



# Somatic Education Australasia



*photo by Sean Smuda*

## **BODY-MIND CENTERING® SOMATIC MOVEMENT EDUCATOR PROGRAM INFORMATION**

Welcome to Somatic Education Australasia (SEA), dedicated to the flourishing of somatic education, somatic arts practice and body-mind research in the Australasian region.

We are pleased to offer the first licensed Body-Mind Centering® program in Melbourne, Australia, beginning in 2019 with the Somatic Movement Educator certification program.

SEA is:

Olive Bieringa, Program Director

Otto Ramstad, Educational Director

Kim Sargent-Wishart, Administrative Director

Read on for information about the Somatic Movement Educator Program, including course descriptions and the 2019-22 Melbourne schedule.

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### ABOUT BODY-MIND CENTERING®

*"Body-Mind Centering is an ongoing, experiential journey into the alive and changing territory of the body. The explorer is the mind - our thoughts, feelings, energy, soul, and spirit. Through this journey we are led to an understanding of how the mind is expressed through the body in movement.*

*...An important aspect of our journey in Body-Mind Centering is discovering the relationship between the smallest level of activity within the body and the largest movement of the body - aligning the inner cellular movement with the external expression of movement through space. This involves identifying, articulating, differentiating, and integrating the various tissues within the body, discovering the qualities they contribute to one's movement, how they have evolved in one's developmental process, and the role they play in the expression of mind. The finer this alignment, the more efficiently we can function to accomplish our intentions.*

*In BMC we are the material, our bodies and minds the medium of our exploration... We are each the study, the student, the teacher."*

-Bonnie Bainbridge Cohen, *Introduction to Body-Mind Centering*, in **Sensing, Feeling and Action** (2012, Contact Editions)



Body-Mind CENTERING®

Body-Mind Centering® (BMC<sup>sm</sup>) is an integrated and embodied approach to movement, the body and consciousness. Developed by Bonnie Bainbridge Cohen, it is an experiential study based on the embodiment and application of anatomical, physiological, psychophysical and developmental principles, utilizing movement, touch, voice and mind. Its uniqueness lies in the specificity with which each of the body systems can be personally embodied and integrated, the fundamental groundwork of developmental re-patterning, and the utilization of a body-based language to describe movement and body-mind relationships.

The study of Body-Mind Centering is a creative process in which embodiment of the material is explored in the context of self-discovery and openness. Each person is both the student and the subject matter and the underlying goal is to discover the ease that underlies transformation.

The Body-Mind Centering approach has an almost unlimited number of areas of application. It is currently being used by people in movement, dance, yoga, bodywork, somatic studies, physical and occupational therapy, psychotherapy, child development, education, voice, music, art, meditation, athletics and other body-mind disciplines. (Text copyright Bonnie Bainbridge Cohen. Used with permission.)





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### ABOUT THE SOMATIC MOVEMENT EDUCATOR PROGRAM

The Body-Mind Centering® Somatic Movement Educator program introduces students to the foundations and fundamentals of embodiment, through a highly experiential study of embodied anatomy and developmental movement. Students explore the material through multiple modalities, including solo, partner and group movement, giving and receiving touch, witnessing, dialogue and group discussion. Movement, touch, sounding, vocalization, drawing and writing are all engaged in the exploration of cellular liveliness, and in processes of aligning inner experience with outer awareness and expression.

*"School for Body-Mind Centering programs offer an experiential approach to movement, the body, and consciousness. People who study the Body-Mind Centering approach come from a variety of backgrounds but they all share a common interest in the body-mind relationship and want to learn an in-depth, experiential and embodied approach. Whether you are involved with a movement practice (yoga, dance, athletics, martial arts, etc.), work in a therapeutic setting (occupational therapy, physical therapy, psychotherapy, child development, etc.), or are engaged in other expressive arts (visual arts, music, etc.), our programs offer an opportunity for professional development and/or personal growth." – bodymindcentering.com*

SEA will offer the entire 500 + hour SME program October 2019-March 2022. Upon successful completion of all SME courses and required homework, a student can be certified as Body-Mind Centering Somatic Movement Educator and register as a Somatic Movement Educator (RSME) with ISMETA. See CERTIFICATION REQUIREMENTS section for full details.

Most courses in the SME program may be taken individually or in combination for personal growth or professional enrichment without commitment to the entire program. Courses may be combined from any of the BMC licenced programs worldwide to complete certification.

This training is for you if you

- are inspired by the process of embodiment
- want to develop ways to move in consciousness and presence
- have an interest in embodied anatomy and developmental movement
- want to teach movement and hands-on in any setting
- are an artist, therapist, educator or researcher and want to include Body-Mind Centering in your work

The first four courses of the Infant Developmental Movement Educator (IDME) Program are also offered as part of the SME Program.





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## SME COURSE DESCRIPTIONS

### **Senses and Perception 1 (4 days, 28 contact hours)**

Our senses begin as potential and develop in response to stimulation and experience. The senses of touch and movement are located throughout the body -- in every cell. The senses of vision, hearing, taste and smell are located in the head. It is through our senses that we receive information from our internal environment (ourselves) and the external environment (others and the world).

How we filter, modify, distort, accept, reject, and use that information is part of the act of perceiving. Perception is a global experience. It is the psychophysical process of interpreting information based on past experience, present circumstances and future expectations. When we choose to absorb information, we bond to that aspect of our environment. When we block out information, we defend against that aspect. Learning is the process by which we vary our responses to information based on the context of each situation.

This course includes:

- Exploration of the six senses (movement, touch, taste, smell, hearing and vision).
- Analysis of the perceptual-response cycle as the process of perception.
- Bonding, defending and learning as psychophysical processes based on your perceptions.

### **Skeletal System (9 days, 63 contact hours)**

This system provides us with our basic supporting structure. It is composed of the bones and the joints. The bones lever us through space and support our weight in relationship to gravity and the shape of our movements through space. The spaces within the joints give us the possibility of movement and provide the axes around which the movement occurs.

The skeletal system gives our body the basic form through which we can locomote through space, act on the environment, and sculpt and create the energy forms in space that we call





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movement. Through embodying the skeletal system, the mind becomes structurally organized, providing the supporting ground for our thoughts, the leverage for our ideas, and the fulcrums or spaces between our ideas for the articulation and understanding of their relationships. It provides the foundation for the psychophysical qualities of clarity, effortlessness and form.

This course includes:

- Skeletal principles that enhance effortless movement.
- The relationships between bones and joints and how they integrate through the whole body.
- Evaluation and repatterning of skeletal alignment and movement imbalances.
- Techniques for facilitating the repatterning of the internal structure of bone.

### **Organ System (7 days, 49 contact hours)**

Our organs are vital and alive. They provide us with our sense of self, full-bodiedness, and organic authenticity. Organs are the contents within the skeletal-flesh container and carry on the functions of our internal survival — breathing, nourishment and elimination. Organs are the primary habitats or natural environments of our emotions, aspirations, and the memories of our inner reactions to our personal and social histories. They support our postural tone and our feelings, and give volume to our movement.

This course includes:

- Initiating breath, voice, movement and touch from the organs.
- Analyzing imbalances in individual organs and the organ system as a whole.
- Techniques to facilitate access to and balance in the organs.

### **Basic Neurocellular Patterns (BNP) (7 days, 49 contact hours)**

The development of these patterns in humans parallels the evolutionary development of movement through the animal kingdom. The Basic Neurocellular Patterns are the words of our movement. They are the building blocks for the phrases and sentences of our activities. They also establish a base for our perceptual relationships (including body image and spatial orientation) and for our learning and communication.

The BNP are one of the foundations of Body-Mind Centering<sup>®</sup> and are interwoven with the Embodied Anatomy (body-systems material) in later courses. The BNP have extensive application in the areas of movement and psychophysical expression. Done in sequences, the BNP can also form the basis for a deep and ongoing personal movement practice.

This course includes:

- Exploration of the prevertebrate patterns: Vibration, Cellular, Sponging, Pulsation, Mouthing, and Prespinal.
- Exploration of the vertebrate patterns: spinal, homologous, homolateral, and contralateral.





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- Distinguishing and integrating the actions of yield, push, reach and pull.
- Combinations of the vertebrate patterns that facilitate their integration.
- Facilitating developmental repatterning in yourself and others.

### **Primitive Reflexes, Righting Reactions and Equilibrium Responses (RRR) (6 days, 42**

**contact hours)** The Primitive Reflexes, Righting Reactions and Equilibrium Responses are the fundamental elements, the alphabet, of our movement. Underneath all successful, effortless movement are integrated reflexes, righting reactions and equilibrium responses. The reflexes are the most primitive patterns that occur in response to specific stimuli, and they establish basic survival patterns of function. The righting reactions are important in establishing a vertical or upright posture against gravity and a continuous head-torso axis. The equilibrium responses are patterns which maintain balance of the whole body in the dynamic relationship between the shifting of one's center of gravity through space and one's base of support.

This course includes:

- Fundamental building blocks of human movement.
- Postural tone and physiological flexion and extension.
- Differentiating the RRR in relation to the three planes of movement (horizontal, vertical, sagittal).
- The roles of the RRR in readiness for relating to earth and heaven, gathering and reaching, taking hold and letting go, weight bearing, rolling, vertical uprightness, locomotion and equilibrium.

### **Ontogenetic Development (5 days, 35 contact hours)**

The period from intrauterine life through approximately 12 months of age is an extraordinarily formative time for humans. Our basic movement patterns emerge in utero, are present at birth, and develop through the first year of life. It is during this time that we build the groundwork for our movement and perceptual skills and pass through the milestones by which we mark our development

This course includes:

- Developmental milestones including: fetal movement, nursing, head control, eye-hand coordination, rolling, circumduction, belly crawling, quadrupedal crawling, sitting, kneelsitting, kneelstanding, half kneelsitting, half kneel-standing, squatting, standing, cruising, walking.
- The sequence of development that allows the infant to progress through each and all skill levels during its developmental process.
- Patterns of movement that inhibit more integrated skills from developing.
- Facilitating integrated movement skills and inhibiting patterns which limit full development.







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### **Fluid System (6 days, 42 contact hours)**

The fluids are the transportation system of the body. They underlie presence and transformation, set the ground for basic communication, and mediate the dynamics of flow between rest and activity, tension and relaxation. The characteristics of each fluid relate to a different quality of movement, touch, voice, and state of mind. These relationships can be approached from the aspects of movement, mind states, or from anatomical and physiological functioning.

This course includes:

- The major fluids of the body (cellular, interstitial and transitional fluids, blood, lymph, synovial fluid, and cerebrospinal fluid).
- Distinguishing the qualities of specific fluids through movement and touch.
- Initiating movement from each of the fluids.
- Identifying individual psychophysical characteristics of each of the fluids and their various combinations.
- Gaining awareness of your own fluid affinities and recognizing their embodiment and expression in others.

### **Nervous System (7 days, 49 contact hours)**

Experience first occurs on the cellular level. The nervous system is the recording system of the body. It records our experiences and organizes them into patterns. It can then recall the experience and modify it by integrating it with patterns of other systems and previous experiences. The nervous system is the last to know, but, once knowing, it becomes a major control center of psychophysical processes. It can initiate the learning of new experience through creativity and play. The nervous system underlies alertness, thought, and precision of coordination and establishes the perceptual base from which we view and interact with our internal and external worlds.

This course includes:

- Distinguishing experientially the organization of the nervous system: central/peripheral; somatic/autonomic; sensory/motor.
- Differentiating and integrating from a psychophysical perspective the enteric nervous system of the gut, the parasympathetic and sympathetic pathways, and the somatic nerves.
- Assessing and releasing blockages in the nerve pathways (brain and spinal cord, autonomic nerves, major somatic and autonomic plexes and their peripheral pathways).
- Understanding the principles of nerve reversals and methods of releasing them.
- Exploring balance of the autonomic nervous system as a calm support for intentional movement.
- How intentional movement provides the container of expression for autonomic movement.





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### **Endocrine System (5 days, 35 contact hours)**

The endocrine glands are the major chemical governing system of the body and are closely aligned with the nervous system. Their secretions pass directly into the blood stream and their balance or imbalance influences all of the cells in the body. The glands are the keystone between the organs and the nervous system and between the nervous system and the fluids. They create crystalline psychophysical states through which we are able to experience and understand the universal aspect of self.

This is the system of internal stillness, surges or explosions of chaos/balance and the crystallization of energy into archetypal experiences. The endocrine glands underlie intuition and the perceiving and understanding of the Universal Mind.

This course includes:

- Initiating breath, voice and movement from each of the following glands and bodies: coccygeal body, perineal body, gonads, adrenals, pancreas, thoracobody, heart body, thymus, thyroid, parathyroids, carotid bodies, pituitary, mammillary bodies and pineal body.
- Distinguishing their reflex points.
- Aligning their energy centers along the spine.
- Establishing their relationships to bones and joints.
- Analyzing the glandular support of the spine and head.

### **Ligamentous and Fascial System (7 days, 49 contact hours)**

Fascia provides the tensegrity matrix of the whole body. It wraps around all other structures as one continuous spiraling, multilayered, and multidimensional network of expansive sheaths, enclosed containers and specialized attachments. These specialized attachments are the ligaments.

The ligaments set the boundaries of movement between the bones. They coordinate and guide muscular responses by directing the path of movement between the bones and provide specificity, clarity, and efficiency for the alignment and movement of the bones. When all of the ligaments of a joint are actively engaged, the movement of that joint becomes highly specific and is carried effortlessly to surrounding and successive joints. Fascia supports the psychophysical quality of micromovements of condensing and expanding consciousness without specific content within the embracing context of unity. The ligaments support the psychophysical quality of detailed specificity.

This course includes:

- Differentiating structures by sliding the fascial sheaths between them.
- Integrating structures by engaging the connectivity of the fascial matrix surrounding them.
- Facilitating micro-condensing and micro-expanding movement of the fascia to increase turgidity, flexibility, strength, and mobility.
- Initiating movement from the ligaments.
- Facilitating freedom, resilience, strength and integration of the ligaments through touch and repatterning.
- Releasing ligaments from the restrictions of surrounding tissues.
- Integrating ligaments into their corresponding fascial planes.







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### **Muscular System (9 days, 63 contact hours)**

The muscles establish a tensile three-dimensional grid for the balanced support and movement of the skeletal structure by providing the elastic forces that move the bones through space. They provide the dynamic contents of the outer envelope of flesh encompassing the skeletal structure. Through this system we embody our vitality, express our power, and engage in the dialogue of resistance and resolution.

This course includes:

- Innovative muscle principles (proximal and distal initiation, muscle coupling and currenting, A and B muscles, four stages of a muscle action, eight functions of a muscle).
- Embodying muscles and initiating movement at the molecular level (actin and myosin).
- The embodied functions of proprioceptors (muscle spindles and Golgi tendon organs).
- Analyzing the actions of individual muscles and of groups of muscles from the perspective of one's position in relation to gravity.
- Interrelationships between muscles in different parts of the body and as they pass through different fascial planes.
- Techniques of muscle re-education and training.

### **SME Competency (1 day, 7 contact hours)**

This course is a review of skills and an evaluation of competency.

Prerequisite: Completion of all other Somatic Movement Education Program courses

### **Professional Issues 1 (2 days, 14 contact hours)**

What does it mean to be a professional and how do you transition into this role? This course will cover some of the important issues facing professionals in the somatic field.

Prerequisite: Completion of all other Somatic Movement Education Program courses.

This course includes:

- The student/movement educator relationship.
- Responsibilities of being a professional, including ethical guidelines and health precautions.
- Setting up and managing a professional practice, such as, finances, publicity, managing space and time, promotion, interfacing with other professionals, supervision and networking.





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## SEA SME COURSE SCHEDULE 2019-2022

Course	Dates*	Fees**	Teachers
<b>Module 1</b>	Payment due by 11 July 2019		
<b>Senses &amp; Perceptions 1</b>	11-14 October 2019 (4 days)	\$880	Jens, Olive, Otto
<b>Skeletal System</b>	17-27 October 2019 (9 days) Days off 20/10 & 24/10	\$1980	Jens, Olive, Otto
<b>Module 2</b>	Payment due by 14 November		
<b>Organ System</b>	14-21 February 2020 (7 days) Day off 17/2*	\$1540	Amy, Mary Lou, Olive
<b>Basic Neurocellular Patterns</b>	24 Feb-2 March 2020 (7 days) Day off 27/2*	\$1540	Amy, Mary Lou, Olive
<b>Module 3</b>	Payment due by 2 June 2020		
<b>Reflexes, Righting Reactions &amp; Equilibrium Responses</b>	2-8 September 2020 (6 days) Day off 6/9*	\$1320	Olive, Gloria, Sarah
<b>Ontogenetic Development</b>	11-15 September 2020 (5 days)	\$1100	Olive, Gloria, Sarah
<b>Module 4</b>	Payment due by 6 November		
<b>Fluid System</b>	6-12 February 2021 (6 days) Day off 9/2*	\$1320	Olive, Otto, Kim
<b>Nervous System</b>	15-22 February 2021 (7 days) Day off 19/2*	\$1540	Olive, Otto, Kim
<b>Module 5</b>	Payment due by 3 June 2021		
<b>Endocrine System</b>	3-7 September 2021 (5 days)	\$1100	Friederike, Olive, Rebecca
<b>Fascia &amp; Ligamentous Systems</b>	10-17 September 2021 (7 days) Day off 14/9*	\$1540	Friederike, Olive, Rebecca
<b>Module 6</b>	Payment due by 13 November		
<b>Muscular System</b>	13-23 February 2022 (9 days) Days off 14/2 & 18/2*	\$1980	Jens, Olive, Otto
<b>Competency</b>	26 February 2022 (1 day)	\$220	Jens, Olive, Otto
<b>Professional Issues</b>	27-28 February 2022 (2 days)	\$440	Jens, Olive, Otto

Notes on schedule & fees:

\*Days off subject to change

\*\*Fees include 10% GST (Goods & Services Tax)

Fees received after the due date incur an administrative fee of \$75 per course

Residents of Aotearoa/New Zealand receive a 15% discount





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## CERTIFICATION REQUIREMENTS

Each course may be taken individually for professional or personal development. Homework is not required for participants who do not wish to certify as a Somatic Movement Educator, however it is highly recommended as a way of integrating, deepening and sharing the course material.

Students wishing to certify as a BMC Somatic Movement Educator must complete homework and fulfil certain requirements:

- 5 guidance sessions (30 min. each, with a BMC Practitioner or Teacher\*)
- 3 personal sessions (5 are recommended. 60 min. each, with a BMC Practitioner or Teacher\*)
- 10 study sessions (informal sharing of the material with others)
- 5 SME classes (in which you teach one or more people)
- Final educational/promotional project

Additional requirements include:

- 100 hours of movement practice
- 50 hours of meditative practice

All work needs to be turned in no later than six months after the date of completing the final course of the program. Participants are provided with complete certification and homework guidelines upon registration.

\*Please note the costs of the sessions with a BMC Practitioner or Teacher are not included in the course fees.





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### RECOMMENDED BOOKS FOR SME STUDENTS

- Bonnie Bainbridge Cohen, **Sensing, Feeling and Action**, Contact Editions, 2012
- Bonnie Bainbridge Cohen, **Basic Neurocellular Patterns: Exploring Developmental Movement**, Burchfield Rose Publishers, 2018
- Frank Netter, **Atlas of Human Anatomy**, Netter Basic Science, OR
- Carmine D. Clemente, **Anatomy: A Regional Atlas of the Human Body**, Lippincott Williams & Wilkins
- Wynn Kapit & Lawrence M. Elson, **The Anatomy Colouring Book**, Pearson

### ADDITIONAL RECOMMENDED READING

For a full list of Bonnie's books and DVDs visit [www.bodymindcentering.com/books-videos](http://www.bodymindcentering.com/books-videos)

–Gill Wright Miller, Pat Ethridge, Kate Tarlow Morgan (eds), **Exploring Body-Mind Centering: An Anthology of Experience and Method**, North Atlantic Books, 2011


-Linda Hartley, **Wisdom of the Body Moving: An Introduction to Body-Mind Centering**, North Atlantic Press, 1995

-Susan Aposhyan, **Natural Intelligence: Body-Mind Integration and Human Development**, Williams and Wilkins, 1999 (Previously out of print, amazon now has a kindle edition)

-**Currents**, the journal of the Body-Mind Centering Association (BMCA) has a wealth of articles by BMC and other somatics practitioners. Subscriptions (including digital access to back issues) are included with BMCA membership. Visit [bmcassociation.org](http://bmcassociation.org) to find out more.

### NEED MORE INFORMATION?

Please contact us at [admin@seasomaticeducation.com](mailto:admin@seasomaticeducation.com)

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