

Movement & Anatomy for Development

45 hrs Somatic Movement Online Course

Introduction

Welcome to you, somanaut ! (aka physiology, anatomy and movement curious!)

This 45hrs Somatic Movement online course is designed to bring essential knowledge to movement teachers, so that they will feel and experience somatic movement and will be given the tools to integrate what they experience somatically in their classes. All 5 modules are both practical and theory based.

Somatic movement is a felt experience of your body in the present moment. It is not about intellectualizing or trying to resolve things from our thinking brain. It is a holistic approach that keeps you and your experience at the center of what you do.

The course is a well-structured and in-depth study of human physiology and anatomy applied to somatic movement. It proposes to look at somatic movement through the new paradigms of neuroscience, biotensegrity, the 8 Diaphragms and our visceral world. The course is based on the most recent researches available online at PubMed, and a detailed bibliography is given bellow.

This is an invitation to widen you view and experience somatically movement, while riding the wave of “physiology” and “anatomy”. It is an invitation for you to use the cognitive system as well as the somatic system to better integrate and learn, memorise and make sense of the theory. You will understand movement in a much wider, connective, bio-tensengral and integrative way.

Course Aims and Learning Outcomes

General Aim: This somatic movement course is designed to bring essential knowledge to movement teachers and practitioners and foster embodied awareness.

Specific Goals:

1. Present in a structured way functional anatomy and physiology knowledge, as well as integral anatomy knowledge relevant to somatic movement practices.
2. Understand how to improve structural and body-mind integration through conscious movement.
3. Explore the functional qualities the fascial matrix with movement teachers and practitioners to allow them to incorporate these into their practices, both personal and taught.
4. Give tools to teachers to integrate what they experience somatically in their classes in a structured way.
5. Allow the participants to be aware of their movement patterns and either accept them, or work intelligently to improve them.

Course duration, date, time and Content

The course is given exclusively online and restricted to 8 participants

The course runs during 3 months – [In Autumn / Winter 2023-24 from November 17th till February 28th](#)

The course is divided in 5 modules (Fridays) from 9.30am till 3.30pm, as described below:

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Breakdown of the 45hours course:

- 1) 5 sessions of 5 hours each. Total of 25 contact hours.

Year 2023-24
Module 1 – November 17th Neuroscience and Movement
Module 2 – December 1st Fascia as a sensory organ
Module 3 – December 15th From our Viscera
Module 4 – January 12th The 8 Diaphragms
Module 5 – January 26th Spirals everywhere...

- 2) **Suggested reading/watching/self-enquiry/practice = 10hrs**

- 3) **3 homeworks to be done at home, in between the sessions = 3 hours**

- 4) **1 personal project to be done after the 4th or 5th module and to be sent 4/5 weeks after the end of the 5th module = 7hrs**

Course details

- Maximum of 8 people per course to allow space for questions and interactions between the participants.
- 1 Toilet breaks and 1 lunch break during the 5hrs sessions to maximize the time.
- Handouts sent out the day before the session – building up to a comprehensive folder of notes (70 pages).
- Home reading / watching / self-enquiry / practice email sent out at the end of each session
- Homework to be done and send back to tutor in-between the 3 first modules.
- A personal project to be written after the 4th or 5th module and to be given to the tutor 4/5 weeks after the last module

An exhaustive detailed description of the course content can be obtained by getting in touch with: movementanatomydevelopment@gmail.com

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Evaluation methods

A simple form is given prior to the end of the course to evaluate the teaching method and content of the course. Students are kindly asked to send this feedback form to allow the tutor to continually improve the content of the course.

Criteria for Application

The course is open to:

- Yoga, Pilates and Dance Teachers
- Yoga, Pilates and Dance practitioners
- Movement Teachers (Tai Chi, Qi Kong etc...)
- Body Practitioners (Massage Therapist, Sacro Cranial Therapists, etc...)
- Anybody who enjoys movement practices and would like to deepen their empirical and somatic knowledge

Certification conditions

A 45hrs Somatic Movement Course Certificate will be awarded following successful attendance **of all the online classes** (5 in total) and **completion of all the homeworks** (3 in total) and **completion of the personal project** (1 in total).

We do understand that some life circumstances can prevent some students to complete the whole cursus during a given year. A discussion, on a case-by-case basis, can happen if a given student needs to pursue his/her studies the next year (Administrative fees apply).

Teaching methods and study components

The curriculum focuses on human movement and we will:

- Slow down, use the floor
- Explore our own personal relationship
- Explore embodied anatomy, and fascial integration
- Explore our inner sensory awareness
- Draw and colour
- Exchange sensations with peers.

During the Course, you will get:

- Handouts sent out the day before the session – building up to a comprehensive folder of notes (70 pages).
- A list of videos and links to article sent out after each module (Home reading / watching / self-enquiry / practice email).
- Recording of the practices accessible for 30 days.
- Homework to be done and send back to tutor in-between the first 3 modules.
- A personal project that will be overseen by the tutor.

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Student input

Students are continuously asked to participate during the course. This is a very important part of the course, as the aim is to build a compassionate sangha of movement curious who are willing to share, listen, discuss different practices and/or point of view. The number of participants is kept intentionally low for this synergy to happen.

About the Tutor

Julie is a Yoga Therapist, an Anatomy Teacher & a Movement Facilitator.

As a Yoga Elder, she has been teaching yoga for over a decade. When she started teaching, people with different pathologies came to her class, and she was afraid of hurting them, or doing the "wrong thing". She then became fascinated by anatomy and started her journey with Blandine Calais Germain (France), Thomas Myers and Leslie Kaminoff (US) in 2013. It gave her a reliable map of the body, and helped her building confidence to work with vulnerable and injured students. During the last 7 years, deepening her empirical knowledge of the body with personalities like Gil Hedley (Dissection and Fascia - US), Todd Garcia (Dissection-US), Robert Schleip (Fascia research-Germany), Julian Baker (Functional Fascia-UK) and Jaap Van Der Wall (Embryologist-NL) helped her to reconfigure the maps she first learned and extend her comprehension of the body.

Julie offers yoga therapy and anatomy workshops throughout England and Europe, teaches 2 online anatomy courses per year and welcomes private clients to her clinic online and in person.

Costs of joining the course

The cost for the Course in 2023 is **£540** (£560 with printed certificate).

To secure your space, you can make a £100 deposit. This deposit is non-refundable.

The Course must be paid in full prior to the start of the course.

Instalment of 3 payments can be offered prior to the start of the course. Please contact movementanatomydevelopment@gmail.com, for more details.

Cancellations can be made 30 days before the start of the course. Please see **Terms of Conditions** at the end of this document to make sure you understand our policy on terms of refund and cancelations.

Early bird deals will be advertised on Facebook and through the newsletter. Full payment of the course must be made prior to the deadline of the early bird deal.

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Bibliography of the Course

Frank H. Netter, Atlas of Human Anatomy (Netter Basic Science) (English Edition)

Thomas W Myers:

- Anatomy trains, 2013.
- Body Reading: Visual Assessment and the Anatomy Trains, (a guide to visual assessment; available in DVD format, book or webinar), 2014.

Leslie Kaminoff and Amy Matthews, Yoga anatomy, 2012.

Tias Little, Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga, 2016

Jules Mitchell, Yoga Biomechanics, stretching redefined, 2019.

Karen Kirkness: Spiral Bound, Integrated anatomy for Yoga, 2021.

John Stirk, The Original body, Primal movement for Yoga teachers, 2018.

Gary Ward, What the Foot? : A Game-Changing Philosophy in Human Movement to Eliminate Pain and Maximise Human Potential, 2014.

James Earl:

- Born to walk, 2014
- Fascial release for structural balance, co-authored with Thomas Myers, 2017.

David Lesondak, Angeli Maun Akey : Fascia, Function, and Medical Applications, 2021

Sat Bir Singh Khalsa PhD, Jodie Gould, Your Brain on Yoga (Harvard Medical School Guide), 2012

Stanley Rosenberg, Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism, 2017.

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Terms and Conditions – 2023 - 24

1. The Course is payable in advance of the start of the course. Instalments are available prior to the start of the course. You may wish to cancel your booking for the Course. It is possible as long as you do so at least **30 days before** the start date of the Course. In which case we will refund you the £ (sterling) amount you have paid us in respect of that Course, minus a £100 cancellation fee.
2. If you cancel within **30 days of the start date** of the Course, there will be no refund unless we are able to transfer your booking to another participant in which case we will refund you the amount you have paid us in respect of that course, minus a £150 cancellation fee.
3. Once you have committed to attend the Course it is your responsibility to attend all of the scheduled sessions and you must do so in order to receive certification.
4. We reserve the right to cancel a Course for any reason, though we will endeavour only to do so in the event of exceptional circumstances that mean we are unable to offer the Course as advertised, or if there are, in our opinion, insufficient numbers booked onto the Course for it to be commercially viable. Should this happen, we will notify you promptly and will refund you the full £ (sterling) amount you have paid us in respect of the Course. We will not, however, be responsible for any additional expenses which you may have incurred in respect of the Course, for example in respect of material cost, or any exchange rate losses.
5. It is not allowed to make a booking for a Course on behalf of another person.

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Application Form

Name:	BWY Membership No:
Date of Birth:	Place of Birth:
Address:	
Tel:	
Email address:	

Do you have any pre-existing medical conditions? Please state below.

How many years have you been teaching / practicing a specific movement method?

Why would you like to learn about Somatic Movement? Tell us about yourself. (150 words)

By completing and returning this application form, I hereby confirm that:

- I have read and understood the all the information provided on the 45hrs Somatic Movement Online Course,
- I understand that Certification is dependent on attending all 5 modules of the course and successful completion of all homeworks and personal project,
- I have read the Terms and Conditions of the Course, and understand that the course is non-refundable.

I confirm payment of the non-returnable deposit of £100 to secure a place and understand that the rest needs to be paid in full at least 2 weeks before the start date. I understand that to benefit from the early bird rate, the whole amount needs to be paid in full by the early bird deadline.

Please send your completed application electronically to movementanatomydevelopment@gmail.com