

Moving for Life™ Certified Instructor Training

With Dr. Martha Eddy, New York founder of www.MovingForLife.org

Join a training program for healthcare professionals: learn to guide people with breast cancer and other forms of cancer through movement sequences carefully designed for their recovery and on-going health.

Moving for Life training was designed in 1999 to deal with the effects of cancer treatment: fatigue, weakness, weight gain, depression, lymphedema and the diminished movement range around the shoulder girdle and center of weight in the pelvis. It is a training to encourage women to actively participate in their healing process in a group setting. It is empowering - teaching self-help. The movement training encourages each participant to find trust and respect in her body and in herself as a whole person. It is fun, scientifically sound, and endorsed by a panel of award-winning doctors.

Developed, taught and supervised by Dr. Martha Eddy, CMA, RSMT

Design of classes focus on:

- Breath-based warm up and easy swinging activity to increase the range of movement.
- Lymphatic drainage is encouraged by special gentle squeezing actions of the arms and legs
- A coordinated, rhythmic pulse that awakens and enlivens the body/ the whole person.
- Increase aerobic capacity by moving the entire body in different directions together to joyful, upbeat music.
- Each session ends with a relaxing and fluid stretch sequence and careful deep stretches for the back, legs, neck and arms
- Opportunities to exchange personal experience and resources.
- Explore realistic tools to deal with stress

It is a holistic training that takes the whole person into account. We focus on healthy exertion and recuperation throughout the training and work to keep the energy in each class moderate yet alive. It is supportive to train in a community with other women; sharing the joy of reclaiming health is uplifting and repairs self-respect and deepens trust of the body-mind-spirit.

Moving for Life Certified Instructor Training

As an instructor for "Moving for Life™" you will learn:

- Components of treatment for cancer and their effects on the body
- How exercise supports recovery
- What movements are safe and effective

- How to teach well - motivating and guiding all types of movers

You learn to see and think in a developmentally progressive manner to develop movement sequences. Use organic natural movement principles to establish a joyful atmosphere and solve physical as well as emotional problems through movement.

You will join a larger community of passionate teachers that are committed to healthy through movement and value the spirit in this work.

Movement for Life Instructor Training with Dr. Martha Eddy - 60 hours

1. Human Movement Expression & Efficiency in Cultural Contexts

Using Laban Movement Analysis in 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.

2. Dance and Somatic Education: Embodied Anatomy and Physiology

Learn to lead exercises to stimulate the different physiological rhythms of the body, 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.

3. Dynamic Embodiment for Teachers

Learn to apply a combination of Laban Movement Analysis and Body Mind Centering using the Eddy's OSO cycle - Observe, Support, Optimize movement.

4. Dynamic Movement, Dynamic Health©

Come to understand how to develop a class based on specific goals. Create protocols and make choices tailored to your specific clients needs. Using movement exploration and observation, we will learn how to identify patterns of constant use and how to discover and invite recuperative movement options

5. Choreography of Moving for Life©

Learn the choreography well. Learn well enough to speak about all the important principles we use while you teach.

Movement for Life Instructor Training

The Prerequisites for participating in the Movement for Life Training are: **Introduction to Laban Movement Analysis**, an **Introduction to Bartenieff Fundamentals** and an **Introduction to Body Mind Centering®**.

Certified movement specialists with knowledge of introductory studies in **Laban/Bartenieff Movement Studies** and **Body Mind Centering®** may apply to join the summer course by permission of the directors of the program.

This training course can be credited toward Dr. Martha Eddy's 500 hour training for becoming a **Dynamic Embodiment Somatic Movement Therapist**. See more under: www.movingoncenter.org/dynamicSMTT and www.ISMETA.org

Classes are taught in English.

Martha Eddy, Certified Movement Analyst (CMA), Ed. D., has designed exercise and dance programs for diverse groups with specialized needs. She is co-founder of Moving On Center, a non-profit educational organization that is dedicated to training movement specialists to use holistic physical activity in health, education and performance-settings. Dr. Eddy maintains a private practice as an educational consultant and as a registered somatic movement therapist in New York City. She is licensed teacher of Body-Mind Centering®. She has taught on the faculty of SBMC since 1984 and assisted Irmgard Bartenieff at LIMS.
www.movingoncenter.org/DynamicSMTT

Practical information

Dates: 5th-9th of August and 11th – 15th of August 2012

Price for Instructor training: 11.250 DKK / 1500 EURO / 2060 USD
Registration before February 15th 2012 10.000 DKK / 1345 EURO / 1830 USD

Training DVD and Training manual 375 DKK / 50 EURO
for enrolled Students only

Assessment sessions review 375 KR/50 EUR

Exam and Certification 375 KR/50 EUR

Accommodation and full boarding: 6250 DKK/ 835 EURO/ 1167 USD
in a double room to be paid in DKK on arrival (includes the days with no studies)
Arrival 4th in the evening – departure 16th of August in the morning
no lunch and no dinner on August 10th, our free day

**Place: Polaris Centret
Kyndeloese Strandvej 22
Dk-4070 Kirke Hyllinge, Danmark**

For registration to the course ask Ute Lang to send you the registration form.

**Email: info@ulang.dk
www.movingforlife.org www.tanztherapiewerkstatt.de**