

Experiential Anatomy online

October 2021 – March 2022

Via zoom / One Sunday per month / 11am-5pm

Hosted by Joni Brown with teacher and facilitator Rosalyn Maynard and assisted by Daisy Martnez. We will explore SOEL's unique teaching and learning approach in human anatomy and physiology based on Whole Person Learning and the experiential Anatomy of Body-Mind Centering®.

Each module will include the study of traditional anatomy and physiology complimented by guided explorations in embodied practice, hands-on touch, movement and reflective writing and drawing.

Rosalyn is a Practitioner and Somatics Movement Educator in the Experiential Anatomy of Body-Mind Centering®, Convener of SOEL's two year anatomy course since 2016 and associate lecturer in higher education in somatics and experiential anatomy since 2003. Joni, Rosalyn & Daisy have been working together for over ten years

Course Modules

Module 1: Levels of Organisation in the Human Being: Sunday 10th October 2021

Course introduction and approach to teaching and learning from an experiential perspective

Introduction to the levels of organisation from a holistic perspective: Tissues & Cells

Module 2: Skeleton: Sunday 7th November 2021

Introduction to the human skeleton and bone: Axial skeleton: Spine and Skull

Module 3: Skeleton: Sunday 5th December 2021

Introduction to the appendicular skeleton and the spiral in the limbs

Temporomandibular joint and the Pelvis

Module 4: The anatomy of breathing: Sunday 9th January 2022

Introduction to breathing, meeting the diaphragm

Lungs the organs of breath

Module 5: The heart and circulation: Sunday 6th February 2022

Introduction to the heart at the centre of our circulation

Meeting the fluids of circulation: Arterial blood, venous blood and lymph.

Module 6: Reflective Learning Journeys: Sunday 6th March 2022

A day of individual student reflections presenting an aspect of their learning journey including research interests and discoveries from the course.

This module will open and close with a taught seminar.

Reflective practice is at the heart of this course and we will be practicing and exploring this throughout the modules; exploring how we might bring to articulate consciousness the experiential encounters and language our learning. It is this practice that informs our reflective learning journeys in Module 6. Below are two excerpts from students last year, sharing their experience of this module. It often brings surprises.

student feedback from module 6: 2020 - 2021

"An opportunity that brought unexpected and new insights in how this work might be integrated into my own work as a facilitator" Helen

"I really enjoyed making the poems...Also seeing everyone else's [reflections] and how wide ranging they were..." Tom

Daily schedule for each module:

Each module will follow this schedule approximately

11am – 11.30am	Introduction to module, material and subject
11.30am – 1pm	Morning seminar
1pm - 2pm	Lunch
2pm – 4.20pm	Afternoon seminar
4.20pm – 4.30pm	tea break
4.30pm	tea, reflections and closing

Additional course resources include:

- Individual 1 hour Tutorial with Rosalyn Maynard (optional)
- Module Handbook for each module (one week in advance of module)
- Recording of each taught seminar for personal use (only) and learning
- Module teaching assistant from SOEL at every module supporting teaching and learning experience on zoom

FEES: £600.00 paid in advance by Friday 8th October 2020 at 4pm.