



Moving On Center-NYC at CKE
49 West 27th Street, Mezzanine B
New York, NY 10001

smtt@WellnessCKE.net
www.movingoncenter.org/DynamicSMTT/
(212) 414-2921

Dynamic Embodiment- Somatic Movement Therapy Training™ COURSE DESCRIPTIONS July 14th-August 10th, 2011

Dr. Martha's Eddy's Dynamic Embodiment – SMTT teaches Body-Mind Integration using awareness of the body, embodied knowledge of anatomy, and careful movement observation and analysis skills. This education supports research and work in education, the performing arts, health/wellness/fitness, psychology, and cultural studies.

Please Note: If you are interested in academic credit available for DE-SMTT through SUNY-ESC Certificate Somatic Studies—**The Body as Resource: Movement, Creative Expression, and Human Development**—kindly reference or request our *Distribution of DE-SMTT Workshops to Meet ESC-MALS Course Requirements* document. These Somatic Movement Studies can lead toward the Master of Arts in Liberal Studies (SUNY-Empire State College).

The Socially Conscious Body: Bring awareness to the body as a source of embodied knowledge and inspiration for social action. Discuss and experience physical awareness and its relationship to psychological and societal injustice, community-building skills for transforming the sedentary to the responsive, embodied leadership from tackling today's issues, and 'tracking' human dynamics. Activism requires energy and courage, elements that are expressed from the body. Learners discuss how the body is socially manipulated, gain bodily consciousness through self-observation and become compassionate witnesses of others.

Human Movement Expression & Efficiency in Cultural Contexts:

Using LMA this class focuses on experiencing and perceiving movement behavior by analyzing how the body moves in space with different qualities of movement and identifying the basic elemental building blocks to all movement.

Communication through Movement: We explore the questions, "What is effective communication? How does bodily movement expression best support it?" This course takes themes and principles from disciplines such as the Action Profiling, Alexander Technique, Laban Movement Analysis, Ideokinesis, Kestenbergs, and Movement Signature Analysis and places them in current and historical contexts including the early kinesics studies of R. Birdwhistell, M. Davis and P. Ekman.

Dynamic Movement, Dynamic Health ©

This course uses the languages of the body and human movement to assess a person or group's health needs and to match their needs to suitable movement practices. Using movement exploration and observation, we will learn how to identify patterns of constant use and how to discover and invite recuperative movement options

Perceptual-Motor Development: The First Year of Life Understand the impact of early childhood movement experience on motor learning using Body-Mind Centering® (BMC) and Bartenieff Fundamentals. Each system incorporates neuromaturational and dynamical systems approaches to motor learning theory, therefore neuro-developmental movement patterns, reflexes, and righting reactions--the building blocks of motor co-ordination will be practiced. By studying how movement emerges as the nervous system develops we also learn about how children learn what choices they have. The development of self-image, formative relationships, and responses to environmental conditions are interactive with the unfolding of the neuro-maturational process.

Bartenieff Fundamentals (BF) of Body Movement: Irmgard Bartenieff's principles of efficient movement functioning are studied through the experiential learning of concepts such as breath support, 3-dimensionality in movement, relationship and sequencing of body parts, and the interaction of stability/mobility. This approach considers a person's motivation to move, as well as one's relationships to the environment (e.g., space, time, gravity, tension, people and other environmental constraints) together with one's readiness to respond (how tight are the muscles, what coordination is available, what breath skills are automatically accessed).

Theories of Somatic Education: Embodied Anatomy and Physiology: The elements of human movement are introduced. We study how the body moves through space, recognizing each person's unique dynamic choices for expression, and noting how we take on different shapes in our bodies while relating to our feelings, one another or environmental conditions. This course also includes practicing careful observing and listening skills to help develop rapport and embodied communication

Groups in Action: Principles of Hakomi, Body-Mind Psychology & Process Work: Hakomi uses the principles of non-violence, body-mind holism, organicity, unity and mindfulness to facilitate a transformational process - a conscious, assisted exploration of the self. Somatic approaches to group work involve a co-operative venture between facilitator and group. Interactions are designed to study the organization of experience, making it possible for each person to take greater responsibility for his/her own therapy and life process.

Dynamics of Touch© In this course, students learn to use movement analysis, the language of LMA, to guide skillful touching of each of the physiological systems of the body. The goal of the touching is to support a person's ability to express different feelings and to modulate their energy appropriately for different endeavors. Enhance your knowledge of Dynamic Embodiment, drawing on principles of Laban Movement Analysis, Bartenieff Fundamentals, and Body-Mind Centering ® through touch. Practice the appropriate use of skilled touch for various health and educational settings.

Vocalization through the Body: In this class, the voice is explored as a "muscle of the soul." We contact energy sources in the body that inform us of the many qualities, characters, pitches, and tones that are authentic expressions of each unique individual. Whether sounding, speaking, or singing, the body is revealed through the voice. Embracing improvisational structures, somatic therapies, Balkan and African songs, this class provides a rich and challenging laboratory for the person interested in deepening the resonance of his/her physical and vocal expression. This class supports SMT and socially conscious expression.

Alexander Technique in Action and Communication: The Alexander Technique is an educational method of body-mind reorganization that aims to promote ease in everything we do. By freeing ourselves from unconscious physical habits, we can create effortlessness in the way we live and move. Applications to voice, movement, walking, sitting, communication and taking action will be addressed.