

PERSONAL SMTT PHASE ONE COURSE TRANSCRIPT

Your Name:

Courses:

❖ Experiential  
Anatomy – Musculo-  
skeletal basics  
(12 – 20 hours)

With Whom/Where

Year/Number of Hours

❖ Learning to Move  
BodyMind Centering or  
DE's Developmental  
Movement Principles  
(12 – 20hours)

❖ Bartenieff  
Fundamentals of  
Movement  
(12 – 20 hours)

❖ Laban Movement  
Analysis (12 – 20 hours)  
(or Human Mvmt Exp.)

❖ Body-Mind  
Centering® - Intro to  
Body Systems or  
Embodied Anatomy-  
Physiology  
(12 – 20 hours)

**PERSONAL SMTT PHASE ONE COURSE TRANSCRIPT**  
combined with Somatic  
Movement principles)

**Course:**

**With Whom/Where**

**Year/Number of Hours**

❖ Dynamic  
Movement, Dynamic  
Health; & Dynamics of  
Touch & Somatic  
Integration & other  
related courses with  
Martha Eddy: Waking up  
to Self©  
(20 – 30 hours)

❖ Human Mvmt &  
Communication  
(Body-Mind Counseling©,  
Gestalt, Authentic Mvmt  
Hakomi, Option Method,  
DreamBody)List titles:

❖ Hands-on practice  
(80 hours) (Hands-on  
BMC,Cranio-Sacral,  
Reflexology)  
List titles:

❖ Movement practice  
& creative movement  
exploration  
(Please prioritize  
movement experience