



## Global Somatics™ Practitioner Training Curriculum

Global Somatics™ Certification Students enroll in the entire curriculum (639 hours).

### Body System Courses (327 hours)

BS1	42 hours	Following Flow: Embodying the Fluids System
BS2	42 hours	Knowing Bones: Embodying the Skeletal System
BS3	42 hours	Organic Dance: Embodying the Organ System
BS4	24 hours	Holding On: Embodying the Fascia and Ligamentous System
BS5	18 hours	Glory in the Glands: Embodying the Endocrine System
BS6	57 hours	Magnificent Muscles I and II: Embodying the Muscle System
BS7	39 hours	Renewing the Nervous System: Embodying the Nervous System
BS8	50 hours	Vibrational Aspects I,II, III: Embodying the Energy System and Psychophysical Integration*
BS9	10 hours	Sub-cellular Ceremony: Embodying the Cell

### Body Processes Courses (66 hours)

BP1	15 hours	Breathing Freely: Embodying the Breath
BP2	15 hours	Singing Fully: Embodying the Voice
BP3	36 hours	Moving Perceptions I,II, III: Embodying the Senses*

### Developmental Movement Courses (81hours)

DM1	42 hours	Developmental Movement I: The RRR
DM2	15 hours	Developmental Movement II: The Pre-Vertebrate Patterns
DM3	24 hours	Developmental Movement III: The Vertebrate Patterns

### Professional Competency Courses and Competency Demonstrations (165 hours)

PC: 1,2,3,4	134 class hrs	Professional Competency I, II, III, IV*
PC: 1,2,3,4	31 hours	Mentoring and Private Competency

### Practicum of Professional Competency (441hours)

### Homework (380 hours)



## Homework: Study and Practicum

**820 hours** of the Global Somatics™ Practitioner Training are completed through study and practice (Practicum) beyond class time. Homework is turned in every 7 weeks and at the end of each season. Students are required to make copies of their homework for their files and shared resources. Students are allowed two months grace period after each course ends to complete required homework. After that time, there is a \$25 late fee charged per course. **All homework must be completed for graduation.** Students can turn in homework at the \$25 late fee for 6 months past graduation date, after that the fee is \$50 per course. No homework is accepted 1 year past the graduation date.

## Global Somatics™ Certification Program Homework Components

### Private Sessions in Global Somatics™ and Body-Mind Centering® (12 sessions)

Students pay for 12 private sessions with certified Body-Mind Centering® or Global Somatics™ Practitioners to deepen their embodiment, support their personal integration and transformation, practice self care and maintenance needed by a professional movement educator or body worker and experience the styles of different practitioners. Two of these sessions must be with Suzanne River. Students keep journals on their private session work and have the practitioner sign and date a form.

### Homework assignments (approximately 20 hours per course)

Students study appropriate anatomy and physiology, completing assigned pages in the Anatomy Coloring Book. Each course has additional somatic reading on which notes are taken, the article summarized or dialogues held. Some courses also require additional work. Students are required to write records of the Instructional and Integrative Private sessions they offer. (see below) Before the end of each course, the student completes an Evidence and Assessment documenting completion of assignments, a Self-Evaluation assessing her competency and a course evaluation. Students turn in their completed notebooks at the end of each course for grading.

### Instructional Privates session work (38 sessions with records)

Students practice movement and touch protocols learned in class with other people (sample clients/students) and record their sessions. Students must have a minimum of ten people with whom they can practice.

### Integrative Private Sessions work (16 sessions with records)

Students offer four integrative sessions per season in which they follow the desires of the person they are working with. These sessions are practice for actual private practice and allow the students to deepen intuition, develop a personal style with a variety of people, practice record keeping and eventually build into the ability to write a case study.

### Practice teaching (10 hours)

Students teach personally meaningful Global Somatics™ material to a minimum of four people. Classes are recorded.

### Integration Projects (40 hours)

During Season I and II, the students present Integration Projects that demonstrate how they have deepened, applied or integrated the material in a personally meaningful way. These projects affirm a variety of learning styles, add to the breath of the Global Somatics™ field, take the work into the community and prepare the student for the culminating Research Project.

**Research project** (100 + hours)

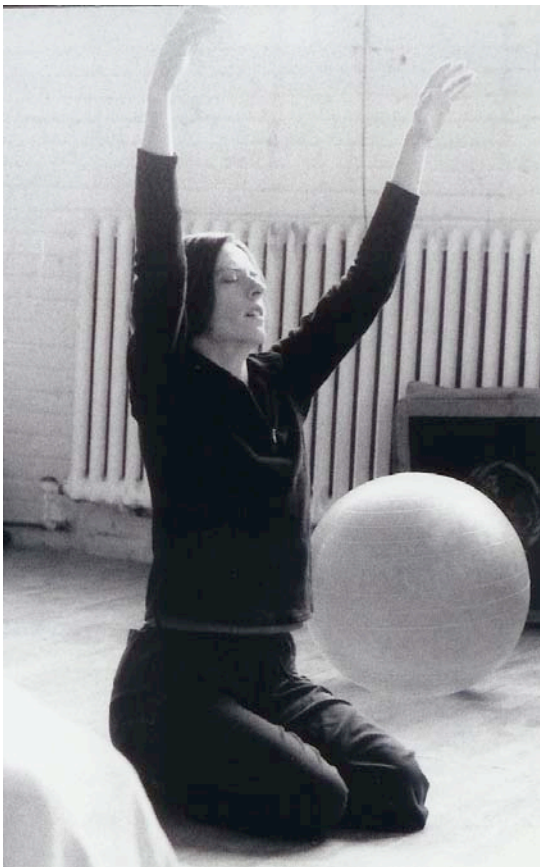
Students design a personal Research Project with advisor Suzanne River consisting of a comprehensive study in a chosen field of application. Research resources may include additional reading, classes, mentoring, teaching or performing. The Project is presented during the final Professional Competency course.

**Peer supervision** (36 hours)

Students team in small groups to study, practice, process and witness growth approximately 8 hours per season.

**Community service** (100 hours)

Offerings to the community through performances, classes, private session work, parenting, etc.



*Let your body take you through your limits!*



## Green River Dance for Global Somatics

### Transcript Sample for Global Somatics™ Practitioner Training 2006-2008

Student Name \_\_\_\_\_  
 Address \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Program:** The Global Somatics Practitioner Training 2006-08

**Hours (1,460):** 660 classroom and competency hours, 820 homework and practicum hours

Start Date \_\_\_\_\_ Date of Graduation: \_\_\_\_\_

**Body Systems (BS) Courses and competency demonstrations:** 342hours

**BS Homework:** 140 hours      **Total Hours:** 482

- |            |   |               |
|------------|---|---------------|
| <b>BS1</b> | <u>Following Flow: Embodying the Fluids</u> (45 hrs.)   | <b>Grade:</b> |
| <b>BS2</b> | <u>Knowing Bones: Embodying the Skeletal System</u> (45 hrs.)   | <b>Grade:</b> |
| <b>BS3</b> | <u>Organic Dance: Embodying the Organs</u> (45 hrs.)  | <b>Grade:</b> |
| <b>BS4</b> | <u>Holding On: Embodying the Ligaments</u> (24 hrs.)  | <b>Grade:</b> |
| <b>BS5</b> | <u>Glory in the Glands: Embodying the Endocrine System</u> (27 hrs.)  | <b>Grade:</b> |
| <b>BS6</b> | <u>Magnificent Muscles I: Embodying the Muscles</u> (57 hrs.)   | <b>Grade:</b> |
| <b>BS7</b> | <u>Renewing the Nervous System:<br/>Embodying the Nervous System</u> (39hrs.)                                   | <b>Grade:</b> |
| <b>BS8</b> | <u>Vibrational Aspects: Embodying the Energy System<br/>and Psychophysical Integration I, II, III</u> (50 hrs.) | <b>Grade:</b> |
| <b>BS9</b> | <u>Sub-cellular Ceremony: Embodying the Cell</u> (10 hrs.)  | <b>Grade:</b> |

**Body Processes (BP) Courses and competency demonstrations:** 72 hours

**Homework:** 60 hours      **Total Hours:** 132

- |            |  |               |
|------------|--|---------------|
| <b>BP1</b> | <u>Breathing Freely: Embodying the Breath</u> (18 hrs.)                                  | <b>Grade:</b> |
| <b>BP2</b> | <u>Singing Fully: Embodying the Voice</u> (18 hrs)                                       | <b>Grade:</b> |
| <b>BP3</b> | <u>Moving Perceptions: Embodying the Senses<br/>and Perceptions I, II, III</u> (36 hrs.) | <b>Grade:</b> |

**Developmental Movement (DM) Courses and competency demonstrations: 87 hours**

**Homework:** 60 hours      **Total Hours:** 147

**DM1**    Developmental I: RRR (45 hrs.)      **Grade:**

**DM2**    Developmental II: Pre-Vertebrate Dances (18 hrs)      **Grade:**

**DM3**    Developmental III: Vertebrate Dances (24hrs.)      **Grade:**

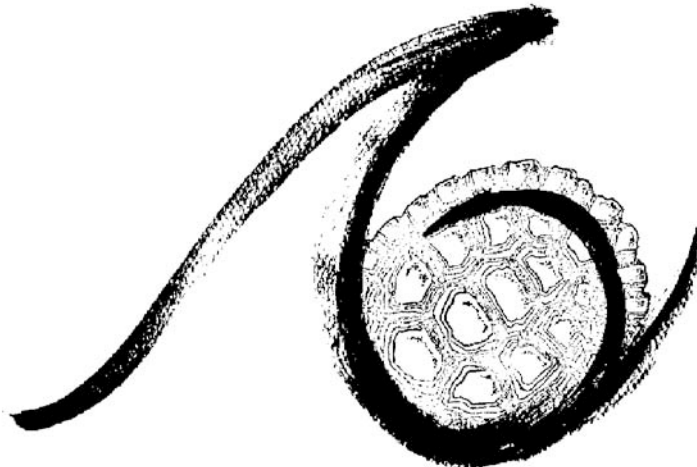
**Professional Competency (PC) & Practicum Courses & competency demonstration: 165 hours**

**Homework:** 80 hours      **Total Hours:** 216

**PC**    Professional Competency I, II, III, IV (134 hrs)  
         Mentoring and Private Competency (31 hrs.)      **Grade:**

**Practicum:** 367 hrs

1. Receive and record 12 BMC™ or Global Somatics™ sessions (18hrs.) \_\_\_\_\_
2. Offer and Record 30 Instructional Privates (90 hrs) \_\_\_\_\_
3. Offer and record 16 Integrative Private sessions (48 hrs.) \_\_\_\_\_
3. Practice teaching for 10 hours and record (25 hours) \_\_\_\_\_
4. Integration Projects I and II (40 hrs.) \_\_\_\_\_
5. Research Project (100 hours) \_\_\_\_\_
6. Peer Supervision (36 hours) \_\_\_\_\_
7. Community Service (100 hours) \_\_\_\_\_





## Global Somatics Practitioner Training 2006 – 2008 Schedule Overview

### Season I -- Fall 2006

- **BP1-- Moving Perceptions I:  
Breathing Freely**  
August 24-28 (Thur – Mon)  
10:00 -- 6:00, 30 hours, 5 days
- **DM1--Developmental Movement I: The  
RRR Reflexes, Righting Reactions and  
Equilibrium Responses**  
Sep 6 -- Dec 6 (no class 11/23)  
Weds 1:30 – 4:45  
42 hours, 13 classes  
No prerequisites
- **BS1--Following Flow:  
Embodying the Fluids System**  
Sep 7 -- Dec 7 (no class 11/22)  
Thurs 9:30 -- 12:45  
42 hours, 13 classes  
No prerequisites
- **BS8:I--Vibrational Aspects I and  
Psychophysical Integration**  
Intensive Dec 14 – 17 (Thur – Sun)  
9:30 -- 6:00, 28 hours, 4 days
- **PCI--Professional Competency  
Seminars**  
Thursdays--Sep 28, Nov 16, Dec 21  
Saturday--Oct 21  
Wednesday--Dec. 20

### Season II -- Winter/Spring 2007

- **BS3--Organic Dance:  
Embodying the Organ System**  
Jan 17 -- Apr 18 (no class 3/14)  
Wed 1:30 – 4:45  
42 hours, 14 classes  
No prerequisites
- **BS2--Knowing Bones:  
Embodying the Skeletal System**  
Jan 18 -- Apr 19 (no class 3/15)  
Thurs 9:30 -- 12:45  
42 hours, 13 classes  
No prerequisites
- **BP2--Singing Fully:  
Embodying the Voice**  
May 2—30, Weds 1:30 – 4:45  
15 hours, 5 classes  
Prerequisites: Breathing Freely
- **DM2--Developmental Movement II:  
The Pre-Vertebrate Patterns**  
May 3 – 31, Thurs 9:30 -- 12:30  
\$235, 15 hours, 5 classes  
No Prerequisites
- **BS8:II--Vibrational Aspects II and  
Psychophysical Integration**  
Intensive Jun 7 – 9 (Thurs--Sun)  
10:00 -- 6:00, 24 hours, 4 days
- **PCI--Professional Competency  
Seminars**  
Thursdays--Jan 18, Feb 15, Mar 22,  
Apr 19, May 24, Jun 14  
Wednesday--Jun 13  
Saturdays or Sundays--Feb 17-18,  
Jun 1-2

***Bring your body – Open your mind!***

**Season III -- Fall 2007**

- **BP3:II--Moving Perceptions II**  
Intensive Aug 23 -- 27  
(Thur -- Mon), 10:00 -- 6:00  
30 hours, 5 days
- **DM3--Developmental Movement III:  
The Vertebrate Patterns**  
Sep 5 -- Oct 24, Weds 1:30 -- 4:45  
24 hours, 8 classes  
Prerequisites: Developmental Movement I and/or II
- **BS4--Holding On: Embodying the  
Fascia and Ligamentous System**  
Sep 6 -- Oct 25, Thurs 9:30 -- 12:30  
24 hours, 8 classes  
Prerequisites: Knowing Bones  
Helpful: Following Flow
- **BS6--Magnificent Muscles I:  
Embodying the Muscle System**  
Nov 7 -- Dec 19 (no class 11/21)  
Wed 1:30 -- 4:30  
18 hours, 6 classes  
Prerequisites: Knowing Bones  
Helpful: Following Flow, Organic Dance  
and/or Holding On
- **BS5--Glory in the Glands: Embodying  
the Endocrine System**  
Nov 8 -- Dec 20 (no class 11/22)  
Thurs 9:30 -- 12:30  
18 hours, 6 classes  
Prerequisites: Following Flow and  
Organic Dance
- **PCIII--Professional Competency  
Seminars**  
Thursdays—Sep 27, Nov 22  
Saturdays and Sundays--Oct 27-28,  
Dec 15-16

**Season IV -- Winter/Spring 2008**

- **BP3:III--Moving Perceptions III**  
Intensive Jan 10 -- 13 (Thur -- Sun)  
9:30 -- 6:30, 24 hours, 4 days
- **BS6:II--Magnificent Muscles II:  
Embodying the Muscle System**  
Jan 23 -- April 23 (no class 3/12)  
Weds 1:30 -- 4:30  
39 hours, 13 classes  
Prerequisites: Magnificent Muscles I
- **BS7--Renewing the Nervous System:  
Embodying the Brain and the  
Nervous System**  
Jan 24 -- April 24 (no class 3/13)  
Thurs 9:30 -- 12:30  
39hours, 13 classes  
Prerequisites: Three of the following  
classes -- Following Flow, Knowing  
Bones, Organic Dance, Glory in my  
Glands, Developmental Movement  
I, II, III
- **PCIV--Professional Competency  
Issues**  
May 7 -- 28, Wed 1:30-4:30
- **BS8:III--Vibrational Aspects III and  
BS9--Sub-Cellular Ceremony**  
May 8 -- 29, Thurs 9:30 -- 12:30  
15 hours, 5 classes
- **PCIV--Professional Competency  
Seminars**  
Thursdays—Feb 12, Mar 20, Apr 20  
Saturday and Sunday--Jun 7-8



*Changing the world one cell at a time.*



## Global Somatics™ Practitioner Training 2006 – 2008 Course Schedule and Practicum Hours

The Global Somatics™ Practitioner Training is designed to guide its students easily, step by step in learning of a large amount of material and many skills. If a trainee attends class faithfully, completes homework weekly and seasonally, and follows the standards of conduct, s/he will be ready for graduation. Some trainees prefer to do the program at their own pace and in their own way. This is allowed but certification will not be granted until all coursework has been successfully completed and competency demonstrated.

To help you to realistically structure your life to participate in the training, here is a breakdown of hours per season. It is advised that each week you plan for time to personally recuperate, to integrate the material covered in class, and to practice it with others. You should plan approximately 20 hours per course per season for homework.

### Season I--Fall 2006, 20 hours per week

**Number of weeks:** 16

**Dates:** Aug. 24, 2006 -- Dec. 21, 2006

**Break weeks:** Nov. 20 - 27, Dec. 24 - 31

**Courses with weekly classes:** Scheduled time in class per week--6.5 hours

- **DM1 Developmental I: Readiness to Relate – the RRR**  
Sep 6 – Dec 6, Wed 1:30 - 4:45pm  
13 classes and 42 hours
- **BS1 Following Flow: Embodying the Fluids**  
Sep 7 – Dec 7, Thurs 9:30 – 12:45  
13 classes and 42 hours

**Season I Intensives and Seminars:**

- **BP1 and BP3 Moving Perceptions I: Breathing Freely**  
Aug 24-28, Thurs -- Mon 10:00-6:00  
5 days, 10 classes, 35 hours
- **BS8 Vibrational Aspects I**  
Dec 14 – 17, Thurs – Sun 10:00- 6:00  
4 days, 8 classes, 28 hours

**PC1 Professional Competency I Seminars:** totals 24 hours

- Sep 28, Thurs 2:00-5:30 (Breath Competency) 3.5 hours
- Oct 21, Sat 10:00-6:00 (Business, Assessment Process, Planning) 7 hours
- Nov 16, Thurs 2:00-5:30 (Counseling Skills) 3.5 hours
- Dec 20, Weds 1:30-5:00 (Integration Projects) 3.5 hours
- Dec 21, Thurs 9:30-5:30 (Integration Projects and Program evaluation) 6.5 hours

**Outside Class Laboratory work that is supervised and reported:** total 92 hours

- 6 hours, Mentoring with the director
- 6 hours, three private Body-Mind Centering Sessions or Global Somatics sessions with certified professional. Report filed and journal kept.
- 10 hours, Arrange, offer, and record 6 Instructional Sessions (two for each course: Breath, Fluids, and Developmental I)
- 10 hours, Arrange, offer and record 4 Integrative Sessions
- 3 hours, Teaching Material studied and recording
- 12 hours, Peer supervision and study
- 20 hours, Personal Integration Project
- 25 hours, Community Service

**Season II--Winter- Spring 2007, 17 hours per week****Number of weeks:** 21**Dates:** Jan. 17, 2007 – Jun. 14, 2006**Break weeks:** Jan. 1 - 14, Mar. 11 - 18, Apr. 22 - 28**Courses with weekly classes:** Scheduled time in class per week--6.5 hours

- **BS3 Organic Dance: Embodying the Organs**  
Jan 17 – Apr 18, Wed 1:30 - 4:45pm  
13 classes and 42 hours
- **BS2 Knowing Bones: Embodying the Skeletal System**  
Jan 18 – Apr 19, Thurs 9:30 – 12:45 pm  
13 classes and 42 hours
- **BP2 Singing Fully: Embodying the Voice**  
May 2 – 30, Wed 1:30 - 4:30pm  
5 classes and 15 hours
- **DM2 Developmental II: Pre- Vertebrate Dances**  
May 3 – 31, Thurs 9:30 – 12:30  
5 classes and 15 hours

**Season II Intensives and Seminars:** Totals 18 hours

- **BS8: I Vibrational Aspects I:**  
Jun 7 – 9, Thurs – Sat 10:00- 6:00  
3 days, 6 classes, 18 hours

**PCII Professional Competency II Seminars:** totals 36.5 hours

- Jan 18, Thurs 2:00-5:30 (Orientation, Council, QA) 3.5 hours
- Feb 15, Thurs 2:00-5:30 (Council, Lab) 3.5 hours
- Feb 17 or 18, Sat/Sun, 10:00-6:00 (Comp. Demo for Fluids and RRR) 6 hours
- Mar 22, Thurs 2:00-5:30 (Emotional Processing) 3.5 hours
- Apr 19, Thurs 2:00-5:30 (Council, QA, Lab) 3.5 hours
- May 24, Thurs 2:00-5:30 (Council, QA, Lab) 3.5 hours
- Jun 1 or 2, Sat/Sun, 10:00-6:00 (Comp Demo for Skeletal and Organs) 6 hours
- Jun 13, Wed 1:30-5:00 (Integration Projects) 3.5 hours
- Jun 14, Thurs 9:30-5:30 (Integration Projects and Program evaluation) 6.5 hours

**Outside Class Laboratory work that is supervised and reported:** total 99 hours

- 7 hours, Mentoring with the director
- 6 hours, Three private Body- Mind Centering Sessions or Global Somatics sessions with certified professional. Report filed and journal kept.
- 16 hours, Arrange, offer and record 8 Instructional Sessions (Two each: Skeletal, Organ, Voice, Pre-Vertebrate)
- 10 hours, Arrange, offer and record 4 Integrative Sessions
- 3 hours, Teaching Material studied and recording
- 12 hours, Peer supervision and study
- 20 hours, Personal Integration Project
- 25 hours, Community Service

### Season III--Fall 2007, 23 hours per week

**Number of weeks:** 15

**Dates:** Aug. 23, 2007 -- Dec. 16, 2007

**Break weeks:** Oct. 29 - Nov.6, Nov.19 - 27, Dec. 21 - 31

**Courses with weekly classes:** Scheduled time in class per week: 6.5 hours

- **DM3 Developmental III: Vertebrate Patterns**  
Sep 5 – Oct 24, Wed 1:30- 4:30  
8 classes and 24 hours
- **BS4 Holding On: Embodying the Fascia and Ligaments**  
Sep 6 – Oct 25, Thurs 9:30-12:30  
8 classes and 24 hours
- **BS6:I Magnificent Muscle I: Embodying the Muscle System**  
Nov 7 – Dec 19, Wed 1:30- 4:30  
6 classes and 18 hours
- **BS5 Glory in the Glands: Embodying the Endocrine System**  
Nov 8 – Dec 20, Thurs 9:30-12:30  
6 classes and 18 hours

**Season III Intensives and seminars:** Totals 35 hours

- **BP3:II Moving Perceptions II: Embodying the Senses**  
Aug 23 – 27, Thurs – Mon 10:00- 6:00  
5 days, 35 hours

**PC:III Professional Competency III Seminars:** totals 35 hours

- Sep 27, Thurs 2:00-5:30 (Council, QA) 3.5 hours
- Oct 27-28, Sat-Sun (Professional Competency: Business Plan and Syndromes) 10:00- 6:00  
14 hours
- Nov 22, Thurs 2:00-5:30 (Council, Lab, QA) 3.5 hours
- Dec 15-16, Sat-Sun, 10:00- 6:00 (Integration Projects and Program evaluation) 14 hours

**Outside Class Laboratory work that is supervised and reported:** total 121 hours

- 6 hours, Mentoring with the director
- 6 hours, three private Body- Mind Centering Sessions or Global Somatics sessions with certified professional. Report filed and journal kept.
- 20 hours, Arrange, offer and record 10 Instructional Sessions (Two for each course: Devel. 3, Fascia and Ligament, Endocrine, Muscle, Vibrational Aspects)
- 10 hours, Arrange, offer and record 4 Integrative Sessions
- 3 hours, Teaching Material studied and recording
- 12 hours, Peer supervision and study
- 50 hours, Research Project
- 25 hours, Community Service

**Season IV--Winter- Spring 2008, 24 hours per week****Number of weeks:** 19**Dates:** Jan. 10, 2008 -- June 8, 2008**Break weeks:** Jan.1 - 9, Jan. 14 - 19, Mar. 9 - 15, Apr. 27 - May 3**Courses with weekly classes:** Scheduled time in class per week--6.5 hours

- **BS6:II Magnificent Muscles II: Embodying the Muscles**  
Jan 23 – Apr 23, Weds 1:30 - 4:30 pm  
13 classes and 39 hours
- **BS7 Renewing the Nervous System: Embodying the Nervous System**  
Jan 24 - Apr 24, Thurs 9:30 – 12:30  
13 classes and 39 hours
- **PC:IV Professional Competency: Professional Issues**  
May 7 – 28, Wed 1:30-5:00  
4 classes and 14 hours
- **BS8:III Vibrational Aspects III: Sub Cellular Ceremony**  
May 8 – 29, Thurs 9:30- 1:00  
4 classes and 14 hours

**Season IV Intensives and seminars:** Total 24 hours

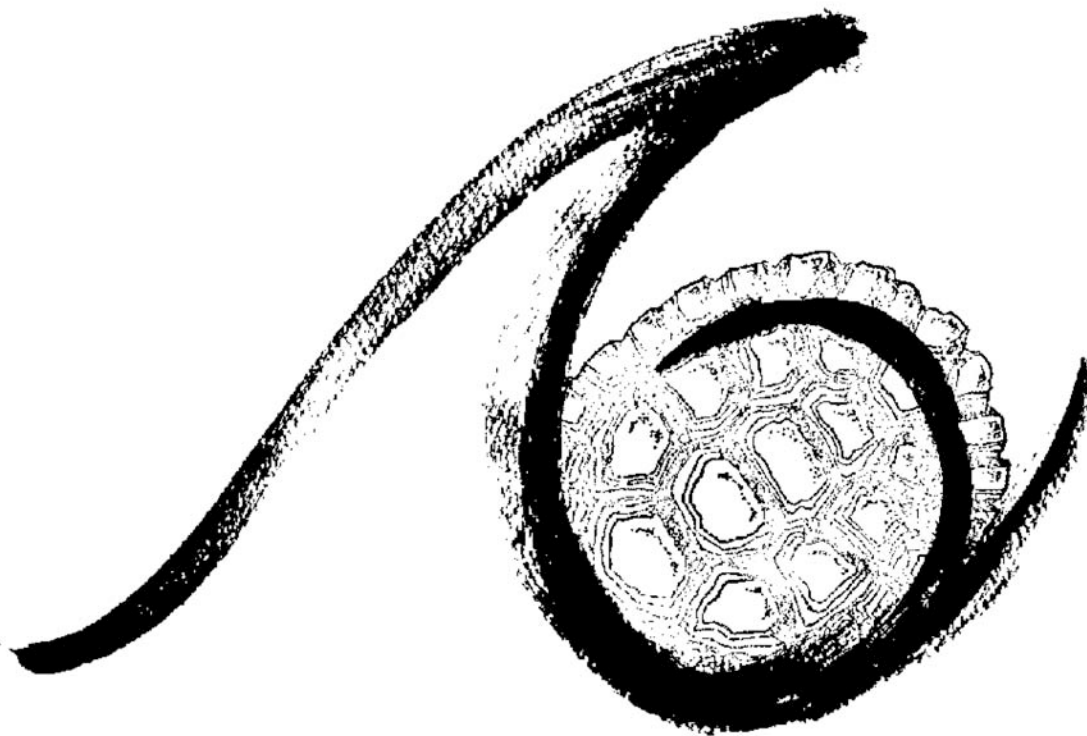
- **BP3:III Moving Perceptions III: Embodying the Senses**  
Jan 10 – 13, Thurs – Sun 9:30 - 6:30  
4 days and 24 hours

**PCIV Professional Competency IV Seminars:** totals 24.5 hours

- Feb 14, Thurs 2:00-5:30 (Council, Lab) 3.5 hours
- Mar 20, Thurs 2:00-5:30, 3.5 hours
- Apr 20, Thurs 2:00-5:30 (Council, QA, Lab) 3.5 hours
- Jun 7-8, Sat-Sun, 10:00-6:00 (Program Closure) 14 hours

**Outside Class Laboratory work that is supervised and reported: total 129 hours**

- 7 hours, Mentoring with the director
- 6 hours, Three private Body- Mind Centering Sessions or Global Somatics sessions with certified professional. Report filed and journal kept.
- 16 hours, Arrange, offer and record 8 Instructional Sessions (Two each: Nervous, Muscle, Senses, Vibrational Aspects)
- 10 hours, Arrange, offer and record 4 Integrative Sessions
- 3 hours, Teaching material studied and recording
- 12 hours, Peer supervision and study
- 50 hours, Research Project
- 25 hours, Community Service



***Changing the world one cell at a time!***