



# **Somatic Intensive with Dr. Martha Eddy**

## **Dynamic Embodiment – Somatic Movement Therapy Training**

### **July 17<sup>th</sup> – 28<sup>th</sup> 2010 in New York City**

Take one course or take them all!

#### **Principles and Philosophy of Human Movement Expression and Efficiency: Perspectives from Laban Movement Analysis**

~learn Laban Movement Analysis (LMA)  
Saturday & Sunday July 17<sup>th</sup> - July 18<sup>th</sup> 10am – 5pm

#### **Perceptual-Motor Development**

~Body-Mind Centering® Neuro-Developmental and Bartenieff perspectives  
Monday – Thursday July 19<sup>th</sup> - July 22<sup>nd</sup> 9:15am – 12pm

#### **Theories of Somatic Education: Embodied Anatomy and Physiology**

~Body Mind Centering (BMC) body systems & exercise physiology  
Monday – Thursday July 19<sup>th</sup> - July 22<sup>nd</sup> 1:30pm - 4:45pm

#### **Communication and Non-verbal Expression/Body Language©**

~engage with the body-mind connection in movement and language  
Mon/Wed eve 6:30 – 8:30pm

#### **Dynamics of Touch©, Movement and Health:**

~Martha Eddy's signature Somatic Integration Seminar\*\*  
(Hands-on practice and exercise protocol design using LMA, BF, BMC, & DE-SMTT skills)  
Friday July 23<sup>rd</sup> 9:30am - 12pm & 1:30pm - 5pm

#### **Bartenieff Fundamentals (BF) of Body Movement: A somatic approach to well-being**

Sunday & Monday July 25<sup>th</sup> - July 26<sup>th</sup> 10am – 5pm

#### **Costs:**

10 – 12 hours courses: 1 course \$395; 2 courses \$750; 3 courses \$1100 4 courses \$1450  
Short courses: Dynamics of Touch, Movement and Health course \$200 Body Counseling: \$125  
ALL courses: \$1500

Graduate credit can be available both to those who have been admitted to  
the SUNY –ESC/MALS or to non-matriculated students who qualify.

American Council on Exercise (ACE) independent study CEUs generally available.  
These courses are Phase 1 of *Dynamic Embodiment Somatic Movement Therapy Training (DE-SMTT)*  
and/or the *Somatic Fitness Certification Program* directed by Martha Eddy, CMA, Ed.D.

\*Faculty includes CKE, DE-SMTT, and Movements Afoot instructors.

\*\*By permission of instructor; has pre-requisites.

Apply for Phase 2 DE-SMTT: \$500 deposit & 2-day orientation: Tuesday – Wednesday July 27<sup>th</sup> – 28<sup>th</sup>  
CMAs, BMC grads, and Registered ISMETA practitioners are welcome to join classes at reduced rates or may request  
to study Dynamic Embodiment SMTT beginning with Phase 3: May/ June 2010

**CHECK Out our [www.wellnessCKE.net](http://www.wellnessCKE.net) for up-to-date info**

