



Moving On Center-NYC at CKE  
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(212) 414-2921

## Body Mind Dancing © Certification

Designed and Directed by Dr. Martha Eddy (RSMT, CMA, Ed.D, and Licensed Teacher of Body Mind Centering ®)

- **Deepen your dance intelligence through theories of Somatic Education**
- **Enhance your knowledge of anatomy and physiology through dance**
- **Explore Laban/Bartenieff principles of efficient movement functioning**
- **Apply Body-Mind Centering ® to technique and improvisation**
- **Analyze students' movement- become sensitive to their dynamic use of alignment, space & brain**

Developed by **Dr. Martha Eddy, Founder of Dynamic Embodiment™ (RSMT, CMA, Ed.D, and Licensed Teacher of Body-Mind Centering™ since 1984)**, BodyMind Dancing © Certification integrates skilled touch and movement principles from **Body-Mind Centering®**, approaches from **Laban Movement Analysis/Bartenieff fundamentals**, and compassionate dialogue to enhance your dance technique training and teaching. Certification requires students develop their background in **Dynamic Embodiment-Somatic Movement Therapy™** through enrollment in Human Movement Expression & Efficiency in Cultural Contexts (LMA), Perceptual-Motor Development: The First Year of Life, Bartenieff Fundamentals (BF) of Body Movement, and Theories of Somatic Education: Embodied Anatomy and Physiology; attendance at a minimum of 30 BodyMind Dancing© classes offered at the Center for Kinesthetic Education; and participation in teacher training workshops sponsored by Dr. Martha Eddy/Moving On Center-NY. Instructors must participate in supervised teaching before becoming certified. This is an individualized mentorship program that may also lead to full certification as a Dynamic Embodiment-Somatic Movement Therapist™.

### **Body Mind Dancing © Certification Process:**

**The following certification requirements can be engaged in various orders:**

1. **Take the Class:** Take a minimum of 30 Body Mind Dancing Classes lead by Dr. Martha Eddy
2. **Take Related Courses:** In order to understand the philosophical teachings of *BodyMind Dancing©* individuals need to have studied in the following *Phase 1 Dynamic Embodiment-SMTT* courses: **Human Movement Expression & Efficiency in Cultural Contexts (LMA), Perceptual-Motor Development: The First Year of Life, Bartenieff Fundamentals (BF) of Body Movement, and Theories of Somatic Education: Embodied Anatomy and Physiology** (offered throughout the summer and year).



4. **Read and Ask Questions:** Develop an understanding and nature of Dynamic Embodiment, and the tools of somatics, Body Mind Centering®, and Laban/Bartenieff interventions in dance education. This theoretical part informs the logic of class progressions and informs your teaching cues

5. **Bring your own Experience and Creativity:** It's important to have prior experience teaching group classes (any form of dance, NIA, yoga, Pilates or Lebed etc). Volunteer at CKE for more teaching experience if you don't already have this.

6. **Assessment:** Includes both a teaching, oral and written assessment. Practice your Body Mind Dancing© teaching and have peer review. Arrange to have Dr. Martha Eddy to observe your classes and to give feedback (this may be done by video/DVD).

## Registration/Information:

4 Required Phase 1 Dynamic Embodiment- Somatic Movement Therapy™ Courses (57 Hours of Training; prior experience will be credited): \$1,370

30 Body Mind Dancing© Classes (30 Hours of Training): \$600

Written and Oral Assessments: \$125

Final certification: \$125

Teach a class that Dr. Martha Eddy observes or send a videotape for review. Criteria for passing: demonstrate a good understanding of all components of the class. Opportunities for substituting and supervised teaching prior to final certification will also come up. Seize these opportunities as live interaction and feedback is to be prized!

Register for the **FULL Body Mind Dancing Certification©** at the discounted price of **\$1,800**

Payment plans offered

Call or Email to Register

(212) 414-2921      [SMTT@WellnessCKE.net](mailto:SMTT@WellnessCKE.net)

### Important steps:

Make a proposal about what your training goals are and process will be relative to the six steps listed above. Include a related contract.

Plan to do as many of the above explorations as your location, work life, and finances allow for. Brainstorm ways to substitute training steps you feel you will not be able to complete.