



THE SCHOOL FOR BODY-MIND CENTERING® Movimiento Atlas

PRACTITIONER PROGRAM

TEACHING SKILLS

The focus will be on building core skills and tools for teaching Body-Mind Centering®, such as: phrasing, shaping and layering of classes; use of props and teaching aids; group dynamics; a body systems and developmental model for logistics and organization of classes.

This course includes:

- Teaching techniques.
- Organizational skills.
- Group dynamics.
- Embodiment and transmission.
- Using BMC® principles as the basis for teaching.
- Support and feedback on your teaching in class exercises.
- Dialogue with faculty and peers about teaching and professional issues.

Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

Minimum course length: 6 days, 42 class hours

Price: 770 € (720 € if full tuition is paid earlier than two months from the beginning of the course)

Dates: August 16 - 22, 2026

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