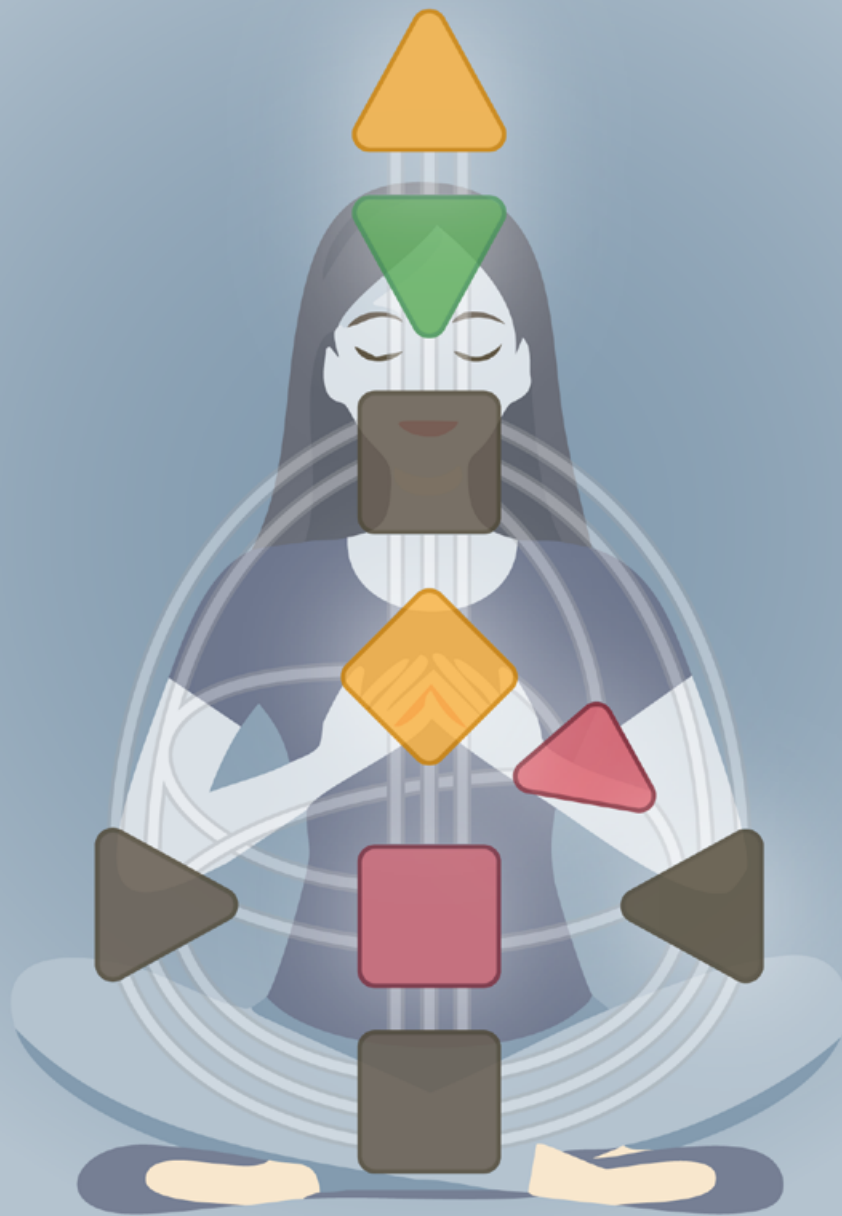


Embodying Your Design

Syllabus 2025



CONTENTS

About the course	3
Course format	3
Course syllabus	4
Why combine Human Design and Somatics?	5
Class Content	7
About James	10
About Teresa	12
Testimonials	14
Schedule and costs	17
FAQs	17

ABOUT THE COURSE

From Mental Guidance to Somatic Experience

Embodying Your Design (EYD) is the Human Design course that Teresa and James always wanted. This is a dynamic course that accommodates both those with less experience who want a solid first step on their Human Design journey, and those with more experience who want to work through stubborn deconditioning somatically.

This is an opportunity to deeply understand the mechanics you're personally meant to rely on and to discover and relate with those mechanics in your direct embodied experience. You'll also be educated on the mechanics of each PHS, Cognition, Inner Authority, and Aura Type — so if you're working with Human Design professionally, this course can also greatly enhance your ability to support your clients.

FORMAT

The Course Includes Two Types Of Live Engagements

Human Design Classes taught by James Alexander

There are 9 Human Design classes total, taught twice a week, and each class is a 90-120 minute deep dive on a particular topic that is essential to living your design.

Somatic Support Sessions led by Teresa Brenneman

There are five sessions total, one session per week. Each session is 60 minutes. The purpose of these sessions is to help you connect with your body and deepen your relationship with your inner authority. Along the way, you'll gain a foundational understanding of trauma, how nervous system dysregulation shows up, and simple, supportive tools you can use on your own to navigate it.

COURSE SYLLABUS

WEEK 1	Design Class 1: Experimenting with the Primary Health System	•	
	Design Class 2: Experimenting with Cognition	•	
		•	Somatic Session 1: Understanding Trauma, the Nervous System and Activation
WEEK 2	Design Class 3: The Nine Centers	•	
	Design Class 4: Aura Types (non energy)	•	
		•	Somatic Session 2: Orienting to Safety and Tracking Sensation
WEEK 3	Design Class 5: Aura Types (energy)	•	
	Design Class 6: Inner Authorities part 1	•	
		•	Somatic Session 3: Working with Our Triggers
WEEK 5	Design Class 7: Inner Authorities part 2	•	
	Design Class 8: Inner Authorities part 3	•	
		•	Somatic Session 4: Building Capacity and Understanding Coping Mechanisms
WEEK 6	Design Class 9: Traps to Avoid in Your Experiment	•	
		•	Somatic Session 5: Exploring Boundaries and Continuing Embodiment as We Decondition

WHY COMBINE HUMAN DESIGN AND SOMATICS?

The Human Design experiment and the field of Somatics are two practices that center on the body's innate wisdom. Human Design is the ultimate tool for self awareness, with incredibly precise and practical information about all areas of the human condition. However, what the system does not account for are the practical problems that arise from a population that is generally disembodied and confused about what their body is signaling. 11+ years of personal experimentation, years of client work, and experience both on retreat and at international Human Design conferences has confirmed this as a universal plight.

To put it simply, the field of Somatics helps you actually connect with your Design and also explore your openness experientially. This is key to deconditioning and living as yourself. Human Design offers a framework for understanding how we make somatic decisions. Somatic practices help you discover those internal cues as sounds, sensations, energies, and frequencies in your embodied awareness.

The Field Of Somatics Greatly Enhances The Human Design Experiment In The Following Ways:

1. Find safety in the body so that you can enhance your ability to be informed by the body's intelligence.
2. Give yourself tools to expand beyond survival preoccupations so you can actualize the true nine-centered potential of your design.
3. Learn how to track the amplification from your openness and what you can do to remain centered in these moments.
4. Discover and learn how to track the somatic underpinnings of your Not Self behaviors
5. Increase your capacity to remain centered through difficult internal experiences (e.g., feeling overwhelmed in your open solar plexus, or intimidated in your open ego), gradually disrupting the patterns of conditioning. Remember, the Not Self is more than a predictable set of mental formulas, it's in our cells from a lifetime of conditioning, therefore we don't transcend it by merely observing Not Self thoughts, we have to disrupt entrenched behavioral patterns by working directly with the body.

6. Distinguish between your trauma responses and your inner authority. There's a misconception in the field that all correct decisions should be perfectly easy and not have any associated discomforts and this simply isn't true. An emotional person can correctly enter into something and still experience some degree of nervousness, say, about their capacity to handle that experience. If you turn away from all discomfort you simply won't grow. Increasing nervous system capacity means increasing your capacity for growth.
7. Learn to distinguish whether you're experiencing a somatically informed fear that's important to honor, or a mentally conditioned fear that is disempowering.
8. Clarify your mind from your "inner knowing" (i.e., any type of transpersonal, intuitive, or what is conventionally thought of as 'woo woo' intelligence your design is equipped with). Learn the hallmarks of intuition vs. thought, etc.
9. And much more!

GUIDED SOMATIC INQUIRIES INTO YOUR INNER AUTHORITY AND NOT-SELF CONDITIONING

Somatic Practices To Disrupt The Not-Self

The body is programmed to keep you safe, but is it protecting you from outdated threats and holding you back from self-actualization?

It's extremely important to understand that, at the deepest level, your Not Self is held in place by a resistance to a somatic experience. We can look at the chart to discover the many thoughts that correlate with this difficult internal state, but at the end of the day merely being mentally aware of these stories is not enough. In this container you'll be guided to gently investigate the sensations, energies, and feelings that lie at the core of your Not Self. Somatic awareness of Not Self hooks is a powerful way to facilitate deconditioning.

We'll look at the coping strategies that arise to manage the emotions, discomforts, fears, and pressures that frequently overwhelm us. By developing nervous system capacity we give our body a wider range of freedom to work through challenging experiences while simultaneously giving ourselves more opportunity to expand beyond survival consciousness and fulfill our purpose.

Somatic Guidance To Connect With Your Inner Authority

In EYD, you'll get specific and somatically guided instruction on connecting with your inner authority. Learn to get intimately familiar with where, when, and how your inner authority shows up. What sensations or other internal experiences do you associate with your inner authority? Are there external conditions? What do you recall about past experiences where you've trusted it, and when you haven't? James will share his observations of how people with each inner authority have been able to relate with it in their direct experience.

What you'll find is that each inner authority is experienced entirely differently. In fact, there's even a difference between moods, feelings, and emotions...or between intuitions and instincts. These things tend to get lumped together but they're actually very different. Not to mention the differences in how the authority is defined via particular channels. Exploring these practical distinctions helps you connect with and trust yourself even more.

HUMAN DESIGN CLASS CONTENT

Human Design Class 1: Experimenting with your Primary Health System

The Primary Health System (PHS) is how you take in food, information, and experience. It enables you to be fully present as you learn and digest experience and nourishment. PHS is a form of trauma release in that it gradually excavates the conditioning in the cells and helps you generally become more in tune with your body, and specifically able to more clearly recognize your inner authority. While Ra introduced PHS later in his career, it's actually essential information that can be introduced early in the experiment as it can help facilitate deconditioning and help you anchor into Strategy and Authority. We will explore how PHS also indicates some ways to help regulate your nervous system.

Human Design Class 2: Experimenting with Cognition

Cognition is your super sense that you unconsciously rely on to make decisions. It may come as a surprise that the body uses cognition more frequently than inner authority. The cognition strengthens gradually by following your PHS regiment introduced in Class 1. Cognition also indicates ways to regulate your nervous system.

Human Design Class 3: The Nine Centers

We'll go beyond the basics and consider all of the features of each center relative to the circuits and/or streams that function through them. We'll also look at how each center functions when defined and healthy, when defined and distorted, and also when undefined and healthy, and undefined and caught up in coping strategies.

Human Design Class 4: Aura Types (non energy)

We'll look at the mechanics of Projector and Reflector Aura Types, their unique roles, capacities, and purpose, and what they need to know to take on the experiment. Then we'll explore the general psychological profile, core wounds, and Not Self strategies for Projectors and Reflectors. We'll also cover common misconceptions about these Aura Types.

Human Design Class 5: Aura Types (energy)

We'll look at the mechanics of Generator/Manifesting Generator and Manifestor Aura Types, their unique roles, capacities, and purpose, and what they need to know to take on the experiment. Then we'll explore the general psychological profile, core wounds, and Not Self strategies for Generators and Manifestors. We'll also cover common misconceptions about these Aura Types.

Human Design Classes 6–8: Inner Authorities

People are often given vague direction about their inner authority, which leads to confusion and disempowerment. In these three classes we'll go deep into each inner authority and use specific, concrete, language to help you track the experience of your inner authority in both your body and awareness.

Human Design Class 9: Traps to Avoid

As we explored in our Open House session, there's a lot of misinformation in the field, and a lot of information that's true but partial, or true but exaggerated. We'll look at all of the lessons Teresa and I learned the hard way through our own personal experiences.

SOMATIC SESSION CLASS CONTENT

Somatic Session 1: Understanding Trauma, the Nervous System, and Activation

Trauma can keep us locked in survival mode, making it harder to connect with our Inner Authority. In this workshop, we'll lay the groundwork for understanding trauma and how the nervous system responds to stress. We'll introduce essential vocabulary to deepen your familiarity with foundational somatic concepts and explore how Primary Health System (PHS) and cognition can serve as tools to restore balance. Through simple somatic practices, you'll learn to notice and shift your state, using your unique design as a compass for grounding and alignment.

Somatic Session 2: Orienting to Safety and Tracking Sensation

Learning to tune into a felt sense of safety and tracking sensations in our bodies is essential for embodying our design. In this session, we'll practice orienting to safety, a simple yet transformative act of using the senses to anchor in the present moment. Through sight, sound, and touch, we'll ground into the environment, inviting the body to soften and settle. From this place of stability, we'll track physical sensations to distinguish between a trauma response and a clear, embodied 'yes' or 'no.' The practice includes mapping sensations as cues, using titration and pendulation to cultivate a felt sense of safety that serves as a reliable compass for navigating decisions and aligning with Inner Authority.

Somatic Session 3: Working with Our Triggers

Triggers can reveal where old patterns and Not-Self strategies are still present, bringing activation to the surface. In this session, we'll explore how to recognize and work with triggers in the body, using somatic techniques to stay present and uncover the conditioned responses beneath the reaction. By tracking these patterns, we can discern where the Not-Self is influencing our behavior and get curious about what our triggers are trying to show us.

Somatic Session 4: Building Capacity and Understanding Coping Mechanisms

As we reconnect with our bodies and Inner Authority, we become more aware of our coping mechanisms. This workshop will offer tools to notice and work with these patterns, expanding our capacity to hold more sensation without collapsing or numbing out automatically. We'll explore auto-regulation, co-regulation, and self-regulation to build capacity. We'll also look at how the Not-Self can drive certain coping strategies and how to use somatic practices to build greater resilience.

Somatic Session 5: Exploring Boundaries and Continuing Embodiment as We Decondition

Boundaries are essential as we align with our true selves. In this final session, we'll explore how boundaries feel in the body, how to track and communicate boundary violations, and how to anchor in our design as we continue to decondition. We'll practice recognizing when boundaries are aligned with our Inner Authority versus when they are driven by the Not-Self.



ABOUT JAMES ALEXANDER

Founder, Director of Education

Human Design found me in 2014. I was initially overwhelmed by the information and vocabulary, but could decipher enough truth that I was intrigued to schedule a reading. A few months later, I had that initial reading, and was left shaken by how clearly I was seen. In a mere hour a complete stranger unpacked the major themes of my life...from the innate potential I could sense to the mental stories and challenges that kept me stuck. I relistened to the reading again and again, each time gleaning new insights about my design, slowly reminding me of who I really was.

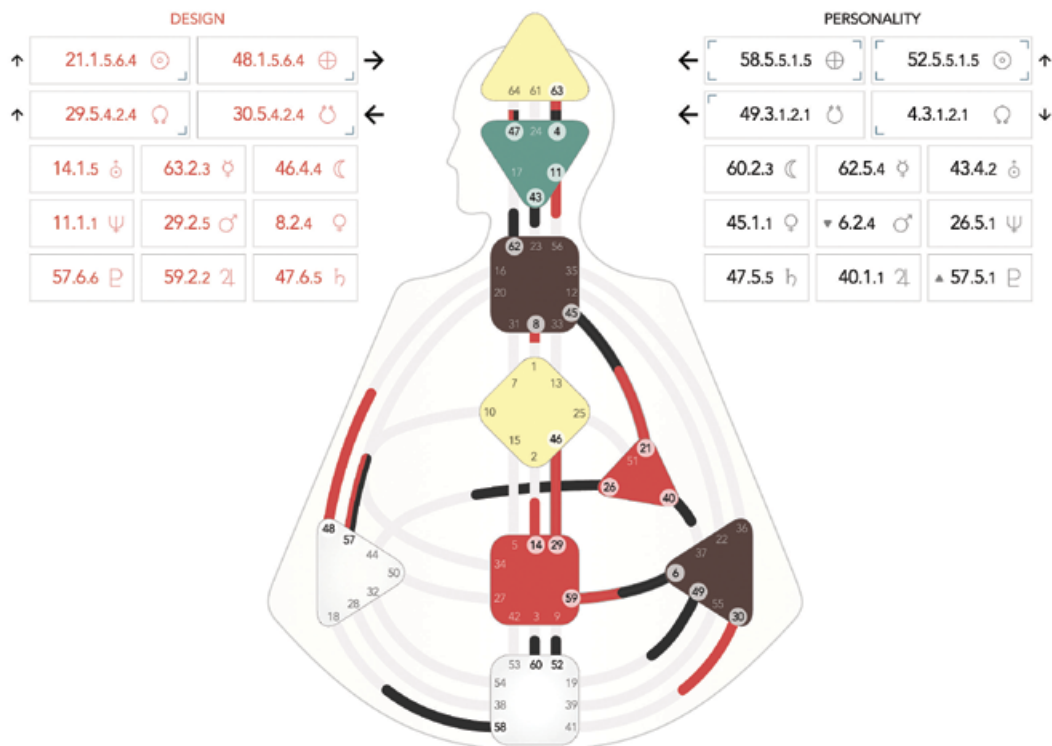
Even after many years on the awareness path, the depth of Human Design wasn't immediately accessible to me. Despite heart openings, glimpses of non duality, psychotherapy, emotional catharsis, and years of cutting edge inner work, I was still fundamentally frustrated, trying to live up to an idealized version of myself, navigating life by mental principles rather than my body's intelligence. As is so often the case, my body wasn't a safe place to live — it was like a foreign land, alien to me, filled with anxiety and overwhelming sensations.

Surrendering to my body's intelligence was a gradual process that required supplemental trauma release work. It often felt like two steps forward, one step back. Finally, catalyzed by a personal crisis, I had a shift in which I found an even deeper relationship with myself, and a single minded focus on trusting my own inner authority. I was finally able to fully receive Human Design. This is why I'm so passionate about Somatics and Trauma Work, because I experienced firsthand how somatic awareness and nervous system regulation are the preliminary step to recognizing inner authority and reading the body's many other navigational signals.



Along my path I've had the pleasure and good fortune to learn from many of Ra's students. I was trained as a Living Your Design Guide by Mary Ann Winiger. I did extensive experimental work combining Human Design with aspects of art and psychotherapy with Rosy Aronson. I also completed the year long Transformation Course with Dharmen and Leela, where I was guided through experimentation and observation of each of the Four Transformations. I studied keynoting with Alokonand Diaz in PTLI. And I received my professional Analyst Certification from the Austrian school, where I was taught by Martin Grassinger, Susan McMurray, and Ilse Sendler. And finally, and of most significance, I have spent over 100 hours of deep 1-1 work with Kumud Kabir.

With this range of experience, I offer a thorough understanding of the system from the surface to the substructure. I haven't just studied it, I've lived it, been guided through what I've experienced by many experts, and carefully observed the mechanics in all areas of my life. **Embodying Your Design** is an opportunity to learn about the fundamentals, and even topics not typically included in the fundamentals, from someone who has gone to the depths of the system and come back to the surface.





ABOUT TERESA BRENNEMAN

Director of Community

My path to supporting others professionally began in 2015 as a Personal Trainer and gradually evolved into bodywork, energy medicine, somatics, and coaching—each step guided by my curiosity about the body’s role in emotional and spiritual transformation.

In 2017, I discovered Human Design and immediately resonated with the concept of Emotional Authority. As someone with significant emotional definition, I’ve always felt things deeply—often intensely—which, for much of my life, felt overwhelming and unpredictable. Understanding my Emotional Authority was a turning point, but it wasn’t until I began working with the nervous system that I could truly integrate that awareness.

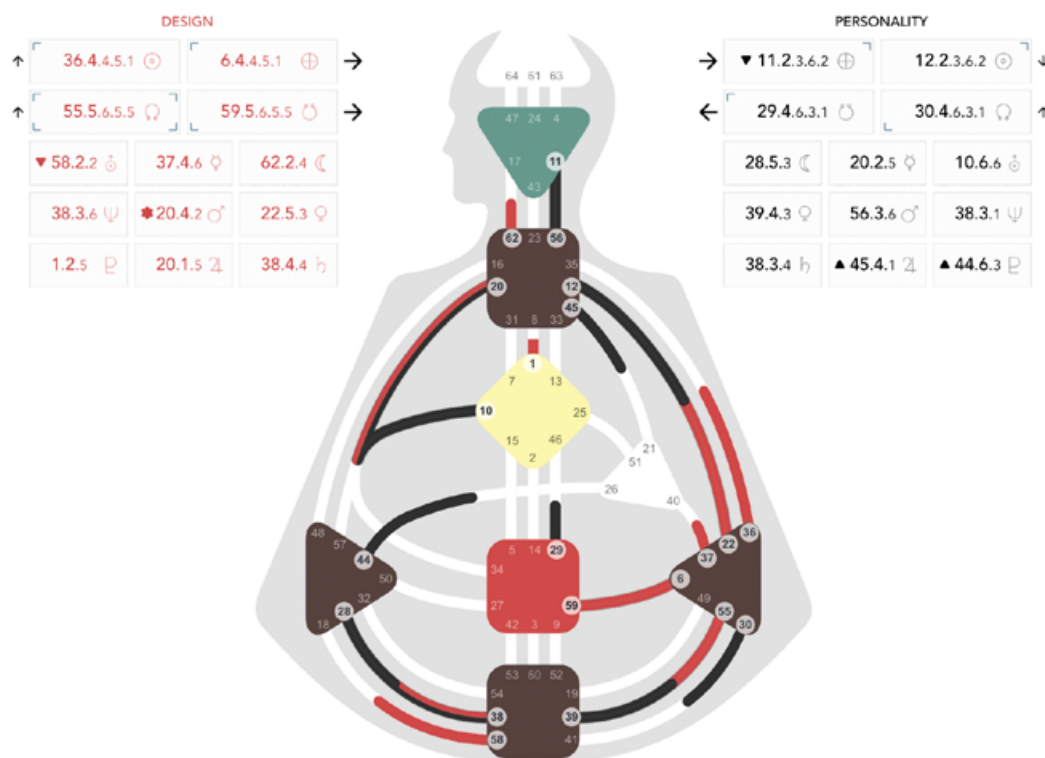
Through trauma-informed somatic training with Luis Mojica of Holistic Life Navigation and further studies with The Embody Lab, I learned to track my internal state, build capacity for emotional waves, and cultivate a deep sense of inner safety. Regulating my nervous system gave me the spaciousness to feel without reacting, to access clarity beyond the moment, and to experience my emotions as sacred messengers rather than obstacles. It allowed me to trust my inner authority in a more embodied, grounded way.

I’m passionate about helping others access the deep wisdom our bodies hold. While Human Design is an incredibly potent system, it remains intellectual until it’s felt and integrated through the body.



My work weaves together Human Design, somatic parts work, energy medicine, and Tarot as tools for self-inquiry, deconditioning, and nervous system restoration. I support clients in building emotional capacity, cultivating self-trust, and meeting themselves with curiosity, compassion, and presence.

This philosophy is the foundation of Embodying Your Design—a space to explore the fundamentals of your Human Design while connecting with your body in new and meaningful ways.



TESTIMONIALS – James

James turns the density of Human Design information into clarity and simplicity, like a Japanese fine art minimalist. You grasp the sophistication in the simplicity through his logical structuring with practical examples and reframing in words that everyone can grasp.

– Nanxi Chen

You can feel the transmission from James of how deeply he has understood human design and how sophisticated his awareness is of so many aspects of the system, mostly the really practical ones.

– Jenni Crowther

James' mastery of the subject is inspiring, and his teaching style makes you fall in love with the material in a whole new way.

– Julia Schoen

I had studied Human Design mostly by myself for 3 years and thought I already had a good foundation of knowledge. But learning from James, who delivers his knowledge in a very precise, clear, and also practical and tangible way, was such a different experience for me. It feels like the wisdom of the Human Design system could sink even deeper and was absorbed not only by my mind but by every cell of my body. I highly recommend studying with James – he is one of the best teachers I've ever had and his knowledge of the Human Design System is truly remarkable!

– Linda Strangmann

He really takes pride in his students and has high integrity as a teacher to convey the most accurate, and practical, information to the next generation. I couldn't recommend his courses more.

– Kimberly McConnell

The way James holds you as a participant in his classes, the way he supports and creates space for people to be different, for differentiation, and how he met me made me feel really safe. He created an environment where I felt it was okay to just be myself.

– Jessica Rein

True to his aligned 5/1 profile, James presented very thorough, grounded, practical knowledge and direct application of HD that I crave from a teacher.

- Linylle Ashterra

I knew that this would be informative, but every class has blown my mind and I continue to rewatch the recordings for deeper insight. You will absolutely get your money's worth. Thank you, James!

- Jess Haskins

James' insights are characterized by a nearly perfect blend of subtlety and practicality, making his analysis not just deeply informative but also directly applicable to everyday life.

- Michel Schwab

The classes that James provides are delivered from the perspective of wisdom and lived experience with the knowledge.

- Dechen Farrow

TESTIMONIALS - Teresa

Working with Teresa in a 1:1 container was such a magical experience. It was truly transformative to work with someone who had a really nuanced and lived experience of what it means to be a sacral being with emotional authority. I felt so supported in my deconditioning process, and our coaching sessions used a range of modalities such as parts work that helped me move through blocks and see things with such a beautiful perspective. Highly recommend working with Teresa!

- Karishma Mohini

I've worked with Teresa in several different ways, but would love to express how beneficial doing her Wounds to Wisdom workshop was. It was a beautiful pace into some very deep healing. Starting with some amazing grounding techniques to then healing deep issues from my childhood. Truly a huge step in my journey and can't wait to continue to work with her in the future.

- Emily Devine

// Teresa legitimately changed my life! She guided me towards a whole new world that allowed me to see my true and highest potential. She has helped me tremendously with processing emotions and understanding different dimensions of myself.

- Cindi Larson

// Teresa guided me in a way that showed me she was truly listening to me. She is a rare and gifted gem. I feel tremendously better and more relaxed about Human Design. I suddenly don't have that intense urge to dig for more and more information. She helped me relax into trust, faith, and patience.

- Jessi Jo Adolph

// What an incredibly transformative experience my first session with Teresa was. She took me back to experiences I scarcely remember, but they remember me. I'd been feeling sluggish, achy, lethargic on the outside with a core of pent-up energy that had no outlet. Teresa's insights allowed me to confront an old trauma and gave me the tools to put it into perspective.

- Makaira Bornstein

// My session with Teresa was like having a conversation with an old friend. She has such an inviting joy and presence. I gained great insight into why I experience certain aspects of life the way I do and a deeper understanding of myself.

- Nichole Denisen

// Teresa is extremely intuitive and uses words that help heal rather than the harsh words many counselors have used with me in the past. Her talent with energy work is phenomenal and her empathy is real!

- Debra Jones

SCHEDULE AND COSTS



Start date: Monday June 2nd at 1pm MT.

14 total classes (June 2nd – July 4th)

3x a week: 2 Human Design classes &
1 Somatic Support session



12pm PDT

7pm GMT

1pm MT

9pm CET

3pm EDT

The Human Design classes are 90–120 minutes on Mondays & Thursdays at 1pm MT.
The Somatic Support sessions are 60 minutes on Fridays at 1pm MT.



Price: Two payments of \$350.

The second payment is charged automatically in 30 days.

FAQS

1. What if I can't attend the live classes?

No problem, you'll have the class recordings for life. Some people do better attending live, others don't.

2. What are the classes like?

HD classes are a mix of lecture with frequent breaks for Q&A. Somatic Support Sessions are a mix of brief lectures and experiential practices.

3. Is this your equivalent to the Living Your Design training offered by IHDS?

Not deliberately but there is some overlap. The EYD material includes everything from LYD plus guidance on your PHS, Cognition, disempowering traps/ misunderstandings to watch out for in your experiment (and in the online spaces), and Somatic guidance to really connect with your design.

3. Can I just take the HD or Somatic part of the course?

Although both parts of the course can stand alone, at this time participation entails enrolling in both. However, you're not required to attend any live sessions, or you might choose to attend live sessions in one but not the other. If participating in a course that is solely based on somatics is something you're interested in let us know and we will take that into consideration for future courses.