



Soma Training Program

The **quality of all body training techniques**, whether they are they hygienic, preventive, maintenance, post-pathological or post-traumatic rehabilitation, sports preparation, etc... require a great knowledge of relational anatomy (not descriptive anatomy), tensegrative biomechanics, applied physiology, evaluation tests and techno-methodological bases.

These **theoretical courses** will be given online, as well as the theoretical supports, by **Guy VOYER DO** (www.guyvoyer.com), founder of SomaTraining and of most of the applied techniques.

The **practical and techno-methodological training in USA**, will then be given by the professors approved by Guy VOYER DO, within the authorized trainings:

- **Bryce Turner** in Los Angeles
- **Scott Herrera** in Dallas

Lydie Voyer DO (lv.lydievoyer@gmail.com) manage all the administrative part.

- You must fill out and sign a **registration form** (Cf annex 2).
- Then, you must **pay the amount of your course** (Cf annex 1), or 300 euros for the day of theoretical course of 7 hours to follow.

Upon receipt of your payment at 3S2C's bank, you will receive:

- An e-mail link to follow Guy VOYER's course live with Zoom Pro, on the e-mail address of your registration contract (In a clean and readable handwriting).
- The new theoretical supports of the course.

SCHEDULE

Guy VOYER DO will give **the theory and related material online**.

It will take 1 evening of 7 hours of theoretical classes (imperative duration); plus 2 days of practical sessions in class.

Class schedules :

- Pacific time: 8am to 11.30am and 12.30pm to 4pm
- Mountain time: 9am to 12.30pm and 1.30pm to 5pm
- Central time: 10am to 1.30pm and 2.30pm to 6pm
- Eastern time 11am to 2.30pm and 3.30pm to 7pm

1st Year:

- [1-1 Muscular strengthening of the abdominal and thoracic diaphragm:](#)
Theoretical course of 7 hours by Guy VOYER DO on July 31, 2021,
- [2-1 Muscular strengthening of the lower limbs:](#)
Theoretical course of 7 hours by Guy VOYER DO on Aug 14, 2021,
- [3-1 Muscular strengthening of the upper limbs and trunk:](#)
Theoretical course of 7 hours by Guy VOYER DO on Sept 11, 2021,
- [4-1 Studies of the World Movement, Squat and Posturology:](#)
Theoretical course of 7 hours by Guy VOYER DO on Oct 16, 2021,
- [5-1 Respiratory and Circulatory Exercise Studies:](#)
Theoretical course of 7 hours by Guy VOYER DO on Nov 6, 2021.

2nd Year:

- [1-2 General ELDOA:](#)
Theoretical course of 7 hours by Guy VOYER DO on Nov 20, 2021,
- [2-2 Myo Fascial Stretching:](#)
Theoretical course of 7 hours by Guy VOYER DO on Nov 27, 2021,
- [3-2 Proprioception:](#)
Theoretical course of 7 hours by Guy VOYER DO on Dec 18, 2021,
- [4-2 Specific ELDOA:](#)
Theoretical course of 7 hours by Guy VOYER DO on Jan 8, 2022,
- [5-2 Kinesiology Periodization and Exam Preparation:](#)
Theoretical course of **3 full days on line**, by Guy VOYER DO on Jan 14 - 16, 2022.

3rd Year:

- [1-3 Physical Conditioning and Sauna:](#)

Theoretical course of 7 hours by Guy VOYER DO on May 21, 2022,

- [2-3 Global Postural Stretching:](#)

Theoretical course of 7 hours by Guy VOYER DO on Feb 19, 2022,

- [3-3 Strapping:](#)

Theoretical course of 7 hours by Guy VOYER DO on May 28, 2022,

- [4-3 TV A Transverse Abdomen Study, Revue, Final Examination and Graduation:](#)

Theoretical and Practical course **4 full days face-to-face** at the University of Santo Domingo by Guy VOYER DO on June 30 - July 3, 2022. **The price of this seminar is different and will be communicated to you later with a specific contract, as all the courses at the University of Santo Domingo or the School of Osteopathy of Montreal**



Contact:

Lydie VOYER DO
Manager of 3S2C

42 rue Borde,
13008 Marseille
France

Tel : 011 33 660 09 11 89.

E-mail address: lv.lydievoyer@gmail.com

COURSE FEES:

- Either **300 Euros** for 1 day of theoretical course of and the theoretical supports included.
- Either **1 500 Euros** for a subscription of 6 theoretical courses of your choice between July 2021 and July 2022.
- Either, half price, **150 Euros** for anyone who has already attended the specific SomaTraining seminar.

These payments must be made at least 5 days before the beginning of the first evening of classes.

For Each payment, **Invoice will be provided.**

Please, you must **complete, sign, scan** and **return** your registration form (**pages 5 and 6**) by email to Lydie VOYER (lv.lydievoyer@gmail.com) with the proof of your payment made to the order of 3S2C,
42 rue Borde – 13008 Marseille - FRANCE

- **You must make a bank transfer** of **300 Euros** (1 course) or **1 500 Euros** (6 courses) to:

Bank address : Crédit Industriel et Commercial

CIC Marseille Prado Perrier 210

Avenue du Prado

13008 Marseille - FRANCE

IBAN : FR76 1009 6182 8700 0283 6090 149

Bank : 10096

Agency: 18287

Account number: 00028360901

Key: 49

Currency: EUR

BIC: CMCI FR PP

Please note : Our bank does not charge a fee for incoming wire transfers. However, your sending bank may take a small wire transfer fee for this transaction.

PLEASE BE SURE THAT **YOUR SENDING BANK SENDS THE FULL AMOUNT** OF THE FEE AND DOES NOT DEDUCT A SERVICE FEE.

IF YOUR BANK CHARGES A WIRE TRANSFER FEE, PLEASE ARRANGE TO PAY THAT FEE IN ADDITION TO THE TOTAL AMOUNT OF YOUR INVOICE.



REGISTRATION FORM

Participation to the seminars of SomaTraining about:

.....(
Copy the name of the course described on pages 2 and 3)

Teaching contract between:

> **Ms, Miss, Mr, called the student:**

First Name:Last name.....
Born the: Place :.....
Profession :.....
Address:
.....
.....
.....
Tel :.....e-mail address:.....

> **And**

> **3S2C (Soma - Sport - Santé - Conseils - Consultances) - France, called the responsible of theoretical training.**

Article 1: The costs that Ms. Miss. Mr.....agrees to pay are 300 Euros or 1 500 Euros or 150 Euros (delete as appropriate)

Scan us your certificate of completion of the SomaTraining course concerning the seminar of: (*Subject of the seminar*)....., and of course your participation price in the course via zoom and the reception of the theoretical supports will be only 50%, that is to say 150€.

Article 2: In accordance with the law, the registration will be considered final upon signature of this contract, after a cooling-off period of 7 days maximum.

During this period, the student may withdraw completely.

Beyond this period, the registration will be considered final and the registration fee will be considered as acquired.

Article 3: Guy VOYER DO reserve the right to refuse any entry based on the number of participants. **Early registrants will have priority.**

Article 4: The person in charge of the training is himself responsible for the quality of the training. But does not assume any responsibility for the use of knowledge that is considered to be the student's sole responsibility during authorized practice.

Informed of the program and the contract above annexed, Miss, Ms., Mr.
seeking registration to seminars of **SomaTraining**

Precede the signing of the words "**I accept this agreement and the rules of the 3S2C**"

3S2C	<i>Write your name :</i>
The responsible of the training.	The student
Guy VOYER DO	

.....

Signature:

Signature:

PS 1: Verify that you have completed, signed, scanned and returned your registration by email to Lydie VOYER (lv.lydievoyer@gmail.com) with the proof of your payment made to the order of 3S2C.

PS 2: Scan us your certificate of completion of the SomaTraining course concerning the seminar of : (*Subject of the seminar*)....., and of course your participation price in the course via zoom and the reception of the theoretical supports will be only 50%, that is to say 150€.