

Movimiento Atlas
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THE SCHOOL FOR BODY-MIND CENTERING®
Movimiento Atlas

**SOMATIC MOVEMENT EDUCATION AND INFANT
MOVEMENT DEVELOPMENT EDUCATION PROGRAMS**

SENSES AND PERCEPTION 1

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).

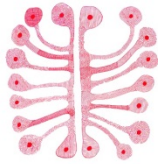
How we filter, modify, distort, accept, reject, and use that information is part of the act of perceiving. Perception is a global experience. It is the psychophysical process of interpreting information based on past experience, present circumstances and future expectations. When we choose to absorb 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.

Minimum course length: 4 days, 28 contact hours

Price: 530 € (480 € if paid earlier than two months from the beginning of the course)



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SENSES & PERCEPTION 1: COURSE OUTLINE

1. Introduction to the senses and perceptions and their developmental progression. Distinguishing sensing and perceiving. Body rhythms of condensing and expanding.
2. Cellular and body awareness, kinesthesia and proprioception in relation to movement. Opening and closing of the senses and orifices of the nose, mouth and anus, ears, and eyes through fluid and body rhythms.
3. Relational aspects of the senses and perceptions. Experiencing the possibilities of moving towards and away from earth, space, oneself and others while maintaining conscious relationship.
4. Skin: the sense of touch. Tactile function.
5. The vestibular system: equilibrium and orientation in space.
6. Introduction of the basic aspects the Perceptual-Response Cycle and awareness of the communication systems.
7. Mouth and nose: the senses of taste and smell.
8. Ears: the sense of hearing. Auditory function.
9. Eyes: the sense of vision. Visual function. Exploring balance of inner and outer awareness.
10. Review of basic principles.

APPLICATIONS OF MOVEMENT REPATTERNING

Integration, facilitation and applications of working with the senses and perceptions.

INTEGRATION, REVIEW AND QUESTIONS

A time for students to integrate the day through reflecting, sharing, exploring questions, and/or reviewing. This can be done individually, in pairs, or in group/s. It is a time to witness (oneself and/or others) and explore and/or share thoughts and feelings based on experiences of the BMC® work.

PROFESSIONAL ISSUES

Address scope of practice and the Body-Mind Centering® Association (BMCA) code of ethics, issues of communication and giving and receiving feedback. Introduce indications and precautions for working with the Senses and Perceptions.