



Angelica Singh MA BCST - Curriculum Vitae

2024 BCNU Nurses Union DEI workshops, Emily Carr University Workshops & Ongoing BCNU teaching and education, as well as EYC Mentorship program

2023 Practice openings at UPMC Integrative Medical Center & Private Practice Office in Bradford Woods, Wexford, PA

2022 EYC Contract with BCNU (Nurses' Union contract for Teaching and Leading Workshops and Courses in Trauma-Informed Practice and Embodiment Process.

2021 Launching content subscription platform for EYC

2020 EYC develops, and leads programs, workshops and course work for university faculty, students, administrators, DEI & other leadership teams

2020 Co-Founded Embodying Your Curriculum (EYC) with Dr. Anita Chari PhD.

2019 Created and launched a new online course, The Deep: How to Transform & Complete Patterns of Anxiety & Fear

2018 Introducing The Embodiment Process Foundation™ 1 Self-Guided Course

2016 Ongoing TEP Trainings 2 groups

2015 Developed and launched The Embodiment Process™ Foundation 1 Facilitated Course 4 year course for practitioners (ongoing)

2014 Launched Embodiment and Wellness Classes and Lectures at UCLA Medical Center, Los Angeles, California

2013 Continued Lecture and Education Series on Wellness & Healing, Space, & Embodiment, Los Angeles, California

2012 Research Consultant & Presenter Gensler Inc., Los Angeles, California



- 2012** Began leading Introduction to Biodynamic Craniosacral Therapy lectures and workshops for practitioners (ongoing)
- 2012** Taught Intro to Biodynamic Craniosacral Therapy as well as The Numinous Body, a Transformational Salon. Launched Mind Body Education Lectures, Los Angeles, California
- 2010** Established The Center for Somatic Therapies as the home of The Ocean Inside Private Practice in Los Angeles, CA
- 2010** Assisted at Colorado School of Energy Studies Foundational Biodynamic Craniosacral Training in Boulder, Colorado
- 2009** Opened A Song in My Heart Boutique Sanctuary and The Center for Somatic Therapies, Co-Owner, Santa Monica, CA
- 2009** Graduated from Biodynamic Craniosacral Therapy Training in Boulder, Colorado
- 2007** Launched The Embodiment Process™ 4-Day Workshop (ongoing)
- 2007** Opened “A Song in My Heart” retail clothing and jewelry business in Santa Monica, California
- 2007** Completed Castellino Foundational Pre and Perinatal Birth Trauma Training in Santa Barbara, California
- 2006** Participated in Peter Levine’s Somatic Experiencing Training, San Diego, California
- 2004** Graduated with a Master’s Degree, MA in Spiritual Psychology from the University of Santa Monica, Santa Monica, California
- 2002** Participated in the Milne Institute Craniosacral Therapy Training, Santa Monica, California
- 2002** Completed Forrest Yoga School Teacher Training, Santa Monica, California
- 2001** Opened The Ocean Inside INC. Private Healing Practice, Santa Monica, California
- 2001** Received a Tao Healing Arts Massage School Diploma LMT, Santa Monica, California



2001 Freelance Producer, editor and writer for print and online health publications including Disney

1999 Discovery Channel Networks: Online Marketing Coordinator, Century City, California

1998 National Geographic Internship, Studio City, California

1998 Graduated Magna Cum Laude with Bachelor of Arts in English from UCLA, Los Angeles, California

Angelica Singh MA BCST Biography

Angelica Singh is a somatic educator, trauma therapist, and thought leader whose pathbreaking healing paradigm, The Embodiment Process™ has been featured in "O, The Oprah Magazine" and offered at the UCLA Medical Center, as well as Integrative Medical Center at UPMC in Pittsburgh, Pennsylvania. With over 22 years of facilitating individuals, groups, and institutions in embodiment, trauma resolution, and mindfulness work, she has been a leader in bringing trauma-informed paradigms to the fields of health care, wellness, and academia through her work as Co-Founder of the organization Embodying Your Practice™ and Embodying Your Curriculum.™ During the time of the pandemic she has brought trauma-informed tools to thousands of nurses in partnership with the British Columbia Nurses Union, and has worked with educators and professors from universities nationally and internationally, including at Harvard Law School, Smith College, New York University, the University of Oregon, Rutgers University, Simon Fraser University, and Southwestern University. As a teacher of teachers, Singh has trained numerous practitioners in the fields of leadership and health care in her innovative approach to somatic and trauma-informed facilitation. She is the author of a four-year practitioner training in trauma-resolution and embodied leadership, that has empowered practitioners in disciplines including academia, yoga, psychology, bodywork, and health care. A practitioner of the somatic modalities of Biodynamic Craniosacral Therapy, pre- and peri-natal birth trauma work, somatic counseling, and yoga, Singh has facilitated hundreds of individuals on their journeys of emotional healing to resolve their trauma and anxiety, and specializes in using the online platform to create a palpable sense of embodied connection with her students and clients.



Angelica Singh is the founder and creator of a holistic, approach to healing called The Embodiment Process™. Her training includes a Foundational Pre-and Perinatal Birth Trauma, Somatic Experiencing, Biodynamic Craniosacral Therapy, and the Forrest Yoga School Teacher training. Angelica is a Magna Cum Laude graduate from UCLA and earned her Master's Degree in Spiritual Psychology from the University of Santa Monica. She is the author of two innovative online curricula, The Embodiment Process Foundational Course and The Deep: How to Complete your Patterns of Anxiety.