

Holistic Studies in Human Anatomy

a unique interdisciplinary approach to the study of western science & anatomy

Year II: Part I: an introductory journey

BY REMOTE VIDEO CALL: Zoom

Course Content

Module 1: MUSCLE AS SENSE ORGAN: tone and proprioception

Friday 2nd October 2020

11am-5pm

FEE: £50.00

An introduction to the muscle system as sense organ through felt sensation, movement and hands-on-touch. Focusing on our felt sense of effort, tissue tonus, elasticity and ease we will take time to meet and embodying our muscle tissue, fibres and cells. A one-day workshop culminating in the afternoon with an introduction to the muscles of the face.

Module 2: NERVOUS SYSTEM: the topography of sensing and movement

Friday 30th October 2020

11am-5pm

FEE: £50.00

An introduction to the nervous system from an experiential perspective as a fluid and electrical system. We will take time to reacquaint ourself with this system through felt sensation, movement and hands-on-touch exploring how we balance and perceive our sense of activity and rest, our sense of skin and brain and our sense of movement and touch. A one-day workshop culminating in the afternoon with an introduction to the inner ear and the organ of balance and movement.

Module 3: ENDOCRINE SYSTEM: our glands, our hormones, energy and balance

Friday 27th November 2020

11am-5pm

FEE: £50.00

Through gentle movement and sound, we will take time to meet the chain of glandular bodies that ascend upwards, along the trajectory of our spine bringing us into relationship with the chemical governing system of the body; the endocrine system. We will work intimately and deeply exploring the glands and glandular bodies and their relationships and qualities of mind that underlie our sense of inner energy and balance: homoeostasis.

Module 4: ORGANS II: the little brain in our gut

Friday 22nd January 2021

11am-5pm

FEE: £50.00

Through gentle guided facilitation we will explore the digestive system from our personal experience through sensing, feeling, movement & hands-on-touch. We will consider the traditional anatomy & physiology of the brain in our gut: a neural net flowing through our entire organism containing our unique living micro biome.

Teaching Module 4: Rosalyn Maynard & Daisy Martinez. Assisting tbc.

Module 5: Reflections on Learning (year II course participants only)

Friday 26th February 2021

11am-5pm

FEE: £50.00

The final module of this course is a celebration of our learning journey when each of us will share an aspect of our learning, questions, interests and ongoing curiosities from the introductory journey of Year II: Part I. The module will open and close with a taught seminar and a closing circle at the end sharing experiences from the day.

Teaching: Rosalyn Maynard

Assisting: Daisy Martinez (& teaching Organs II)

Assisting Organs II: tbc

This course is open to:

- Year 2 students on the course Holistic Studies in Human Anatomy
- SOEL graduates / SOEL assistants and teachers
- Experienced students, teachers, practitioners of Body-Mind entering®
- Experienced professionals and students of experiential anatomy & somatics.

Contact Rosalyn directly to book or for further information