

THE COCOON METHOD

Breathe
Feel
Heal

Somatic Breathwork Practitioner Training

Holistic healing rooted in 17 years of practice

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WELCOME

A sanctuary for holistic health.

Cocoon is a holistic home for somatic breathwork, bodywork and nervous system healing. A grounded place for personal transformation and practitioner training, woven from seventeen years of practice. Many modalities. One safe place to land, learn, and become who you already are.

"Healing is not the goal. It is what happens on the way to who you already are."

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FROM THE FOUNDER

Hello, I'm Nina

Hi, I'm Nina, the founder of The Cocoon Method.

My journey into this work began in the most personal way possible, through my own desperate search for healing after cancer. I tried everything I could find: yoga, meditation, bodywork, completely changing my lifestyle. And while these practices helped, nothing quite reached the deeper layers of stress and trauma I was carrying. There was something beneath the surface that all these beautiful modalities could not quite touch.

So I kept searching, kept studying, kept going deeper. Over the last seventeen years, I've immersed myself in learning: positive psychology, Internal Family Systems, somatic therapy, nutrition and detox, tantra, pelvic healthcare therapy, chi nei tsang, lymphatics, fascia, Thai massage, craniosacral therapy, reiki, pranic healing. And right now, I'm deepening this wisdom even further by writing my PhD in metaphysics.

But it wasn't until I started weaving all of this together with my own feminine approach to breathwork, bodywork, and nervous system healing, that I finally experienced the transformation I'd been searching for. That moment changed everything, not just for me, but for how I understood healing itself.

That's why I created The Cocoon Method. Because I learned something crucial through all these years of study and practice: breathwork alone is not enough. Neither is just bodywork, or just therapy, or just energy work, or just nervous system regulation. True healing, the kind that reaches the root, not just the symptoms, requires us to look at all angles of someone's life. It requires us to understand the body, the breath, the energy, the fascia, the nervous system, the emotions, the spirit.

This is why this training goes so much deeper than most breathwork certifications. I am not just teaching you techniques. I am teaching you to become the kind of facilitator who can hold safe space, who can read a nervous system, who can sense what layer needs attention, who can guide someone to the source of what is holding them back, not just manage their symptoms.

And here is the truth: that journey starts with you. Each training I offer is designed to be a profound transformation for you first. Because you cannot guide someone to a place you have not been yourself. You cannot teach safety and trust if you have not embodied it.

This training is just the beginning of something much deeper. It is an invitation to do your own work, to reconnect with yourself at the deepest level, to regulate your own nervous system, and through that process, to become a truly embodied facilitator.

I cannot wait to share this journey with you.

The Cocoon Method

Breath, body and ritual brought together in one living method. At the centre, the breath and the nervous system. Around it, the modalities that address every layer of who you are: body, emotions, mind, energy, relationships and purpose. Not one tool. All of them, woven together, guided by seventeen years of knowing which one to reach for and when.

The pillars

Therapeutic breathwork. Functional and conscious connected breath, used as a precise tool for nervous system retraining.

Somatic bodywork. Fascia work, intelligent touch and embodied release. The body remembers how to soften.

IFS parts work. Internal Family Systems practiced somatically, meeting the parts that hold old stories from the body, not just the mind.

Live sound. Voice and live instruments, read in real time to meet what the room actually needs.

Evolutionary astrology. The architecture of your nervous system, made visible before a single word is spoken.

Ritual and integration. Daily practice that rewires safety into the body and creates lasting transformation.

The People

Nina

Founder and lead somatic therapist

Seventeen years of practice across Germany, Asia, Europe and internationally. Nina leads the breath retraining and repatterning, somatic bodywork, IFS parts work and lineage work. She also sings, her voice woven into every live session as medicine, a human dimension within the sound that reaches differently than any instrument.

Mariano

Co-facilitator. Sound, movement and astrology

His live sound is not a playlist. He reads the room in real time and plays to what he feels, choosing each instrument and frequency to meet what is present. He also holds somatic movement, yoga, somatic bodywork, decoding your unique nervous system architecture, spirituality and philosophy, and psychological evolutionary astrology.

Each location is also co-held by a hand-picked Cocoon practitioner who knows the land, the language and the people. Details for your chosen location live on the locations page.

What Happens in a Session

Before the client arrives

A Cocoon session begins before anyone walks through the door. The facilitator has already read the person, their intake form, their birth chart, the architecture of their nervous system that astrology makes visible before a single word is spoken.

The assessment and the Decision Tree

The first minutes of a session are a calibration. Body language, breath pattern, the quality of the story and what the nervous system underneath the story is actually doing. The Decision Tree is the framework that determines what this person actually needs right now.

The breath, the sound, the touch

When breath comes, it comes as a gateway. Therapeutic breath retraining that works with the nervous system's own intelligence. The sound is live. The touch is precise and trauma-informed. One facilitator for every five people.

For groups

Group facilitation is a different skill from one to one work. Reading a room simultaneously, tracking where the collective nervous system is, when to bring the sound forward and when to hold still, is learned separately.

"Soft is not the opposite of deep here. It is the condition for it."

The Practitioner Training

A seven day in-person immersion together with a three month online journey. You become the expert of your own nervous system, and learn to guide others with confidence. The training is rooted in real depth and held in small, intentional groups.

A one-of-a-kind breathwork and healing training

The Cocoon Method is not just another breathwork program. It is a full-spectrum, deeply immersive training that integrates breath, bodywork, nervous system healing and intuitive facilitation.

With hundreds of practitioners trained worldwide, our approach has helped healers, therapists and coaches step into their power and transform their practice.

Now, you can experience this life-changing training with hands-on learning, expert mentorship and a supportive global community. This is a journey of embodiment, empowerment and deep healing, and we are here to guide you every step of the way.

About the method

The Cocoon Method is a holistic healing approach that integrates Internal Family Systems (IFS), breathwork, movement, sound, energy work, bodywork and somatic therapy to create deep, lasting transformation.

We look at all angles of your life: how you live, breathe, think and feel. We do not just address symptoms. We go to the root, helping you discover what is truly holding you back and what needs to shift for real, lasting healing.

Unlike traditional breathwork that can activate or overwhelm the nervous system, we create a safe container. First, we teach you tools to feel safe enough to release what you have been holding. Then we guide you through safe integration, so the transformation actually lands in your life.

We work slowly, with presence and care, listening to your body's signals and honouring exactly where you are. This is healing that reaches the source, not just the surface.

Who It Is For

This is for you if you are one of these, or simply feel the call:

Personal Growth Seekers. Heal emotional wounds, release stress and reconnect with your true self.

Aspiring Breathwork Facilitators. Learn to confidently guide others through trauma-informed breathwork sessions.

Wellness Professionals and Healers. Expand your skillset in holistic healing, bodywork and energy work.

Yoga and Meditation Practitioners. Deepen your practice by incorporating breath-based healing techniques.

Coaches and Therapists. Integrate breathwork and somatic healing into your existing client work.

Anyone Called to Healing Work. Whether for yourself or others, this method offers a profound, structured path to transformation.

No previous breathwork experience is required. What you bring is your willingness to meet yourself first, then to learn the craft of meeting others.

What Makes It Different

More than breathwork alone.

Breathwork Beyond Techniques. Scientific breath assessment, conscious breath shifts and nervous system-informed facilitation.

Integrated Somatic Bodywork. Release stored trauma through hands-on techniques that reshape breathing patterns for long-term transformation.

Internal Family Systems (IFS). Work with inner parts, trauma patterns and emotional regulation to reach deeper healing.

Movement, Sound and Energy. Understand how breath connects to the body, emotions and energy flow, and discover the depth of practices that help you facilitate true transformation.

Astrology and Archetypal Psychology. Discover your unique healer's blueprint and learn how to guide clients based on their life's path.

Sound Healing and Voice Activation. Use vibrational therapy to enhance emotional release, self-expression and nervous system balance.

Detox and Nutrition. Learn how diet, hydration and gut health influence the breath and the emotional body.

Business and Leadership. Turn your passion into a thriving, sustainable healing practice.

What Is Included

Everything you need, nothing you don't.

Training sessions and materials

- Daily in-person breathwork, bodywork and movement practices
- Hands-on trauma-informed facilitation training
- Advanced breath pattern analysis and nervous system techniques
- Partner exercises and supervised one to one practice
- Cocoon Practitioner Manual and access to an Online Learning Portal
- Somatic tools, energy work methods and astrology insights
- Daily integration circles and guided reflections
- Access to recorded modules for continued learning

In-person experience

- Vocal activation and sound healing sessions
- Additional embodiment practices that vary by location
- Space for rest, reflection and embodied learning
- A nourishing lunch provided during in-person training days

Ongoing mentorship and support

Included with the full three month Embodiment Program.

- Three month mentorship with live breathwork sessions
- Monthly Q&A and feedback calls
- Real client case study reviews and facilitator guidance
- Business support to launch or grow your one to one practice
- Lifetime access to a global community of Cocoon Method facilitators

Investment and Locations

Each in-person training is held in a private venue with a small group and the full team of facilitators.

What your investment includes

- Seven day in-person immersion, with accommodation and meals where applicable
- Three month online journey and lifelong access to the recordings
- All teaching, materials and certification
- Flexible payment plans, often over three or six months at no interest

Held with care

A non-refundable deposit secures your space. If the remaining balance is not paid by the communicated due date, we reserve the right to cancel your enrolment without issuing a refund. If you opt for a payment plan, your first payment secures your spot, and you are committed to completing all remaining payments regardless of whether you finish or attend the entire program. Late or incomplete payments may incur additional fees or lead to termination of access.

Specific pricing, dates, early bird windows and currency vary by location and live on each location page.

What is not included

- Travel to the venue
- Optional private sessions before or after the training

Frequently Asked

Do I need previous experience?

No. The training welcomes complete beginners as well as experienced practitioners. The framework meets you where you are.

Is the in-person part mandatory?

Yes for full certification. The somatic depth happens in the room together. The online modules complement the in-person work and continue for three months after.

Where will the in-person immersion be held?

We run trainings in several locations. Current locations and dates live on the locations page.

What if I cannot attend the live calls?

Every call is recorded and you have lifetime access. We also build small pods so you can rewatch and integrate together.

Is there a payment plan?

Yes. Flexible three or six month plans, no interest. Write to us and we will hold a place while you arrange it.

What happens after certification?

You become part of the Cocoon community. You can step into the Ambassador or Regional Leader pathway, train further as a Teacher, and earn through referrals and your own events.

Work With Us

Three paths to bring The Cocoon Method into your world.

The Organiser

For retreat leaders, festivals, hotels, yoga studios and venues. We come fully equipped and deliver. Your event, your revenue. Or we co-create together and share the revenue.

The Practitioner

Train with us, become certified, and run sessions in your own community. Earn from every person you refer into a future training.

The Graduate

After completing the basic training, grow with the Cocoon community. Level up as Ambassador or Regional Leader, with the brand, marketing and global directory behind you.

Get in touch

Write to info@thecocoonmethod.life or book a free discovery call at www.thecocoonmethod.life. Tell us where you are in your journey and what you are called toward. We will write back personally.

"Breathe. Feel. Heal."

PRACTICAL

What to Bring

A few simple things.

- Comfortable clothing for movement and rest
- A refillable water bottle
- Personal care items
- A small blanket or shawl

You will receive a full pre-arrival guide for your specific location, with a detailed packing list and travel tips, once your spot is confirmed.

ENROLMENT

Next Steps

Four simple steps.

1. Choose your training. Select the location and program level that fits your goals.
2. Fill out the registration form. Share a few details to secure your spot.
3. Submit your payment. Pay the deposit or full amount to confirm your enrolment.
4. Receive confirmation. You will receive an email with your next steps and preparation details.

A FINAL WORD

Enter into the Cocoon

We believe in you.

Committing to deep healing and breathwork facilitation takes courage, dedication and the right support system. This is not just another certification. It is an investment in yourself, your future clients and the way you move through the world.

What you can expect

- A proven, full-spectrum approach to breathwork, energy healing and bodywork
- Expert mentorship from experienced trauma-informed facilitators
- A global network of practitioners offering continuous support
- A deeply immersive, life-changing experience

Are you ready to step into your power?

Enrol now at www.thecocoonmethod.life