence designed to encourage skeletal expansion and greater mobility. As the body experiences a greater sense of space and freedom in movement, the muscles are invited to lengthen and adapt to changing patterns, potentially easing tension and rigidity.

Turchin's approach brought together rhythmic, movement-based bodywork with an understanding of the relationship between physical holding and emotional experience. Rather than focusing on isolated symptoms or areas of the body, Pulsing takes a whole-person perspective, exploring how movement, sensation, breath and feeling are interconnected.

In 1978, Turchin demonstrated Pulsing at the Open Centre in London, where Silke Ziehl and Guy Gladstone were among those introduced to the work. Both went on to train with him and contribute to the development and teaching of Pulsing.

Richard Lawton later trained with Guy Gladstone and undertook advanced training with Silke Ziehl. He assisted Guy in his training programmes and continued the teaching tradition following Guy's retirement.

I have trained directly with Richard Lawton, learning within this lineage and continuing the transmission of Pulsing through my own practice and teaching.

My intention is to honour the roots and the essential qualities of Pulsing while carrying the practice forward and allowing it to evolve through direct experience and embodied understanding.

13. Guest Teacher: Richard Lawton

I am delighted that Richard Lawton has agreed to join us as a special guest teacher for one day of the training.

With many years of experience in practising and teaching Pulsing, Richard will share his knowledge through a demonstration and time for questions. This is a very rare opportunity to learn from someone who has played such an important role in carrying the Pulsing tradition forward.

14. Training Resources

Richard Lawton has also kindly made his Pulsing training manual and training videos available to students.

These resources complement the hands-on training, allowing you to revisit the material, consolidate your learning and support the continued development of your practice between modules and beyond the course.

15. Certificate and Pulsing Association Registration

On satisfactory completion of all three training modules, you will receive a certificate recognising you as a Pulsing Practitioner.

Graduates may also have the opportunity to register as Pulsing Practitioners with the Association, subject to meeting its requirements.

To register as a practitioner, you are expected to:

- Successfully complete the full training
- Receive sessions from an existing Pulsing practitioner to develop a personal, felt understanding of Pulsing as a professional modality

- Undertake peer exchanges with fellow students during the training to consolidate your learning and practice
- Hold a qualification in anatomy and physiology, or an existing bodywork qualification that includes this subject
- Undertake appropriate training in counselling or psychotherapy if you intend to practise in an explicitly psychotherapeutic capacity

The training provides a foundation in Pulsing practice. Any additional requirements for professional registration and practice remain the responsibility of the individual practitioner.

PRACTICAL INFORMATION

16. What's Included in the Training

The Pulsing Practitioner Training includes:

- Eight days of in-person practitioner training across three modules
- Demonstrations, hands-on teaching and supervised practice
- A planned special guest teaching session with Richard Lawton, subject to unforeseen circumstances
- A copy of Richard Lawton's Pulsing training manual
- Access to Richard Lawton's training videos
- Small-group learning, with a maximum of eight participants
- Time for questions, reflection, feedback and integration
- A certificate recognising you as a Pulsing Practitioner, on satisfactory completion of all three training modules
- The opportunity to apply for registration with the Pulsing Association, subject to its requirements

17. Training Dates, Times and Locations

The training comprises eight days across three modules, with time between modules to practise, integrate and deepen your learning.

Module 1 — Foundations and Front-of-Body Techniques

Friday 19 – Sunday 21 March 2027

Module 2 — Deepening and Back-of-Body Techniques

Friday 16 – Sunday 18 April 2027

Module 3 — Integration and Consolidation

Saturday 15 – Sunday 16 May 2027

Training Times and Venues

Fridays 19 March and 16 April

10:00 am – 5:30 pm

The Humble Heart

18 Silchester Road

St Leonards-on-Sea

TN38 0JB

All remaining training days

10:00 am – 6:00 pm

The Humble Hub

4–5 Shepherd Street

St Leonards-on-Sea

TN38 0ET

What to Wear

Wear comfortable cotton clothing that allows you to move freely, such as a T-shirt and joggers or leggings. No shorts.

You remain fully clothed when receiving Pulsing. Cotton is recommended, as Lycra can be slippery and make it more difficult for the practitioner to maintain a secure hold and carry out the movements.

18. Training Fees and Booking

Full Practitioner Training

Full fee: £999

Early booking fee: £860 if you reserve your place by 20 December 2026.

A £250 deposit is required to secure your place. The remaining balance is due two months before the training begins. If you book less than two months before the start date, the full course fee is payable at the time of booking.

To book, visit the training page on my website:

www.somaticpulsing.com/pulsingpractitionertraining

Alternatively, contact me at somaticpulsing@gmail.com to arrange a conversation and discuss any questions before committing. You can also send me a message on 07824 388 116.

I understand that choosing a training course is an important decision, and I welcome enquiries from anyone who would like to find out more before booking.

19. Terms and Conditions

By booking a place on the course, you agree to abide by these Terms and Conditions. Your place is confirmed once full payment has been received.

As the training involves both giving and receiving Pulsing, you are responsible for considering your physical, emotional and psychological fitness to participate. If you have any concerns or are in doubt, please contact me confidentially before booking to discuss your circumstances.

Booking, Cancellation and Refund Policy

14-Day Cooling-Off Period

After reserving your place with a deposit or full payment, you have a statutory 14-day cooling-off period. If you wish to cancel during this period, please notify me in writing by email within 14 days of your booking. You will receive a full refund, subject to your statutory rights.

If the Course Is Cancelled

If the course is cancelled, you will receive a full refund of the amount paid towards the course. However, we cannot reimburse any travel or accommodation costs you may have incurred in preparation for the course.

Cancellations by Participants

I understand that circumstances can change, and I aim to be as fair and flexible as possible. However, as a small business, I make financial commitments to the venue well in advance.

If you cancel after the 14-day cooling-off period but before the course begins, the refund will depend on the notice you give:

- **Two or more calendar months' notice:** 100% refund.
- **More than one calendar month but less than two calendar months' notice:** 50% refund.
- **One calendar month's notice or less:** No refund.

Withdrawal After the Course Begins

If you withdraw after the course has commenced, fail to attend, or are suspended from the course because of a breach of the course conditions, no refund will be given.

By booking, you acknowledge and agree to these cancellation and refund terms.

Guest Teacher

Richard Lawton is scheduled to join the training as a special guest teacher for one day. While his participation is planned, unforeseen circumstances may arise that make it impossible for him to attend. In this event, the training will continue as scheduled, with the teaching led by myself. Any changes will be communicated to participants. Richard's absence alone will not automatically entitle participants to a refund.

Expected Conduct

The training is a shared learning environment in which participants may share personal experiences and find themselves feeling open or vulnerable. Everyone is expected to respect the privacy of others and maintain strict confidentiality regarding personal information shared or experiences witnessed during the course. This confidentiality should continue beyond the training.

Please treat fellow participants with kindness, sensitivity and respect. Abusive, discriminatory or disruptive behaviour will not be tolerated.

Participants must not attend any training day under the influence of alcohol or recreational drugs.

Participants are asked to arrive clean and fresh, and to avoid wearing perfumes or strongly scented products out of consideration for others.

Failure to adhere to these expectations may result in being asked to leave the training or being suspended from the course. In such circumstances, no refund will be offered.

Begin Your Pulsing Journey

Learn. Experience. Share.

You are welcome to contact me for a conversation, ask questions about the training or discuss whether it is the right next step for you.

Betty Mezzarano

Website: www.somaticpulsing.com

Training details: www.somaticpulsing.com/pulsingpractitionertraining

Instagram: [@somaticpulsing](https://www.instagram.com/somaticpulsing)

Email: somaticpulsing@gmail.com