



Embodied Movement Training Course Syllabus

April 12 - June 18, 2021

Each Module also includes experiential Labs and a Live Class (dates/times TBA)

Module 1: Welcome *Available as of April 1, 2021*

- Welcome to the Embodied Movement Training Course
- Instructions for Navigating the Course on Thinkific
- Overview of the Course
 - Expectations and Intentions
 - How to reach out if you need help
- Course Syllabus
- Embodied Movement Training Course Workbook - Download and Print
- Embodied Movement Training Course Entrance Survey

Module 2: Introduction to Embodied Movement **January 25-29**

- A Note on Safety
- Intro to Embodied Movement PDF Lesson
 - What is Embodied Movement?
- A “Lived” Body

- The Connection between Posture and Mood
- Body Mechanics
- E-motion = energy in motion
- Creating Change
- Safety in Embodied Movement
- Kinesthetic Intelligence
- “Dive Into The Darkness” - building resiliency

Module 3: Release

February 1-12

- Intro to Release in Embodied Movement
- Presence
 - Breath
 - Body Armor / Samskara
- My Story
- Tension Release
- Range of (e)motion: Pain, Trauma
- Bodymind = Body + Mind
 - Stress
- Relaxation

Module 4: RealignBody Awareness

February 15-26

- Intro to Realign in Embodied Movement
- Body Awareness / Reducing Tension
- Proprioception
- Body Mechanics & Anatomy

- Patterns in the body: physical, emotional, energetic
- Neural / Neuromuscular grooves: (nervous system afferent/efferent)
- “Victims & Perpetrators” in muscle relationships and fascia
- Posture & Mood

Module 5: Strengthen

March 1-12

- Intro to Strengthen for Embodied Movement
- Body Trust
- Shifting stuck stories in your body
- Holistic Fitness Principles Nuts & Bolts
 - What is the difference between “physical activity,” “exercise,” and “expressive movement”?
 - Categories of movement
- Developing responsive strength
- Range of motion
- Means vs Ends in movement
- “Be Moved” creating intuitive body practices

Module 6: Refine

March 15-26

- Intro to Refine for Embodied Movement
- Review process and practice
- Identifying movement rhythms
- Another note on stress
- Moving forward - navigating your needs
- Empowered Health

Module 7: Completion

March 29-April 2

- Embodiment as a crucial element for the future
- Review all course material
- Integrating Embodied Movement into practice
- Scope of practice
- Putting it all together in a client experience
- Final notes

At the end of this training you will have a thorough understanding of the Embodied Movement Method with the intention of utilizing these concepts with your clientele. Many people who are attempting to make improvements to their health are missing this component of allowing their process to literally move through their body. Often there are physical elements that are literally stuck. These teachings and practices are designed to help you embody your wellness approaches and truly LIVE in your body. I hope this serves to enrich your work in the world and the benefits your clients and patients receive.

See you in the course!

