



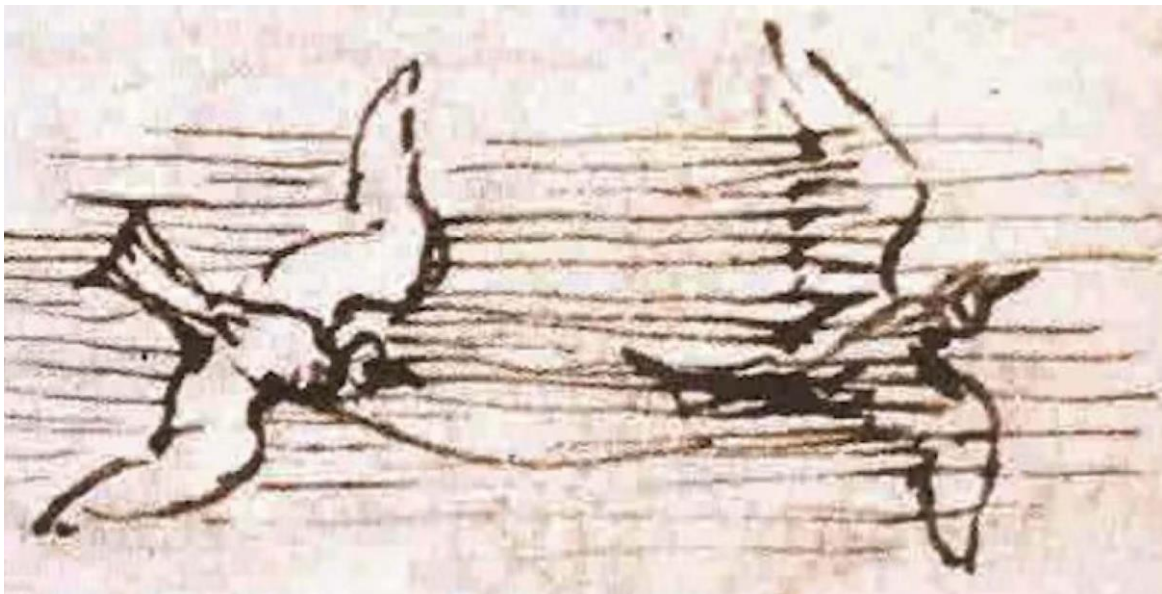
school of experiential learning  
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## Holistic Studies in Human Anatomy

October 2023 – March 2024

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

# Holistic Studies in Human Anatomy

## Course Information 2023-2025

### 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 at SOEL is the practice of experiential learning and the process of embodiment.

This foundational practice at SOEL, of learning experientially and self-discovery is guided by the premise that to support, guide and feel it in another one first needs to discover, meet it and feel it in oneself through sensory awareness, movement, touch and mind.

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 human anatomy and physiology
- precise, gentle, conscious hands-on touch upon ourselves, in partners and small groups
- regular practices in integration and exploration of our expression of our experiences through movement, sound and voice, somatics drawing and writing
- reflective practice and the process of bringing our experiential learning to articulate consciousness through verbal reflections, journals and writing
- conscious practices in witnessing and being witnessed
- 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

### Year one: 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 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.

### Year two: 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: effort, ease, tension and tone.

MODULE 9: Sunday 9th - Wednesday 12th February 2025

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

MODULE 10: Sunday 9th - Wednesday 12th March 2025

Reflective Learning Journeys & Graduation from Holistic Studies in Human Anatomy (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 and peer review and reflection: witnessing and being witnessed. 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 embodied movement inquiry. This practice then comes to fruition in Module 10 with the opportunity to be witnessed and received in a more formal context as one shares interests, learning and personal reflection from the experience of the course.

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

1. A Personal Learning Portfolio (PLP) detailing your learning journey
2. A form of presentation to your peers. This can be in any form including: 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.

There is no external observer making any formal value judgement during this module. This is not the purpose of this module. As is the foundational approach throughout the course; you are your own authority in the process of embodied practice. We explore and cultivate this sense of being, experiencing and learning throughout the course. There will also be further preparation and consideration given to this approach for Module 10.

**Fees 2023-2025:** £2500 / Bursary places available upon request: £1900. Over the two years this will include two private tutorials (per year), certification and access to SOELs lending library, handbooks & school resources, reading and free GF snacks and drinks during breaks, access to art materials etc. There will be two teachers for each module and a class room assistant.

**Total taught hours:** 220 hours incl. private tutorials

**Schedule:** Each Module runs from Sunday – Wednesday. Beginning at 3pm 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 sent a week 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 (non-refundable) of £100. The full course fees are required two weeks prior to start of each year.

**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 organise a plan.