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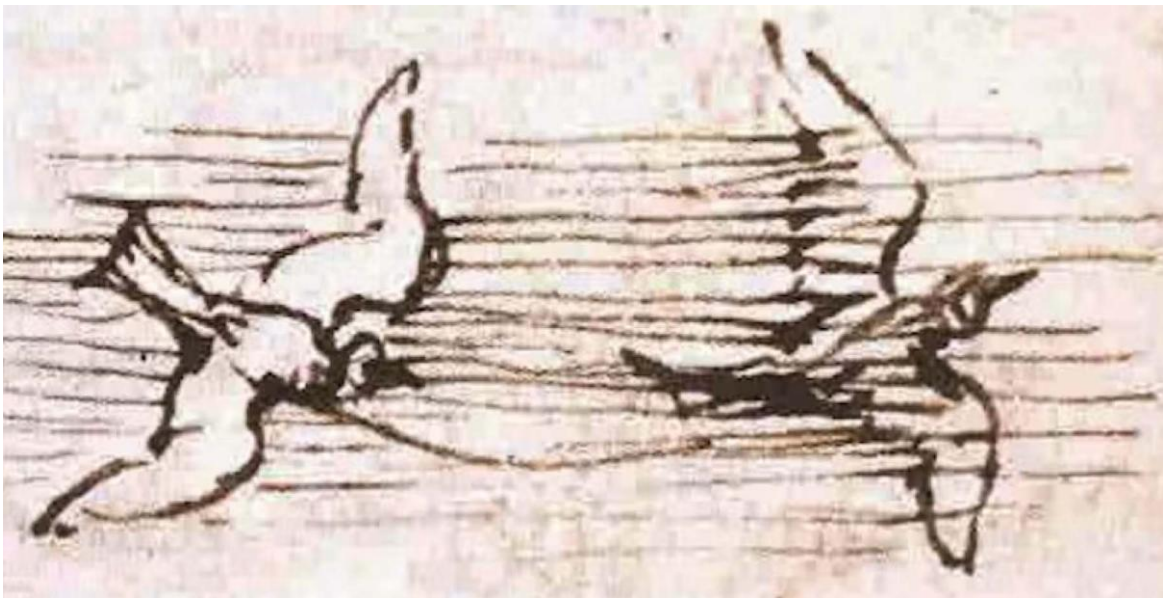
Holistic Studies in Human Anatomy

October 2027 – March 2029

dates released January 2027

SOEL, Caddaford Barns Studio, Devon, UK

Course Information



Leonardo Da Vinci - Birds

"Movement to be experienced has to be 'found' in the body, not put on like a dresser coat. There is that in us which has moved from the very beginning; it is that which can liberate us."
Mary Starks Whitehouse

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The Teaching and Learning Approach

Holistic Studies in Human Anatomy is based on the teaching and learning of the experiential anatomy of Body-Mind Centering®, whole person learning, infant developmental movement and reflective practicum.

The trainings and theory that define this course come from the following: Whole Person Learning (WPL), Holistic Science & Goethean Science, the Experiential Anatomy of Body-Mind Centering ® (BMC®), Reflective Practicum and the somatics practices of Authentic Movement and Elsa Gindler's "Human Work".

At the heart of the teaching and learning is self-discovery through the practice of experiential learning, movement consciousness and the process of embodiment.

These foundational practices at SOEL, are guided by the premise that to support, guide and facilitate experiential learning from a somatics perspective one first needs to feel and encounter it in oneself. And not just in mind and intellect but by developing an integrated wholeness of thought in movement, touch and being.

Holistic Studies in Human Anatomy is essentially an introduction to this practice cultivating our inner sensory awareness and an expanded sense of consciousness of self, other and place through direct experience in the body. The course incorporates the following:

- embodied practice through the Process of Embodiment from Body-Mind Centering®
- guided movement meditations exploring micro to macro movements bringing conscious awareness to the dynamic vitality and expression of our moment to moment moving
- precise, gentle, conscious hands-on touch upon ourselves, in partners and small groups
- creative practices in integration and exploration of our expression of our experiences through movement, sound and voice, somatics drawing and writing
- reflective practicum; bringing our experiential learning to articulate consciousness through verbal reflections, dialogue, drawing, journals and writing
- conscious practices in witnessing and being witnessed of self and other
- the study of traditional anatomy and physiology, biology and ecology through text books, models and maps
- ongoing research and inquiry in current theory including film, academic articles and podcasts
- access to a wide range of books through SOELs lending library
- module handouts & handbooks
- access to all classroom resources including mats, blankets, bolsters, balls, yoga blocks, cushions, art materials plus tea, coffee and GF snacks provided in the breaks

Dates and Modules

dates released January 2027

Year One: 2027 – 2028: Module 1 – 5

MODULE 1: Sunday at 2pm – Wednesday at 1.30pm October 2027
The beginning: Cells, tissues, organs and systems: The Human Being.

MODULE 2: Sunday at 2pm – Wednesday at 1.30pm November 2027
The Skeleton: exploring the mind of structure, support, protection & organisation

MODULE 3: Sunday at 2pm – Wednesday at 1.30pm January 2028
The Fluids: The nature of transformation: fat, fascia, our inner sea, blood to lymph and the lightness of CSF

MODULE 4: Sunday at 2pm – Wednesday at 1.30pm 18th February 2028
Organs I: Indwelling and our intuitive intelligence: lungs, kidneys and the fluid heart brain.

MODULE 5: Sunday at 2pm – Wednesday at 1.30pm March 2028
Endocrine System: The chemical governing system of life; our universal mind; glands, hormones, and balance.

Year Two: 2028 – 2029: Module 6 – 10

dates released January 2027

MODULE 6: Sunday at 2pm – Wednesday at 1.30pm October 2028
Nervous System I: the branches of life: from centre to periphery

MODULE 7: Sunday at 2pm – Wednesday at 1.30pm November 2028
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 at 2pm – Wednesday at 1.30pm January 2029
Muscle as a sense organ; matter in motion: gravity, levity and tissue tone.

MODULE 9: Sunday at 2pm – Wednesday at 1.30pm February 2029
Organs II: The Brain in our gut: abdomen and pelvic organs

MODULE 10: Sunday at 2pm – Wednesday at 1.30pm March 2029
Reflective Learning Journeys & Graduation (modules 1-10)

Course Work:

Through reflective practice emerging from your own interests and facilitated, self directed learning during the modules, we develop our own course work interests and threads to follow inbetween the taught programme, outside of the course. Optional readings are offered prior to each module and throughout the course. Students also keep a private journal throughout the whole course and select from this journal for the final module 10: sharing reflective learning journeys in two forms: 1. Personal Learning Portfolio / 2. Presentation. Details below.

Module 10: Reflective Learning Journeys:

This is led through the process of self-reflection and peer review based on the practice of self witnessing and the witnessing of other developed during the course.

This approach is facilitated throughout the course, based on the practice of Reflective Practicum, Co-operative Inquiry from (Whole Person Learning) and "witnessing" in guided authentic movement practices.

This deep inner reflective practice then comes to fruition in Module 10 with the opportunity to witness and be witnessed in the sharing of one's own personal interests, learning and reflections from the experience of the course.

There are two aspects to the sharing and reflective practice in module 10:

1. A Personal Learning Portfolio (PLP) sharing your learning journey in a coherent form through a collection of reflective writings, drawings, pictures, photographs, poetry, story, collage etc
2. A form of presentation to your peers. This can include: performance, installation, research lab, PP presentations, lecture demonstration and/or workshop. The focus of this presentation is sharing an aspect of your learning, research or interests through the process of embodiment. The emphasis is on the practice of co-operative inquiry from WPL.

There is no external observer judging your presentation or PLP during this module.

This is not the purpose of this module or the courses at SOEL. The purpose is self-discovery through the practice of witnessing and being witnessed in the experiencing moment and, conscious awareness of subjective first person knowing developed through reflective practices. From a somatics perspective we say we have nothing to teach you for everything you need to know in this way is already there inside you.

There is an emphasis on value and respect for the sharing our discoveries and experiences not because they are good of bad, better or worse but because we can – bringing to articulate consciousness the experiencing moment of movement awareness and learning from it. As a foundation throughout the course; you are your own authority in the process of embodied practice and this is what we share in this final module of reflection and learning. Reflective learning and the practice of Authentic Movement (witnessing and being witnessed) is cultivated and practiced through our the course.

Fees 2027-2029: £2,750. Two Bursary places are available – please contact us to apply. The fee includes the 10 taught modules, 2 teachers per module and classroom assistants, four private tutorials (2 per year), certification, free attendance at SOEL study groups and Saturday Somatics, access to SOELs lending library, module handbooks & school resources, art materials etc, and GF snacks and drinks during breaks.

Total taught hours: 220 hours incl. private tutorials

Schedules: Each Module runs from Sunday – Wednesday. Beginning at 2pm on Sunday and finishing at 1.30pm on Wednesday. The two full days: Monday and Tuesday: 10am – 5.30pm.
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 a day 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 the course.

Before Registration meet the teachers and visit SOEL: There are many opportunities to visit SOEL and have a taste of what we offer including: our monthly community workshop programme Saturday Somatics, opportunities to join us as a guest during a module, 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.