

BODY-MIND CENTERING®
Movimiento Atlas

SOMATIC MOVEMENT EDUCATION
SME PROGRAM
Spain

Program Director: **Patricia Gracia**
Organized by **Movimiento Atlas**

INFORMATIVE PACKAGE

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BODY-MIND CENTERING®

Body-Mind Centering® is an integrated approach to transformative experience through movement re-education and hands-on repatterning. Developed by Bonnie Bainbridge Cohen in the last 40 years, BMC® is an experiential study that leads to an understanding of how the mind is expressed through the body and the body through the mind.

The work is based on the rich and varied sources of anatomy, physiology, kinesiology and developmental principles. At the core of our courses are detailed approaches to access and explore each body-system and their integration in the patterning of our movement. We do this in a range of dynamic and physically active ways, and learn through our personal processes. Our experiences are the ground from which we work with others. This revolutionary approach is founded in the fullness of our very own sensory experience. The journey we take leads to greater awareness and deeper understanding of ourselves as human beings.

The programs and courses present detailed and specific approaches to the personal embodiment of our cells, our body systems and our developmental patterns. The principles and techniques learned in our courses can be used for personal development and for professional enhancement. This work is currently being used by people in movement, dance, yoga, bodywork, physical and occupational therapy, psychotherapy, child development, education, voice, music, art, meditation, athletics and other body-mind disciplines.

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All courses of the SME and IDME programs in Spain, organized by Movimiento Atlas, are directed by Patricia Gracia, and accredited by Bonnie Bainbridge Cohen and The School for Body-Mind Centering®. Courses are also recognized by the licensed BMC® programs in Europe, the United States and South America.

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SOMATIC MOVEMENT EDUCATION PROGRAM

Through the study of each body system and the developmental movement process, participants learn the fundamentals of embodiment practices. Whilst working on ourselves and others, we embody the anatomy and physiology of our physical structures; we touch and are touched in partnering hands-on techniques; we use sound, vibration, verbal dialogue and more to access the body's wonders. The experience of the inner tissues is brought to consciousness and taken into expression.

The SME material has immediate applications to movement based disciplines - such as dance, yoga, sports, and martial arts - and to other therapeutic modalities such as physiotherapy, occupational therapy, psychotherapy, bodywork and massage.

This program of more than 500 hour leads students to qualify as Somatic Movement Educators, and is accredited by The School for Body-Mind Centering®. It includes 13 courses: 4 developmental courses, 7 courses on the body systems and 1 course on professional development and competency. It is completed by one day course of Competency.

Completion of all courses in the program and satisfactory requirements will lead to the certification as **Somatic Movement Educator** issued by The School for Body-Mind Centering®.

PROGRAM DESCRIPTION AND PRICES

Skeletal System – 9 days, 1130€

Ontogenetic Development* – 5 days, 650€

Organ System – 7 days, 890€

Basic Neurocellular Patterns (BNP)* – 7 days, 890€

Senses & Perception 1* – 4 days, 530€

Nervous System – 7 days, 890€

Primitive Reflexes, Righting Reactions & Equilibrium Responses (RRR)* – 6 days, 770€

Muscle System – 9 days, 1130€

Fluid System – 6 days, 770€

Endocrine System – 5 days, 650€

Ligamentous & Fascia System – 7 days, 890€

Professional Development 1 & SME Competency – 3 days, 410€

Full cost of the training: €9600. The prices of the courses have a discount of 50 euros if the full tuition is paid at least two months before the course's starting date.

* These are the same in-depth courses taken by students in the Body-Mind Centering® Infant Development Movement Education program. They cover the experiential exploration of developmental movement.

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BODY SYSTEMS COURSES

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 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 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.

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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 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.

Muscle 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.

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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.

Endocrine System — 6 days, 42 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, gonads, adrenals, pancreas, thoraco body, heart body, thymus, thyroid, parathyroid, 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.

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Ligamentous & Fascia System — 7 days, 49 contact hours

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. The ligaments support the psychophysical quality of detailed specificity.

This course includes:

- 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.

DEVELOPMENTAL CORE COURSES

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 creeping, sitting, kneel-sitting, kneel-standing, half kneel-sitting, 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 development 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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Basic Neurocellular Patterns — 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® and their experiential study interweave with that of the body systems. 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 pre-vertebrate patterns: vibration, cellular, sponging, pulsation, mouthing, and pre-spinal.
- Exploration of the vertebrate patterns: spinal, homologous, homolateral, and contralateral.
- 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.

Senses & 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.

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Primitive Reflexes, Righting Reactions and Equilibrium Responses (RRR) — 6 days, 42 contact hours

If the Basic Neurocellular Patterns are the words, 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 (the alphabet of 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.

In addition to all the courses listed above, completion of the SME Program requires three additional days:

SME Competency & Professional Development 1 — 3 days, 21 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.

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.
- Review of skills and an evaluation of competency.

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FACULTY

The SME Program in Spain is directed by Patricia Gracia.

The faulty will be selected guaranteeing diversity in teaching styles and maximum professionalism. The faculty will be made up of BMC® Certified Teachers with extensive teaching experience both in certified programs and in the professional field of somatic movement education, both in individual and group contexts.

The courses will be taught in English and Spanish, with translation to both languages.

CERTIFICATION INFORMATION AND HOMEWORK

Each course can be attended individually, also by participants who do not intend to complete the whole certification program. No previous BMC® experience is required to participate.

For students who intend to certify as Somatic Movement Educator, certain homework needs to be completed: 5 guidance sessions of 30 min. each and 2 individual sessions of 60 min. each with a BMC® Teacher; 10 study sessions and 5 SME classes (where some material has to be taught to individuals and/or groups); 1 educational/promotional project; 100 hours of movement practice and 50 hours of meditative practice. The costs of the sessions with a Practitioner or Teacher are not included in the course fees.

Upon enrollment, participants are provided with complete information and guidelines about homework.

ADDITIONAL INFORMATION

Course Schedule

Each course day consists of 7 class hours, not including breaks: from 9:00 until 13:30 and from 15:30 until 18:45. Lunch break is of 2 hours. The second last day will be a little longer into the evening, so that we can finish at around 14:00 on the last day. Please, check this for each course individually if needed for your departure.

The schedule can slightly vary depending on the course, the season and other factors. In some days, there could be some extra activities, usually optional.

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