

Neurogenic Yoga

Awakening the inner healer through the body



A Holistic Method for Deep Healing

Neurogenic Yoga is a revolutionary method that unites the somatic precision of yoga, the neurovegetative release of David Bercei's TRE®, and the psychospiritual vision of the inner healer inherent in shamanic practices and Holotropic Breathing.

Its fundamental purpose is to restore the organism's innate ability to self-regulate, release deep-seated tension, and reconnect with a state of live and secure presence.

"The body knows how to heal... it just needs space to do so"

The Three Fundamental Pillars

In each Neurogenic Yoga™ session, we integrate three essential elements that work in synergy to create a process of profound and sustainable transformation.



Regulating Asanas

Specific sequences that mobilise muscle chains involved in defence patterns



Conscious Breathing

Pranayamas that prepare the body for the natural emergence of neurogenic tremors



Inner Healer

Expanded space of perception where intrinsic intelligence guides the healing

Profound and Lasting Benefits



Reduced Stress and Anxiety

Significant reduction in chronic muscular tension, hypervigilance, and anxious patterns through the natural release of the nervous system



Safe Therapeutic Complement

Effective support for psychotherapeutic processes without the risk of traumatic reactivation, working from the physiological base



Sustained Resilience

Strengthening of internal resources to face difficult experiences with greater presence, clarity, and responsiveness



Vitality Recovery

Restoration of physical mobility, emotional flexibility, and vital energy that had become frozen in defensive patterns



Autonomous Regulation

Substantial improvement in the autonomous nervous system's capacity for self-regulation, increasing the window of tolerance



Conscious Awakening

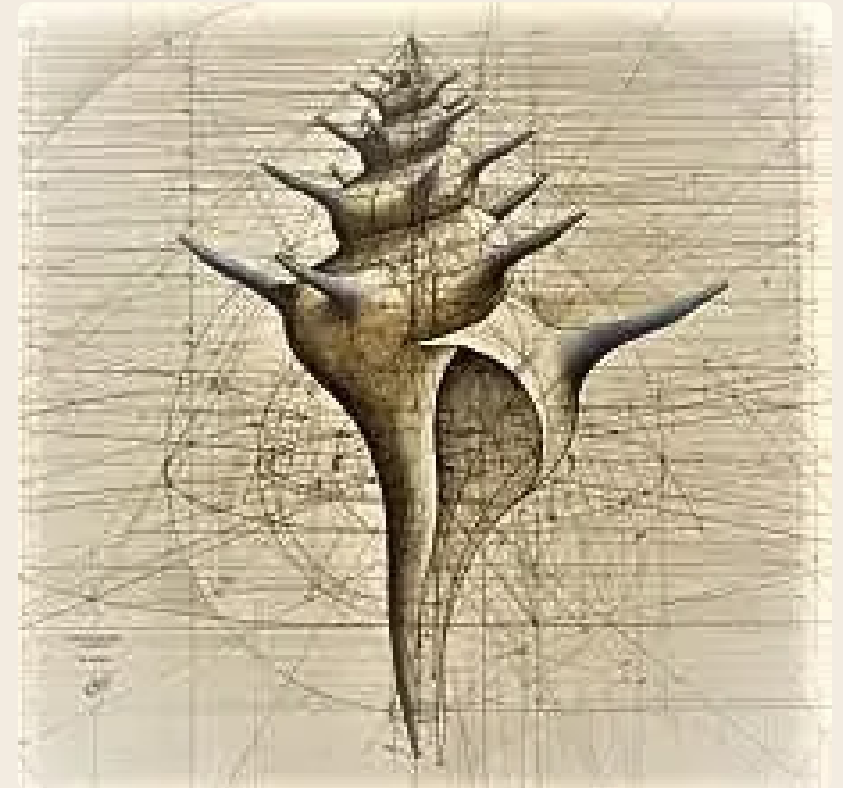
Profound awareness of the vital energy we are and of its inherent and always available transformative principle

Asanas for nervous system regulation

Through carefully designed sequences, we mobilise the muscle chains most deeply involved in chronic defensive patterns: the iliopsoas, the respiratory diaphragm, the pelvic floor and the paravertebral muscles.

The postures activate the natural oscillations between the sympathetic and parasympathetic systems. This dynamic balance promotes:

- Significant reduction in cortisol
- Improvement in heart rate variability
- Increase in neurotransmitters such as GABA and serotonin
- Creation of new neuroplasticity pathways





The Space of the Inner Healer

Once neurovegetative release has begun, we invite an expanded state of inner perception. Here emerges the concept of the inner healer: an intrinsic intelligence of the organism, recognised in multiple ancestral and contemporary traditions.

In this carefully guided space, bodily awareness replaces obsessive mental analysis. We allow the body to show, process, and reorganise that which is ready to be transformed.

Healing Does Not Come From Outside

It emerges from the deepest intelligence that already resides in every cell of our being

The transition to neurogenic tremors

Through regulatory pranayamas, we prepare the organism to enter an optimal state of receptivity where neurogenic tremors can emerge completely naturally and safely.



Respiratory preparation

Specific techniques that regulate vagal tone and prepare the physiological ground



TRE® Protocol

Progressive activation of the body's innate neurogenic discharge mechanism




Physiological release

Vibrations and micro-tremors that dissolve layers of tension without verbal narrative



Somatic integration

Natural reorganisation of defensive patterns towards states of greater coherence

 **Important:** This is a physiological, non-narrative process that works directly with the brainstem, limbic system, and primitive protective responses, without the need to verbally re-experience memories or traumas.

The complete transformation process

Each Neurogenic Yoga session follows a carefully structured sequence that respects the natural rhythms of the nervous system and honours the body's innate wisdom.

Activation

Precise movements and postures that awaken the muscle chains involved in chronic tension

Recalibration

Somatic closure to ensure the nervous system settles into a regulated and anchored state



Modulation

Breathing work that gently guides the nervous system towards zones of safety and presence

Release

Natural emergence of neurogenic tremors that discharge deep tension

Integration

A space of conscious stillness, refined internal listening, and reconnection with organic vitality

Introductory Training in Neurogenic Yoga™

We offer two training modules designed for health professionals, body therapists, and advanced practitioners who wish to integrate this transformative method into their practice.

1

Introduction to TRE® and Nervous System Regulation

Duration: 2 intensive hours

Objective: To understand and directly experience the neurophysiological basis of TRE®, acquiring a safe and sustainable personal practice.

- Foundations of the autonomic nervous system
- Applied polyvagal theory
- Basic TRE® activation protocol
- Supervised practice and feedback
- Essential safety guidelines.

2

Supervised Online TRE® Practices

Duration: 4 practical sessions

Objective: Personalised accompaniment in the evolution of the neurogenic release process through supervised online sessions.

- Supervision of neurogenic tremor
- Personalised adjustments according to progression
- Resolution of doubts and difficulties
- Monitoring of the integration process
- Continuous support between sessions

3

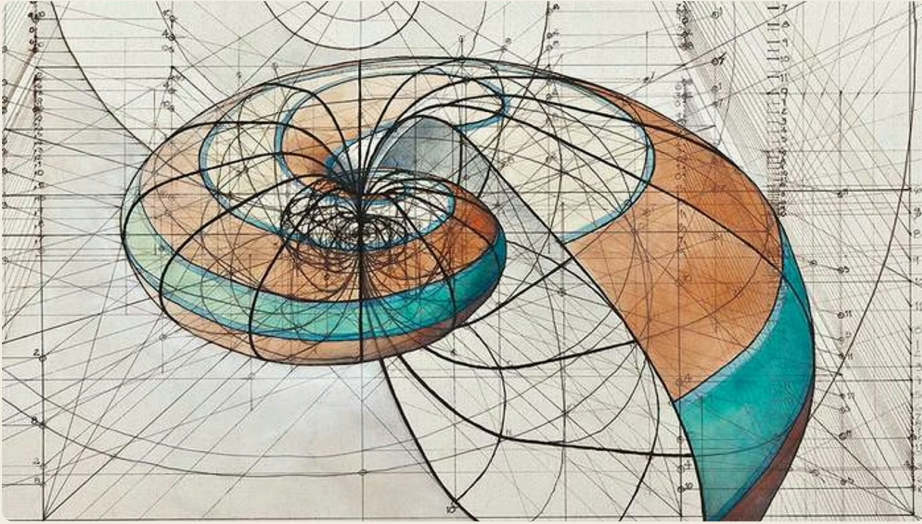
Advanced Integration “Neurogenic Yoga: complete method”

Duration: 4 hours of deep immersion

Objective: To integrate TRE®, somatic yoga, and conscious breathing into a unified method that enhances neurovegetative release and access to the inner healer.

- Specific regulatory asanas
- Intelligent sequencing
- Pranayamas for neurogenic release
- Facilitation of the inner healer space
- Integrative journal

An Accessible Path to Your Innate Wisdom



Universal and Transformative Method

Neurogenic Yoga **does not require previous experience in yoga** or complex psychocorporal practices. Its processes work with the natural and universal physiology of the human body.

Once learnt, participants can utilise this method as a powerful tool for self-help and self-regulation throughout their lives.

Neurogenic Yoga™ is, above all, **a way back home**: a profound reminder that the organism already knows how to heal, how to regulate, and how to flourish.

Begin Your Transformation Today

Discover how Neurogenic Yoga™ can help you reconnect with your body's deepest wisdom and awaken your innate capacity for healing.

Contact