



EMBODIED MOVEMENT TRAINING

Development & Enrichment Skills for wellness professionals.

Course Curriculum

September 13 - November 19, 2021

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

Module 1: Introduction to Embodied Movement

September 13-19

- Overview of Embodied Movement Method
- Kinesthetic Intelligence
- E-motion = energy in motion

Module 2: Release

September 20-October 3

- Presence
- Breath
- Meditation
- Body Armor / Samskara
- Tension Release
- Range of (e)motion: Pain, Trauma
- Relaxation: Stress, tension, depletion, suboptimal functioning

Module 3: RealignBody Awareness

October 4-17

- Proprioception
- Body Mechanics Patterns in the body: physical, emotional, energetic
- "Victims & Perpetrators" in muscle relationships
- Posture & Mood
- Neural / Neuromuscular grooves: (nervous system afferent/efferent)
- Movement to support restructuring

Module 4: Strengthen

October 18-31

- Body Trust
- Eradicate expectations, feel & trust how the body wants to move in the moment
- Shifting stuck stories in your body
- Holistic Fitness Principles Nuts & Bolts
- Means vs Ends in movement
- "Be Moved" creating intuitive body practices
- Developing responsive strength



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Module 5: Refine

November 1-14

- Review process and practice Identifying movement rhythms
- Moving forward - navigating your needs
- Empowered Health

Module 6: Completion

November 15-19

- Review all course material
- Final notes Putting it all together in a client experience
- Putting Embodied Movement into your practice / scope of practice
- Q&A

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!



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