



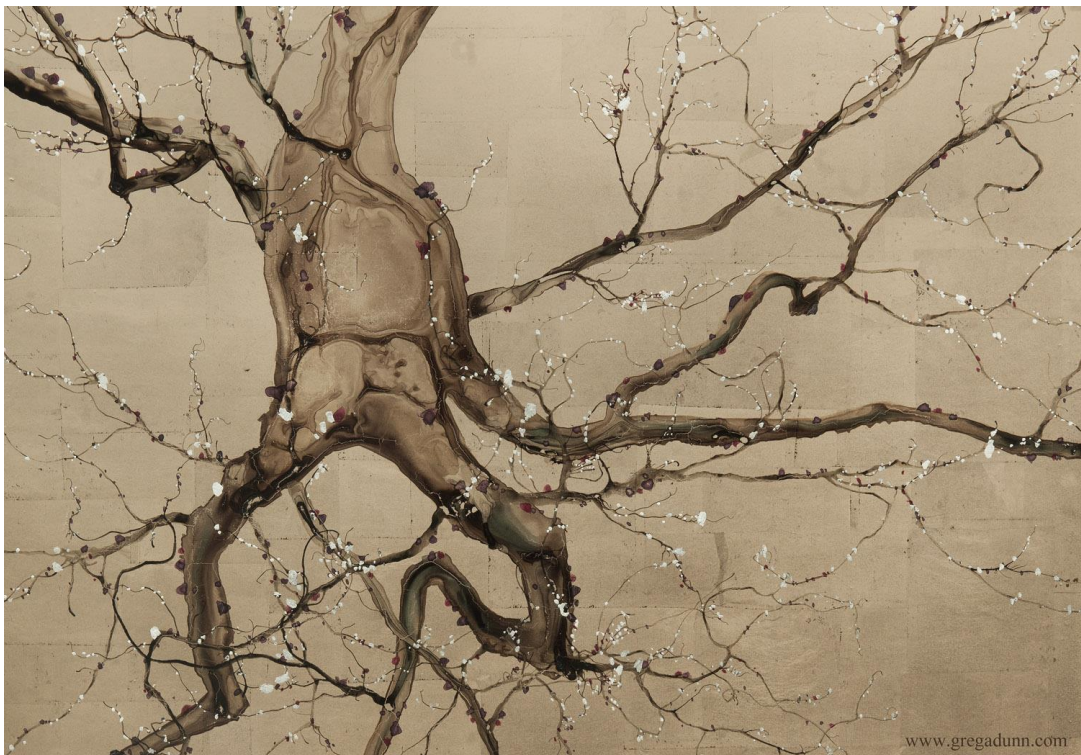
school of experiential learning  
[www.tsoel.org.uk](http://www.tsoel.org.uk)

## Holistic Studies in Human Anatomy Year II: Part II

Summer Intensive 2021

SOEL, The Summer House, Cholwell Farm, Devon

### Modules and Schedules



## Muscle as Sense Organ

Monday 23<sup>rd</sup> – Tuesday 24<sup>th</sup> August 2021: 10am – 6pm daily

Day 1:

10am – 10.30am: opening circle

10.30am- 12pm: our muscles - a reacquaintance

12pm-12.20pm: break

12.20 – 1.30pm: muscle cells & histology

1.30pm – 3pm: Lunch

3pm – 4.30pm: revisiting proprioception & movement through hands-on-touch

4.30pm – 4.45pm: tea break

4.45pm – 6pm: The intrinsic muscles of Posture: the psoas muscle

Day 2:

10am-10.30am: opening circle and check in

10.30am – 12pm: The intrinsic muscles of posture: Transversospinales

12pm-12.20pm: break

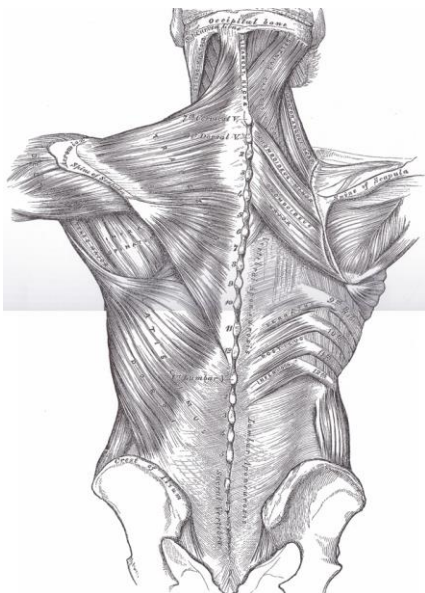
12.20pm – 1.30pm: The intrinsic muscles of posture: the soleus

1.30pm – 3pm: Lunch

3pm – 4.30pm: The Intrinsic muscles of posture: Suboccipital muscles

4.30pm-4.45pm: tea break

4.45pm-6pm: integration, reflection & closing circle



“We sit and walk as we think...living the whole body carries its meaning and tells its own story, standing sitting, walking wake, or asleep. It pulls all the life up into the face of the philosopher, and sends it all down into the legs of the dancer...For every thought supported by feeling, [emotion] there is a muscle change. Primary muscle patterns being the biological inheritance of man, man’s whole body records his emotional thinking.”

Mabel Elsworth Todd

“The Thinking Body” pub. 1937

## Nervous System & the senses

Wednesday 25<sup>th</sup> – Friday 27<sup>th</sup> August 2021

(Weds: 3pm – 6pm / Thurs: 10am-6pm / Fri: 10am – 3pm)

Day 1:

3pm-4.30pm: Opening circle and re-acquaintance with our NS

4.30pm-4.50pm: tea break

4.50pm – 6pm: Histology of Nerves

Day 2:

10am-10.30am: check in and opening circle

10.30am – 12pm: Meeting the Central Nervous System and the Peripheral Nervous system through hands-on-touch and movement.

12pm-12.20pm: tea break

12.20pm-1.30pm: An Introduction to the Autonomic Nervous System from a BMC<sup>®</sup> perspective

1.30pm-3pm: Lunch break (film or study session tbc)

3pm-4.30pm: Meeting our senses: skin, touch, sound, sight and smell.

4.30pm-4.45pm: tea break

4.45pm-5.45pm: Meeting our Vestibular System, balance & sense of direction through hands-on-touch & movement.

5.45pm-6pm: closing circle

Day 3:

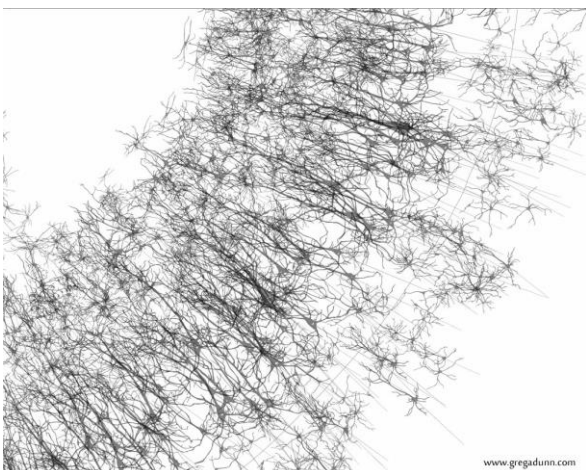
10am-10.15am: check in and opening circle

10.15am-12.15pm: Meeting our inner ear; the cochlear and our sense of sound

12.15pm-1.30pm: Lunch

1.30pm – 2.30pm: Sight, vision and light; meeting our eyes

2.30pm-3pm: integration, reflection and closing circle.



Our total beings can be transformed by our daily experience and by what we focus our consciousness on. [...] we know that sensorimotor systems are just as capable of positive and life-giving transformations.

We simply need to know how, so that we can chart our way through the maze.

It is a question of learning - learning those patterns that are easier and more efficient and unlearning the patterns that are painful and inefficient.

Thomas Hanna "The Body of Life"

## **Endocrine System; glands, resonance and our universal mind**

Monday 30<sup>th</sup> – Tuesday 31<sup>st</sup> August: 10am – 6pm daily

Day 1:

10am-10.30am: Opening circle

10.30am – 12pm: a reacquaintance with our endocrine system and mind

12pm-12.20pm: tea break

12.20pm-1.30pm: the glands and bodies below the diaphragm

1.30pm-3pm: lunch

3pm-4.30pm: the glands and bodies below the diaphragm continued

4.30pm-4.45pm: tea break

4.45pm-5.45pm: the diaphragm, breathing and the thoraco body

5.45pm-6pm: closing circle

Day 2:

10am-10.30am: Checking in and opening circle

10.30am – 12pm: the heart body, thymus and the thyroid glands

12pm-12.20pm: tea break

12.20pm-1.30pm: the carotid bodies, silence and integration

1.30pm-3pm: lunch

3pm-4.30pm: the glands of the head; pituitary, mammillary bodies & the pineal

4.30pm-4.45pm: tea break

4.45pm-6pm: integration, reflections and closing circle



*Walking, I am listening to a deeper way. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands. Linda Hogan 1947*

## Organs II; the little brain in our gut

Thursday 2nd - Friday 3rd September 2021: 10am-6pm daily

Day 1:

10am-10.30am: Opening circle

10.30am – 12pm: a reacquaintance with our digestive system and our gut

12pm-12.20pm: tea break

12.20pm-1.30pm: Meeting our oesophagus and stomach through hands-on-touch

1.30pm-3pm: lunch

3pm-4.30pm: the liver and the portal circulatory system

4.30pm-4.45pm: tea break

4.45pm-5.45pm: the enteric nervous system; the brain in our gut

5.45pm-6pm: closing circle

Day 2:

10am-10.30am: Checking in and opening circle

10.30am – 12pm: Meeting our small intestines through hands on touch

12pm-12.20pm: tea break

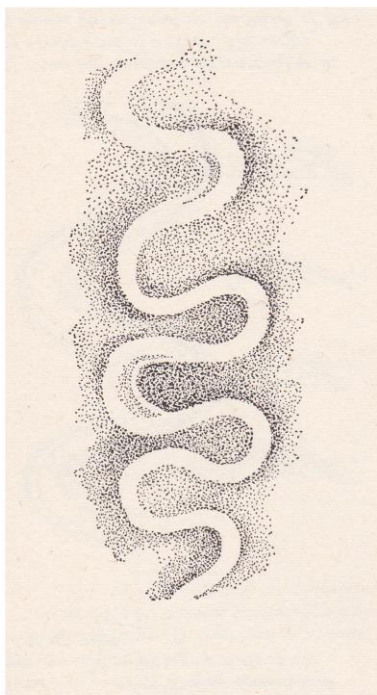
12.20pm-1.30pm: the histology of our gut

1.30pm-3pm: lunch

3pm-4.30pm: meeting our large intestines through hands on touch

4.30pm-4.45pm: tea break

4.45pm-6pm: integration, reflections and closing circle



**Organs System:** The organs carry on the function of our internal survival – breathing, nourishment, and elimination. They are the contents within the skeletal-flesh container. They provide us with our sense of volume, full-bodiedness, and organic authenticity. Organs are the primary habitats or natural environments of our emotions, aspirations, and the memories of our inner reactions to our personal histories.

Bonnie Bainbridge Cohen: *Sensing Feeling and Action* 2008 p3

## Presentations and Graduation

Thursday 9<sup>th</sup> – Friday 10<sup>th</sup> September: 10am-6pm daily

(start and end time tbc at start of course re. number of presentations)

Day 1:

10am-10.30am: Opening circle

10.30am – 12.10pm: meeting self, other, place through direct experience in the body

12.10pm-12.30pm: tea break

12.30pm-1.30pm: Presentation 1

1.30pm-3pm: lunch

3pm-4pm: Presentation 2

4pm-4.15pm: tea break

4.15pm-5.15pm: Presentation 3

5.15pm - 6pm: integration and closing circle

Day 2:

10am-10.30am: Opening circle

10.30am – 11.30am: Presentation 4

11.30am – 11.50am: tea break

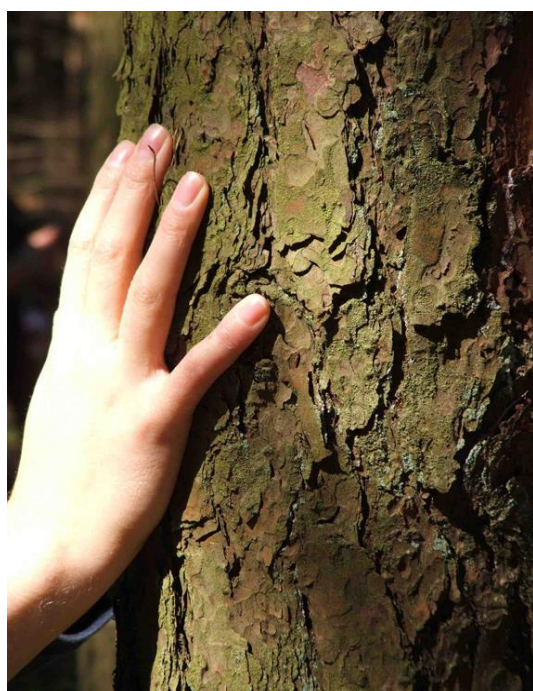
12pm-1pm: Presentation 5

1pm-3pm: Pot Luck Graduation Lunch

3pm-5pm: Taught Seminar: Hands-on-touch

5pm-5.15pm: tea break

5.15pm - 6pm: Graduation and closing circle



“It’s not what you think should be but what is that is interesting.

When you have an expectation that something should be such and such a way you will never learn what your true nature wants.”

Charlotte Selver (student of Gindler)