

SELF

Somatics Experiential Learning Facilitator

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 movement consciousness including:

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

SELF is composed of 17 modules. The first two years are composed of Holistic Studies in Human Anatomy: Modules 1-10 and the Summer Modules: 11 - 14. The third year focuses on facilitation practice and application: Modules 15 - 17.

Year 1 to Year 2

- Modules 1-10: Holistic Studies in Human Anatomy: October 2025 – March 2027
- Modules 11-14: The Summer Modules 2026 and 2027

Year 3

- Modules 15 – 17: Facilitation from a somatics perspective I & II
- Contextual Practice Module (CPM): October 2027 – March 2028

To enter 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 at course directors' discretion.

Course dates and Modules 2025 - 2028

SELF: Somatics Experiential Learning Facilitator: Modules 1 - 17
Holistic Studies in Human Anatomy: Modules 1 – 10 (pre requisite to year 3)
Summer modules: 11-14: SELF (pre requisite to year 3)

SELF is composed of all 17 modules below. SELF includes the stand-alone course: Holistic Studies in Human Anatomy, all the summer modules and the facilitation modules 15, 16 and 17.

The Summer Modules (Modules 11 and 12 in 2026 / Modules 13 and 14 in 2027) are also offered as Body-Mind Centering® community workshops and can be taken separately to the courses. For example, you make register for Holistic Studies in Human Anatomy but you can still elect to take any of the summer modules as well, without committing to SELF.

Holistic Studies in Human Anatomy is composed of Modules 1 – 10 and is a closed group over two years running October to March 2026 and again October to March 2027. Students can follow this course first and choose to join the SELF course another year if of interest.

All students have FREE access to Saturday Somatics and BMC® Study Groups during the course of their study on either Holistic Studies in Human Anatomy and/or SELF.

First year of study 2025 - 2026:

Holistic Studies in Human Anatomy 1 – 5 and Summer Modules 11 - 12

MODULE 1: Sunday 12th - Wednesday 15th October 2025

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

MODULE 2: Sunday 16th - Wednesday 19th November 2025

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

MODULE 3: Sunday 18th - Wednesday 21st January 2026

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

MODULE 4: Sunday 15th - Wednesday 18th February 2026

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

MODULE 5: Sunday 15th - Wednesday 18th March 2026

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

Summer Modules 2026:

*Body-Mind Centering® Workshop**

MODULE 11: Saturday 16th – Wednesday 20th May 2026

Infant Developmental Movement

Saturday afternoon: 2-6pm / Wednesday morning: 10.30-1.30

*Body-Mind Centering® Workshop**

MODULE 12: Sunday 19th – Wednesday 22nd July 2026

The Embryo in You

Sunday afternoon: 2-6pm / Wednesday morning: 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 the closed group in Holistic Studies in Human Anatomy.

This compliments the other opportunities during the course to attend Saturday Somatics and BMC Study Groups supporting the experiential learning of facilitation practice in different contexts. Facilitation in different group contexts is included in the third-year modules.

Second year of study: 2026 - 2027:

Holistic Studies in Human Anatomy 6 – 10 and Summer Modules 13 - 14

MODULE 6: Sunday 11th - Wednesday 14th October 2026

Nervous System I: the branches of life: from centre to periphery

MODULE 7: Sunday 15th - Wednesday 18th November 2026

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 17th - Wednesday 20th January 2027

Muscle as a sense organ; matter in motion: gravity, levity and tissue tone.

MODULE 9: Sunday 14th - Wednesday 17th February 2027

Organs II: The Brain in our gut: abdomen and pelvic organs

MODULE 10: Sunday 14th - Wednesday 17th March 2027

Reflective Learning Journeys & Graduation from Holistic Studies in Human Anatomy (modules 1-10)

Summer Modules 2027: SELF

MODULE 13: Monday 24th – Thursday 27th May 2027 *

The Unseeable Animal: encounter and kinship in the natural world

Please note that the start & end times will extend into early morning and late evening on some days

*Body-Mind Centering® Workshop**

MODULE 14: Monday 21st – Thursday 24th June 2027

“Our Life Sense – the immune system from an embodied perspective”

Monday afternoon: 2pm – Thursday morning: 1.30pm

* 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 the closed group in Holistic Studies in Human Anatomy.

This compliments the other opportunities during the course to attend Saturday Somatics and BMC Study Groups supporting the experiential learning of facilitation practice in different contexts. Facilitation in different group contexts is included in the third-year modules.

Third year of study: 2027 - 2028:

SELF Modules 15 – 17

The final year is a closed group of SELF students only

MODULE 15: The Opening Gesture: Facilitation from a somatics perspective I
Sunday 25th – Thursday 29th July 2027 (times tbc early 2027)

MODULE 16: The Closing Gesture: Facilitation from a somatics perspective II
Sunday 19th – Thursday 23rd September 2027 (times tbc early 2027)

MODULE 17: Contextual Practice Module: (CPM)
Oct 2027 - March 2028 (dates tbc spring 2027)

MODULE 17

The **dates for the final module 17** will be confirmed with the student cohort nearer the time. This Module includes:

- Mentored self-directed study: October 2027 – March 2028
- Four private 2-hour tutorials in Evolutionary Mentoring supporting self-directed study
- Two 6-hour group seminars at the beginning and end of this module.

Dates will be confirmed with student group/individuals as applicable. This final module can include blended learning working in person and/or on zoom for the private sessions.

Course Fees & Registration

Fees SELF 2025-2028: £4,600 There are two bursary places available per intake of students, please inquire.

Includes:

- All 17 modules: over 360 hours of learning
- Two teachers and classroom (assistants) per module
- 17 Module handbooks, additional articles and invited reading
- Free access to SOEL lending library
- 10 private tutorials
- Free access to SOELs community workshop programme Saturday Somatics: 2025-2028
- Free access to Body-Mind Centering® study groups: 2025-2028
- Classroom resources: mats, blankets, balls, bolsters, cushions, blocks, 3D anatomy models and teaching props, art materials etc
- Free GF snacks and drinks during breaks
- SOEL Certification as Somatics Experiential Learning Facilitator

Total taught hours: over 360 hours incl. private tutorials

Schedules: Winter Modules run from Sunday – Wednesday. Beginning at 2pm or 3pm on Sunday and finishing at 1.30pm on Wednesday. The two full days: Monday and Tuesday: 10am – 5.30pm. Summer Modules follow a different time schedule to the winter so please check timetables p3.

A letter confirming scheduling and optional reading is emailed before each module. Lunch times will vary between 2 hours and 1 ½ hours giving time for rest and digestion, and time for study groups, optional film screenings and one to one tutorials. There will be two tea breaks on the full days in the middle of the morning and afternoon seminars.

Venue: Caddaford Barns Studio, Buckfastleigh, Devon UK

Registration: To secure your place on the course there is a registration form to complete & return with a deposit of £100. The full course fees are required two weeks prior to the start of each year.

Before Registration meet the teachers and visit SOEL: There are many opportunities to visit SOEL; have a taste of our approach to teaching and learning, meet staff and current students and graduates. Opportunities include: 1. our monthly community workshop programme Saturday Somatics, 2. opportunities to join us as a guest during a module, 3. Body-Mind Centering® workshops or study groups. We also highly recommend exploring a private session in person or via zoom before registering.

Spreading the cost: setting up an instalment plan. If you would like to spread the cost of the course fees and set up payments by instalments, please contact us directly and we can discuss a plan.