

SELF

Somatics Experiential Learning Facilitator

Group and Individual Facilitation Practice from a Somatics perspective

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Course Introduction

The Somatics Experiential Learning Facilitator programme (SELF) is a modular programme offering over 360 hours of training and immersion in:

- The Experiential Anatomy of Body-Mind Centering®
- somatics practices of Elsa Gindler's Human Work and Authentic Movement practice
- Infant Developmental Movement & Embryology
- Ecosomatics & place-based education
- Facilitation and teaching practice from a somatics perspective in groups and with individuals
- Evolutionary mentoring from a somatics perspective
- Whole Person Learning and self discovery
- Reflective practice in writing and dialogue alongside reflective practice in the pattern language of somatics drawing, embodied movement, improvisation and mediation.

SELF is composed of 17 modules. The first two years are composed of Holistic Studies in Human Anatomy and the Summer Modules. The third year focuses on facilitation practice and application.

Year 1 to Year 2

- Modules 1-10: Holistic Studies in Human Anatomy
- Modules 11-14: The Summer Modules 2024 and 2025

Year 3

- Modules 15 – 17: Facilitation from a somatics perspective I & II and the Contextual Practice Module.

To register for the third year of SELF all modules: 1-14 need to be completed. Exceptions to this may include missed seminars that students may make up in subsequent years.

It is possible to study The Summer Modules and / or the Holistic Studies in Human Anatomy as stand-alone courses or modules without having to continue into the third year of SELF.

Course dates and Modules

First year of study: 2023-2024

MODULE 1: Sunday 15th - Wednesday 18th October 2023

The beginning: Cells, tissues, organs and systems: The Human Being.

MODULE 2: Sunday 19th - Wednesday 22nd November 2023

The Skeleton: exploring the mind of structure, support, protection & organisation

MODULE 3: Sunday 14th - Wednesday 17th January 2024

The Fluids: The nature of transformation: fat, fascia, our inner sea and everything in between; blood to lymph and the lightness of CSF

MODULE 4: Sunday 11th - Wednesday 14th February 2024

Organs I: Indwelling: breathing and our lungs, energy and our kidneys, the fluid heart brain and our intuitive intelligence.

MODULE 5: Sunday 10th - Wednesday 13th March 2024

Endocrine System: The chemical governing system of life; our universal mind; glands, hormones, and balance.

Summer Modules 2024

* [Body-Mind Centering® Workshop](#)

Module 11: Developmental Movement from our earliest origins

Saturday 11th – Wednesday 15th May 2024

Saturday afternoon: 3-6pm / Wednesday morning: 10.30-1.30

* [Body-Mind Centering® Workshop](#)

Module 12: Embryology from an embodied perspective

Saturday 20th – Wednesday 24th July 2024

Sunday 3-6pm / Wednesday 10.30-1.30

* These modules take the form of community workshops in BMC® and are open to the public. This gives SELF students the opportunity to experience and engage with learning and facilitation in a different context to a closed group.

This opportunity compliments and augments other opportunities during the course to attend Saturday Somatics and BMC Study Groups supporting the experiential learning of facilitation practice in different contexts. These different group contexts including one to one practice will be considered and studied in the third year modules.

Second year of study: 2024 – 2025

MODULE 6: Sunday 13th - Wednesday 16th October 2024
Nervous System I: the branches of life: from centre to periphery

MODULE 7: Sunday 10th - Wednesday 13th November 2024
Nervous System II: our senses of perception; the gateways between our inner and outer worlds: eyes, nose, mouth, skin, ears, touch and movement.

MODULE 8: Sunday 12th - Wednesday 15th January 2025
Muscle as a sense organ; matter in motion: gravity, levity and tissue tone.

MODULE 9: Sunday 9th - Wednesday 12th February 2025
Organs II: The Brain in our gut: abdomen and pelvic organs

MODULE 10: Sunday 9th - Wednesday 12th March 2025
Reflective Learning Journeys & Graduation from Holistic Studies in Human Anatomy (modules 1-10)

Summer Modules 2025

* SOEL workshop

Module 13: “The Unseeable Animal” - encounter & kinship in the natural world
Monday 12th – Thursday 16th May 2025

* Body-Mind Centering® Workshop

Module 14: “Our Life Sense – the immune system from an embodied perspective”
Monday 2nd – Thursday 6th June 2025

* These modules take the form of community workshops in BMC® and are open to the public. This gives SELF students the opportunity to experience and engage with learning and facilitation in a different context to a closed group.

This opportunity compliments and augments other opportunities during the course to attend Saturday Somatics and BMC Study Groups supporting the experiential learning of facilitation practice in different contexts. These different group contexts including one to one practice will be considered and studied in the third year modules.

Third year of study: 2025 – 2026

(The final year will be a closed group - SELF course students only)

Module 15: The Opening Gesture: Facilitation from a somatics perspective I
Sunday 3rd – Thursday 7th August 2025

Module 16: The Closing Gesture: Facilitation from a somatics perspective II
Sunday 14th – Thursday 18th September 2025

Module 17: Contextual Practice Module: (CPM)
Oct 2025 - March 2026

The final Module 17 includes:

- 4 private 2 hour tutorials in Evolutionary Mentoring with Rosalyn Maynard
- 2 x 6 hour group seminars exploring application of learning facilitated by Rosalyn Maynard

The dates and venue(s) for Module 17 will be confirmed with the student group in the final academic year commencing in 2025. Module 17 can include blended learning; in person and/or on zoom.

SELF Course Fees 2023 – 2026

Total course fees: 3 year training SELF: £4455 / Bursary Place: £ 3585

Includes:

- All 17 modules with two teachers and classroom (assistants): over 360 hours of learning
- Module handbook, articles and invited reading
- Access to SOEL library
- 8 private tutorials
- Access for free to SOELs community workshop programme Saturday Somatics and BMC® study groups throughout the course
- SOEL Certification as Somatics Experiential Learning Facilitator

FEES YEAR 1 & 2:

Holistic Studies in Human Anatomy: **£2500 / Bursary place: £1900**
Course: 10 modules over 2 years

Summer modules x 4 **£965 / Bursary place: £825**
or individually:

Module 11: Developmental Movement 2024 **£290 / Bursary place: £255**

Module 12: Embryology 2024 **£225 / Bursary place: £190**

Module 13: Ecosomatics Module 2025 **£225 / Bursary place: £190**

Module 14: Immune System Module 2025 **£225 / Bursary place: £190**

FEES YEAR 3:

Modules 15 and 16 **£580 / Bursary Place: £510**
(Facilitation from a somatics perspective I & II August and September 2025)

Contextual Practice Module (CPM) **£410 / bursary place: £350**
October 2025 - March 2026

There are two Bursary places per intake of students and individual payment plans available by instalments. Please get in touch if you would be interested in setting up a payment plan or applying for a bursary place.