

Somatic Movement Teacher Training



This intense 3-week training is experiential, practical and theoretical and offers a unique learning opportunity for motivated and experienced individuals. Experience in English as well as in one of these following fields is required: dance, somatics/bodywork, teaching/lecturing.

Curriculum

- Movement: Theory and Exploration
- Gravity and Movement Development
- Touch and Hands On
- Breathing and Voice
- Exercises – Exploration – Improvisation
- Anatomy: Theory and Embodiment
- Sensation: Quality and Techniques
- Mind: Definition and Psychology of Somatics
- Somatic Dialogue: Self-Organisation, Alignment, Micro-Coordination
- Giving and Receiving Feedback
- Teaching: Theory, Preparation, Language, Practice, Evaluation

What is Somatic Movement?

The word somatic means “of or relating to the living body”. According to Thomas Hanna, who first coined the phrase, “somatics” is the study of self from the perspective of one’s lived experience, encompassing the dimensions of body, psyche, and spirit. A somatic movement, generally speaking, is one which is performed consciously with the intention of focusing on the internal experience of the movement rather than the external appearance or result of the movement.

The field of Somatics represents a variety of approaches to the process of awakening awareness of the human body, or soma, in movement.

Teachers guide individuals and groups into inner experiences of their bodies, deepening the clients’ understanding of themselves in motion. This transformational learning process can include sound, breath, touch and imagery in addition to movement.

Method

Somatic Movement in the method PME is a unique approach that combines definitions of qualities of sensations, based on buddhist psychology, with a communication model, the „Somatic Dialogue“, that triggers the self-organisation and the self-development of the human being. For 15 years PME has been applied successfully in private practice and for groups.

More information: <http://www.pme.or.at>

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What is the Somatic Dialogue?

In the Somatic Dialogue the Self-Exploration is only used as the question, that needs an answer to create a meaningful development. This questioning self-exploration is done in a mindful and kind way to make the answer a helpful and healing development. This helpful and healing development arises as a movement of self-organisation by itself and is not a product of willful action. It needs time and quiet mindful listening to give space for the physical and mental development that is specific for the Method PME.

How does Somatic Movement work?

A somatic movement must be performed slowly and consciously, with our complete internal focus and attention. Conscious and mindful attention is the key to the learning process. Somatic Movement is exploratory in nature. Even when we practise a somatic movement with the intention of improving our posture or movement in a specific way, we still need to be focused on the internal experience of the movement rather than on the end result. Focusing on the experience and process rather than the end result can be a difficult concept for many people to grasp. Practising somatic movements is quite different than doing situps or pushups; it's not about the quantity, it's about the quality. Any movement can be a somatic movement if it is performed slowly, consciously, and with the intention of focusing on the internal experience of the movement.

Benefits

Somatic Movement

- balances the body and the mind
- improves alignment and micro-coordination of the body
- releases tensions and pains
- facilitates effortless beauty in your movement
- increases health and wellness
- changes your movement and your life
- opens emotional resources for the creative process
- brings a holistic development

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Somatic Movement and Dance

In dance, Somatic Movement refers to techniques based on the dancer's internal sensation, in contrast with "performative techniques," such as ballet or modern dance, which emphasise the external observation of movement by an audience. All forms of dance demand the dancer's close attention to proprioceptive information about the position and motion of each part of the body, but "Somatic Movement" in dance has a more specific meaning: it refers to techniques whose primary focus is the dancer's personal, physical experience, rather than the audience's visual one.

Some dance educators use somatic principles and training in performative dance technique classes.

They may include making corrections with touch, in addition to verbal instructions; focusing on energy and process, instead of the physical shapes they produce; and deliberately relaxing habitually-overused muscles. It is claimed that using somatics in dance training, by strengthening dancers' knowledge of the soma, makes their technique more "intrinsic, internal and personalised." The direct self-knowledge somatics offers are valuable for today's professional dancers, who are increasingly asked to work outside the structures of canonically codified techniques such as ballet or modern dance techniques.

Teacher

The Somatic Movement Teacher Training will be taught by Dieter Rehberg, the Founder of the Method PME. Bc. Dieter Rehberg RSMT is Performance Artist, Psychological Counselor (LSB), Somatic Movement Therapist (ISMETA) and Massage Therapist.

He developed his method integrating different Dance-, Bodywork- and counselling techniques from his professional work with his insights into buddhist theory and practice. He is Director of the Institut für Physio-Mentale Entwicklung and Host of the WienJam.

He has a private practice in Vienna and teaches nationally and internationally. His main concern in his workshops and seminars is a clear and coherent communication of the content in a mindful atmosphere and to never leave ajar any questions.