

**Part II:**  
**Global Somatic Practitioner Training**  
**GSPT Professional Certification**  
**1452 Hour Somatic Training**  
**Global Somatics Certificate of Application**





## Global Somatics™ Certificate of Application (GSCA)

- Global Somatics Certificate in Energy Medicine and Authentic Healing
- Global Somatics Certificate in Bodywork
- Global Somatics Certificate in Dance: Education, Performance and Choreography
- Global Somatics Certificate in Yoga
- Global Somatics Certificate in Athletics and Martial Arts
- Global Somatics Certificate in Physical and Occupational Therapy
- Global Somatics Certificate in Developmental Therapy
- Global Somatics Certificate in Somatic Counseling
- Global Somatics Certificate in Voice
- Global Somatics Certificate in the Arts

A perfect storm of psychological, neurological, developmental science, medical, social and cultural activity is creating an enormous interest in holistic models of the person and of health practices. GRDGS has been providing courses in somatics in this arena for 30 years. In our somatic school, the unitary relationship of body to mind is the working model and starting point for change. It is our core concept in understanding human development and human problems.

The Global Somatics™ Process is a comprehensive research into the nature of consciousness and self through the vehicle of the Natural Body. The pioneering modality of the Global Somatics™ Process offers a cutting edge to a variety of professional fields that use the body as a medium for change. These professions ranging from the wellness industry (somatic movement education, bodywork, yoga, personal training, energy healing, therapy) to the arts and ecology (dance, visual arts). The breadth and depth of the Global Somatics curriculum has direct applications to several emphasis areas or specialties

### Program Description

The Global Somatics™ Certificate Program offers a directed course of study and evaluation for professionals in their own fields of application. Candidates are active professionals in their field of the focus application. The Global Somatics™ Certificate Program meets the needs of diverse professionals seeking excellence in their field and the appropriate continuing education to meet the needs of the future. Course work can be completed within a time frame and at a pace conducive to the candidate.

### Program framework

The Global Somatics Certificate Program (GSCP) is comprised of specified Global Somatics courses completed over a four year period and a Professional Competency Independent Study. Credit for each course is received when all written work is completed and a competency demonstration fulfilled. Refer to list below for required courses for each focus application.

### Requirements

A student completes the required courses within four years of enrollment in the GSCP.

The student determines when s/he will take the course based on the school offerings and personal planning. For each course, active participation in all classes is required and the course workbook must be completed. The student meets with a Global Somatics™ Practitioner/Teacher for an hour of competency demonstration and also writes a two page paper describing how the course content can be applied to her special focus.

The student demonstrates ongoing integration of the Global Somatics™ Process and creative application of the process to her/his field of professional expertise by completing the Professional Competency Independent Study (100 hours) that includes an application paper per course, four private sessions and 50 hours of a Research Project designed and presented by the candidate.

### **PCIS Professional Competency Independent Study**

The Professional Competency Independent Study (100 hours) spans the entire program period (up to four years). It is comprised of

- an application paper for each course taken
- one hour of competency demonstration with the Global Somatics™ Practitioner/Teacher
- Completion of the course workbook and self assessment
- four private sessions with a Global Somatics™ Practitioner
- 50 hours of a Research Project designed and presented by the candidate.

On completion of all coursework and homework, the student is awarded a Global Somatics™ Certificate in that field of application.

### **Tuition**

The students registers for required course and pays the course tuition to GRDGS and an additional \$100 per course to cover record keeping, correction of homework and competency demonstration. With the exception of the Global Somatics Workbooks, all books are purchased separately. In addition, required private sessions or additional group seminars are paid directly to a variety of practitioners/teachers approved by GRDGS

- Tuition for each course paid at time of course plus a \$100 fee for record keeping and evaluation. Total tuition estimates can be found by Special focus Curriculum listings.
- Estimated additional costs: for books (\$200), private sessions (\$400), the research project may involve the cost of additional classes, sessions, etc.

### **Buyer's Right to Cancel/Refund Policy**

Each student will be notified of acceptance/rejection in writing. In the event a student is rejected, all tuition, fees and other charges will be refunded.

Notwithstanding anything to the contrary, if a student gives written notice of cancellation within five business days of the execution of the contract or day on which the student is accepted, then a complete refund is given regardless of whether the program has started.

If a student gives a written notice of cancellation after five business days of the execution of the contract or day on which the student is accepted, but before the start of the program by the school, then all tuition, fees and other charges, except 15 percent of the total program cost (15 percent not to exceed \$50) shall be refunded to the student.

If the student gives written notice after the start of the period of instruction for which the student has been charged, but before the completion of 75 percent of the period of instruction, then the student is assessed a pro rata portion of tuition, fees and other charges plus 25 percent of the total program cost (25 percent not to exceed \$100.00)

Any notice of cancellation shall be acknowledged in writing within ten business days of the receipt of such notice and all refunds shall be forwarded to the student within 30 business days of receipt of such notice.

This refund policy is not linked to any student conduct policy and any promissory instrument shall not be negotiated prior to completion of 50 percent of the course.

Written notice of cancellation shall take place on the date the letter of cancellation is postmarked or, in the case where the notice is hand carried, it shall occur on the date the notice is delivered to the school. The date of execution of the enrollment agreement shall be presumed to the date of delivery of the notice of acceptance and if delivered by mail, the postmark date of the letter of acceptance.

### **Application Process**

Read the Global Somatics catalog. Download and complete the application and enrollment contract for Global Somatics Certificate of Application. Mail or fax with your application along with your registration form, release waiver and deposit for your first required course.

## **Global Somatics™ Certificate Program (GSCP)**

### **Required Core Courses for all specialties (181 hrs)**

**All tuitions costs are estimated.**

- Global Somatics Healing Paradigm (3 hr) \$50
- Conscious Embodiment Introduction (18 hr) \$300
- Breathing Freely: Embodying the Breath (18hr) \$400
- Following Flow: Embodying the Fluids (42 hr) \$500
- Professional Competency Independent Study in Application to focus field (100hr) Paid as \$100 fee per course and an additional \$100 for Research Project

### **Global Somatics Certificate in Energy Medicine and Authentic Healing:**

**387 hours \* Intake interview required.**

- comprehensive healing paradigm that tracks to the creative root of the symptom
- activation of channels between the physical body and energy field to effectively heal soul trauma.

#### **Courses required:**

- Core Courses \$1,350
- Knowing Bones: Embodying the Skeletal System (42 hr) \$500
- Organic Dance: Embodying the Organs (42 hr) \$500
- Glory in the Glands: Embodying the Endocrine System (18 hr) \$300
- Developmental II: Embryonic Dances (15 hr) \$400
- Renewing the Nervous System: Embodying the Nervous System (39 hr) \$500
- Vibrational Aspects I, II and III ( 50 hr) \$1,200

### **Global Somatics Certificate in Dance: Education, Performance and Choreography**

**382 hours**

- efficient dance technique and improved alignment, flexibility, strength and integration
- a personalized body-system warm-up and expansion of movement vocabulary
- injury prevention, healing and longevity in performance
- inspiration for improvisation and choreography
- a language for analyzing dance styles

#### **Courses required:**

- Core Courses \$1,350

- Knowing Bones: Embodying the Skeletal System (42 hr) \$500
- Organic Dance: Embodying the Organs (42 hr) \$500
- Magnificent Muscles I, II ( 57hr) \$1,000
- Developmental I, II, III (81 hr) \$1,400

### **Global Somatics Certificate in Yoga: 304 hours**

- provides the organ, glandular and developmental ground for asanas
- deepens awareness of breath, voice, and perception

#### **Courses required:**

- Core Courses \$1,350
- Knowing Bones: Embodying the Skeletal System (42 hr) \$500
- Organic Dance: Embodying the Organs (42 hr) \$500
- Glory in the Glands: Embodying the Endocrine System (18 hr) \$300
- Developmental II, III (39 hr) \$900
- Vibrational Aspects I (24 hr) \$1,200

### **Global Somatics Certificate in Athletics and Martial Arts: 325 hours**

- performance enhancement through repatterning of reflexes and development movements
- injury prevention, healing and retraining

#### **Courses required:**

- Core Courses \$1,350
- Knowing Bones: Embodying the Skeletal System (18 hrs) \$500
- Holding On: Embodying the Fascia and Ligaments (24 hrs) \$500
- Magnificent Muscles I,II ( 57 hrs) \$1,000
- Developmental I,III (66 hrs) \$1,000

### **Global Somatics Certificate in Physical and Occupational Therapy: 451 hours**

- assessment and treatment based on components of a multi-systems approach
- perception of underlying elements of problems (such as fluid quality imbalances in neurological problems, and the developmental aspects of a knee problem)

#### **Courses required:**

- Core Courses \$1,350
- Knowing Bones: Embodying the Skeletal System (42 hrs) \$500
- Organic Dance: Embodying the Organs (42 hrs) \$500
- Holding On: Embodying the Fascia and Ligaments (24 hrs) \$500
- Magnificent Muscles I,II ( 57 hrs) \$1,000

- Renewing the Nervous System: Embodying the Nervous System (39 hrs) \$500
- Developmental I,III (66 hrs) \$1,000

### **Global Somatics Certificate in Bodywork:**

**343 hours**

- the presence, resonance and perceptual capacity of a fully embodied practitioner who holds a continuum of health from the sub-cellular to the whole body moving in space
- the art of creating embodied relationships with others
- design of personalized protocols and treatments
- subtle communication through touch by differentiating layers of tissue
- multi-systems approach for evaluation and treatment
- ability to bridge table work and active movement repatterning
- ability to offer clients a way to integrate Global Somatics into daily life

#### **Courses required:**

- Core Courses \$1,350
- Knowing Bones: Embodying the Skeletal System (42 hrs) \$500
- Organic Dance: Embodying the Organs (42 hr) \$500
- Holding On: Embodying the Fascia and Ligaments (24 hrs) \$500
- Glory in the Glands: Embodying the Endocrine System (18 hr) \$300
- Renewing the Nervous System: Embodying the Nervous System (39 hrs) \$500
- Developmental II: Embryonic Dances (15 hrs) \$400

### **Global Somatics Certificate in Developmental Therapy:**

**375 hours**

- evaluation from a developmental and body-systems approach
- identification of movement and perceptual problems from early infancy that affect learning
- neurological repatterning through movement and direct access to the brain through touch
- facilitation of normal development in individualized ways for each child

#### **Courses required:**

- Core Course \$1,350
- Moving Perceptions I,II,III (36 hrs) \$400
- Following Flow: Embodying the Fluids (42 hrs) \$500
- Organic Dance: Embodying the Organs (42 hrs) \$500
- Developmental I, II,III (81 hrs) \$1,400
- Renewing the Nervous System: Embodying the Nervous System (39 hrs) \$500
- Vibrational Aspects 1 (24 hrs) \$500

### **Global Somatics Certificate in Somatic Counseling:**

**405 hours \* Intake interview required.**

- awareness of the psychophysical processes underlying emotional and cognitive patterns
- access to the subconscious which is the body through movement, touch, breath, and voice
- understanding of the physicality of the perceptual process and healing of trauma

#### **Courses required:**

- Core Courses \$1,350
- Moving Perceptions I,II,III( 36 hrs) \$400
- Organic Dance: Embodying the Organs (42 hrs) \$500
- Glory in the Glands: Embodying the Endocrine System (18 hrs) \$300
- Developmental II,III (39 hrs) \$900
- Renewing the Nervous System: Embodying the Nervous System (39 hrs) \$500
- Vibrational Aspects 1,II,III (50 hrs) \$1,200

### **Global Somatics Certificate in Voice:**

**313 hours**

- use the whole body to support the tone of vibration
- increase of breath and range of vocal pitch, intensity and color
- identification of restrictions and freeing the natural voice
- exploration of the development of vocalization
- use of the voice to heal tissue

#### **Courses required:**

- Core Courses \$1350
- Singing Fully: Embodying the Voice (15 hrs) \$300
- Following Flow: Embodying the Fluids (42 hrs) \$500
- Organic Dance: Embodying the Organs (42 hrs) \$500
- Glory in the Glands: Embodying the Endocrine System (18 hrs) \$300
- Magnificent Muscles I (18 hrs) \$500
- Developmental Movement II, III (39hrs) \$900

### **Global Somatics Certificate in the Arts:**

**321 hours**

- a body-based and developmental approach to inspire and free direct artistic expression
- improved performance through alignment, flexibility, strength, and integration
- injury prevention
- a language for evaluating styles

#### **Courses required:**

- Core Courses \$1,350
- Any 4 courses (200 hrs)



## Global Somatics Certificate of Application (GSCA) Application and Enrollment Contract

### Mail Application

Green River Dance Office: Attn — Suzanne River  
10700 Lindo Trail, Lindstrom, MN 55045

### Application Form and Contact Information

Name (first) \_\_\_\_\_ (last) \_\_\_\_\_ (M. Initial) \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Social Security # \_\_\_\_\_

Phone (hm) \_\_\_\_\_ cell \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Place of Employment \_\_\_\_\_

WorkPhone \_\_\_\_\_

High School \_\_\_\_\_ City/ State \_\_\_\_\_

Year of Graduation \_\_\_\_\_

Post High School Education/Years (Please list below, attach extra sheet if necessary)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Person to contact in case of emergency \_\_\_\_\_

Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Zip \_\_\_\_\_

Phone (hm) \_\_\_\_\_ Phone (wk) \_\_\_\_\_ Cell \_\_\_\_\_

Global Somatics Certificate of Application Program is an intensive educational program. Our intention is to provide the highest quality of somatic education within a safe environment for learning among all participants. As an interdisciplinary program that works with the body, intellect, emotions and spirit, we recognize that some participants may find aspects of the program challenging. The educational experience will be fulfilling to the degree that each person is open to learning through movement and touch, takes responsibility for his or her personal health and respects others.

## GSCA Application Agreement

I have carefully read Global Somatics School Catalog.

I understand its procedures and requirements. I declare under penalty of perjury that all the information I have written as part of my application to the program is true and accurate.

Green River Dance for Global Somatics' enrolls students without discrimination on the basis of race, religion, sex, age, sexual orientation, physical handicap or political affiliation.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### Application Questions

Please type both the question and your answer on separate pages. You may be brief.

1. What about the Certificate of Global Somatics Application appeals to you professionally and personally?
2. Have you read the school catalog and do you understand our policies?
3. Please outline the schedule of Global Somatics course work you plan to take, giving dates, times and cost of course.
4. Include Course Registration form, release waiver and deposit for the first course you plan to take. Please write your specific intentions.
5. Do you understand that you will be required to complete all written course work to receive credit for the course? The Professional Competency aspect of your training will be self-directed study that you will document. Do you have any questions or ideas about this aspect?
6. Is there anything you want us to know about you so we can support you in your learning process?

## Enrollment Contract

### Global Somatics™ Certificate of Application

**School Name:** Green River Dance for Global Somatics, 10700 Lindo Trail, Lindstrom MN 55045

THIS AGREEMENT IS A LEGALLY BINDING INSTRUMENT WHEN IT IS SIGNED BY YOU AND A REPRESENTATIVE OF GREEN RIVER DANCE. YOUR SIGNATURE INDICATES YOUR ACCEPTANCE OF ITS TERMS, UNLESS YOU CANCEL THIS AGREEMENT AS STATED BELOW.

Green River Dance for Global Somatics offers an intensive educational program leading to a global Somatics Certificate of Application. You have applied to enter this certification program, which will begin with your first course and be completed within four years from that date when all required courses are satisfactorily completed.

The certification program consists of \_\_\_\_\_ hours of classroom instruction and approximately 500 hours of additional practicum and homework.

The signature of an authorized representative of Green River Dance indicates that Green River Dance has accepted your application into this program.

I have read and understand all information presented in the Green River Dance For Global Somatics Catalog.

I agree to abide by the Standards of Conduct. I understand that the catalog information and the Standards of Conduct comprise the rules and regulations of GRDGS.

### Tuition and other fees for the certification program are as follows:

- 1. Course tuition**, payable to Green River Dance for Global Somatics (GRDGS) with an additional \$100 for Professional Competency per course and \$100 for Professional Competency Research Project at time of presentation.
- 2. Additional fees** of up to \$600 will be required to be paid for books and other supplies, private sessions and/or research projects. These fees will be paid to other individuals and stores and not to Green River Dance for Global Somatics.
- 3. Buyer's Right to Cancel/Refund Policy:** Each student will be notified of acceptance/rejection in writing. In the event a student is rejected, all tuition, fees and other charges will be refunded.

Notwithstanding anything to the contrary, if a student gives written notice of cancellation within five business days of the execution of the contract or day on which the student is accepted, then a complete refund is given regardless of whether the program has started.

If a student gives a written notice of cancellation after five business days of the execution of the contract or day on which the student is accepted, but before the start of the program by the school, then all tuition, fees and other charges, except 15 percent of the total program cost (15 percent not to exceed \$50) shall be refunded to the student.

If the student gives written notice after the start of the period of instruction for which the student has been charged, but before the completion of 75 percent of the period of instruction, then the student is assessed a pro rata portion of tuition, fees and other charges plus 25 percent of the total program cost (25 percent not to exceed \$100.00)

Any notice of cancellation shall be acknowledged in writing within ten business days of the receipt of such notice and all refunds shall be forwarded to the student within 30 business days of receipt of such notice.

This refund policy is not linked to any student conduct policy and any promissory instrument shall not be negotiated prior to completion of 50 percent of the course.

Written notice of cancellation shall take place on the date the letter of cancellation is postmarked or, in the case where the notice is hand carried, it shall occur on the date the notice is delivered to the school. The date of execution of the enrollment agreement shall be presumed to the date of delivery of the notice of acceptance and if delivered by mail, the postmark date of the letter of acceptance.

**Please complete and sign:**

I, \_\_\_\_\_, wish to enroll in the Global Somatics™ Certificate of Application Training with a special focus in \_\_\_\_\_.

I agree to accept the rules and regulations of Green River Dance for Global Somatics as they are reasonably adopted in writing from time to time and agree I will be subject to such rules and regulations. I further agree that GRDGS shall have the right to suspend me or dismiss me from the program for violation of the rules and regulations, or for behavior, which in the sole judgment of GRDGS is considered dangerous or disruptive to teachers or other students, destructive of property, or inconsistent with the academic philosophy of GRDGS.

I will not hold Green River Dance for Global Somatics, Suzanne River or any teacher in the Global Somatics program responsible for damage or injuries that arise in connection with my participation in activities with Green River Dance.

My signature indicates my desire to enroll in the certification program of Green River Dance for Global Somatics, and my acceptance of the terms stated above..

Signature \_\_\_\_\_ Date \_\_\_\_\_

Green River Dance for Global Somatics accepts the student whose name is written above into the certification program described in the Enrollment Contract.

GREEN RIVER DANCE FOR GLOBAL SOMATICS

Signature \_\_\_\_\_ Date \_\_\_\_\_

By: Suzanne River





## The Global Somatics™ Practitioner Training

**New Modular Program begins January 26, 2011-October 21, 2012**  
**Application deadline December 8, 2010**

The Global Somatics™ Practitioner Training is one of the most creative and comprehensive somatic training programs in the world. The Global Somatics™ Practitioner Training (GSPT) empowers students to be leaders in the somatic field. GSPT, a masters level program in Somatics, is developed and taught by Suzanne River to foster efficient embodiment, active engagement and integrated learning of both the process and the content of Global Somatics™. GSPT is a 1452 hours training in the body systems, developmental movement, the vibrational field and professional competency. It applies Global Somatics™ Process to self transformation, movement education and therapy, the arts, bodywork, energy medicine, developmental education for infants/children, and community activism.

To assure personalized attention, the program is limited to 12 certification students. This “handmade quality” offers students direct mentorship with Suzanne River and the intimacy and empowerment that comes from a small community .The Global Somatics™ Practitioner Training is designed as a sequenced study for a cohesive group. This program is affordable and convenient, encouraging professional growth while accommodating family and work life. Financial Aid is available to all those who qualify through the SELF loan program for both Minnesota residents and non- residents.

### The Global Somatics Practitioner Training is offered in two formats.

**The Weekly Class Format** consists of four seasons (20 months) of Wednesday afternoon and Thursday morning classes with seasonal intensives and monthly seminars. Students live within driving distance of the Twin Cities. Students structure their lives to allow approximately 3 days a week for the program. This format is designed for those seeking a steady and thorough embodiment process with time to integrate the comprehensive material. Students in this format receive more hours of mentorship with Suzanne and detailed guidance in completing course requirements.

**The Modular Format** consists of monthly 5 day intensives over a 21-month period, with 8 hours of class work daily. This program is designed for mature professionals who are capable of the intensive format and self-directed in the completion of homework in between intensives. This is the ideal program for those living outside the Twin Cities and for those who learn well through an intensive embodiment communal experience followed by time to integrate personally and study cognitively.

The curriculum hours are designed for a group of 12 participants. In cases of smaller sizes, a percentage of Professional Competency in class hours will be reduced as more individual attention can be offered in less time.

### GSPT is a Professional Training

**Green River Dance for Global Somatics is licensed as a private career school** with the Minnesota Office of Higher Education pursuant to Minnesota Statutes, sections 141.21 and 141.32. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.

**Financial aid is available to those who qualify both state resident and non- resident.**

**GSPT is an Approved Training Program with the International Somatic Movement Education and Therapy Association (ISMETA)** and graduates are eligible to apply for status as Registered Somatic Educators and/or Therapists using ISMETA's short form.

**GRDGS is a School Member of the Associated Bodywork and Massage Professionals (ABMP)** that allows student rates for insurance and membership with ABMP after graduation.

**GSPT is an Allied Member with the Body-Mind Centering® Association (BMC®A).** Students can become Student Members of BMC®A and graduates can become Allied Members.

## GSPT is a Soul Quest

Embodiment is a world to which the seeker comes slowly- first with the faith of a child and then with the patience and dedication of a sage. The Global Somatics™ Practitioner Training is an intense journey for a short period of time to the sacred sites that dwell within the body. The goal is not for complete understanding or perfect achievement of certain skills. The goal of the training is to transmit core energies and processes and to support the student in their personal transformation process. During this program, seeds are planted that will grow in their own time within the individuals unfolding life and practice.

## GSPT is like a “Medical School for the Natural Body and the Healing Relationship”

Because this intensive training uses the maps of Western medicine's anatomy and physiology, it is comparable to a "Medical School for the Natural Body and the Healing Relationship". The attitude or paradigm Global Somatics™ promotes, however is closer to that of a Native healer who understands that medicine is a natural way of reconnecting with Creation and restoring one's participation in the dance of life and within community. The medicine we practice is that of making real relationship and facilitating movement, touch, breath, vibration and sound.

## The Curriculum

The curriculum is rooted in the core mappings of body systems and developmental movement as it is taught and developed by Certified BMC Teacher, Suzanne River. The energy field is explored through Vibrational Aspects™ System, a curriculum created by Suzanne River. Relevant principles and techniques from other somatic and movement modalities are interwoven into the curriculum. These include Craniosacral Therapy, Massage, Rolfing, Reiki, Dance, Authentic Movement, Continuum, Movement Therapy, Contact Improvisation, Yoga, Voice, the arts and ceremony. Global Somatics™ Professional Competency has five goals- thorough and successful completion of the training program's components, building of community, practice of psychophysical integration and counseling skills, demonstration of ability to do somatic movement education and bodywork professionally and guidance in personal business focus.

## GSPT is a Repatterning of Education

The Training is a repatterning of education and its methodology is related to “unschooling” where a student follows her own inner desires, intentions and process for learning. The Global Somatics™ education values "real" learning, knowledge and skills that can be meaningfully practiced by each student. If a student wants certification in Global Somatics™, s/he travels the journey of carefully sequenced courses and homework, with others, but in her/his own way and for her/his own purpose. Each student is supported in her/his unique learning process that

includes embodiment, perception, understanding, facilitation and creation. Global Somatics™ learning is a life long adventure.

### **Global Somatics™ Practitioner Training includes the following unique characteristics:**

- Modular format of monthly intensives
- Small class size composed of changing student body with core certification students
- A primary teacher who adapts the curriculum to meet the learning requirements of the class and material
- Guest teachers, experts in their applied disciplines, offer a variety of teaching and embodiment styles
- Global Somatics™ Workbooks for each course
- Sequential introduction and integration of the body systems and developmental movement patterns
- Sequential introduction and Integration of the Vibrational Aspects™ System, Reiki and shamanic practices
- Integration of professional competency
- Integration of psychophysical content
- Sequential introduction and integration of Craniosacral and Massage protocols
- Interdisciplinary approach to the study including the arts and sciences
- Direct application to the arts, movement education and therapy, yoga, body work, voice, energy medicine, developmental education for infants/children and community
- Community workshops, performances, clinics and celebrations that share Global Somatics with the extended community of family, friends and other cultures



## **Join the Journey!**



## Eligibility and Admissions

### Candidates for the Certification Program

Candidates are evaluated for their maturity. Candidates are accepted who are esteemed capable of becoming Global Somatics Practitioners and of surviving the rigors of the program. Once accepted, the director and staff support and accommodate the student within the designed templates of the program to assure successful completion of the training. The certification program is designed for people with a strong sense of self, a core foundation in movement, bodywork or other body-mind disciplines and a passion for service. The program will be limited to a maximum of 20 students. Eligibility requirements include:

- Open heart, willingness to grow and be challenged, ability to accept help and to tell the truth
- Has thoroughly studied the school catalog
- Minimum age of 24 years old
- Has a high school diploma or its equivalent, or secondary education/vocational training.
- Has the physical and emotional capabilities for movement and bodywork. The school may require written documentation from a physician or therapist regarding applicant's health
- Has previous experience in Global Somatic™ Process
- Has taken a minimum of two courses with Suzanne River and is compatible with her teaching style
- Has significant professional experience in the somatic or related fields
- Demonstrates a mature sense of self
- Is capable of effective interpersonal communication and responsibility for one's therapy and learning process
- Has the ability to improvise
- Has the capability to participate in experiential learning within a community
- Has the ability to complete homework requirements
- Has adequate community, academic and financial planning to assure completion of program





## International Somatic Movement Education & Therapy Association: Scope of Practice

The professional field of somatic movement education and therapy spans holistic and complimentary medicine. This field contains distinct disciplines each with its own educational and/or therapeutic emphasis, principles, methods and techniques.

Practices of somatic movement education and therapy encompass postural and movement evaluation, communication and guidance through touch and words, experiential anatomy and imagery, and movement repatterning. These practices are applied to everyday and specialized activities for persons of all stages of health and development.

The purpose of somatic movement education and therapy is to enhance human processes of psychophysical awareness and functioning through movement learning. Practices provide the learning conditions to:

- Focus on the body both as an objective physical process and as a subjective process of lived consciousness.
- Refine perceptual, kinesthetic, proprioceptive and interoceptive sensitivity that supports homeostasis and self-regulation.
- Recognize habitual patterns of perceptual, postural and movement interaction with one's environment.
- Improve movement coordination that supports structural, functional and expressive integration.
- Experience an embodied sense of vitality and extended capacities for living.

### Global Somatics™ Practitioners demonstrate:

- The ability to research the nature of the physical body and energy field with the Global Somatics™ process.
- The embodiment of all of the body's systems, developmental movement patterns and the vibrational field.
- Consciousness, confidence and self-love with respect to one's own style of learning/ practice and connection to community and to the planet.
- The ability to practice somatic movement education and therapy in private sessions using a combination of skilled touch, movement repatterning and verbal guidance in accordance with the requirements of ISMETA's Scope of Practice (see description above).
- The ability to contribute to the open system of Global Somatics™ and the somatic field through personal research in a specific discipline of application: including the arts, yoga, bodywork, energy medicine, and developmental education.
- The ability to bring embodiment into the culture.



## Career Opportunities in Global Somatics™

### Employment

Global Somatics™ Practitioners are trained for a career in somatic movement education/ therapy bodywork and energy healing. This field participates in the expanding world of alternative medicine and healing currently used by one third of Americans. Certification as a Global Somatics™ Practitioner prepares you for a variety of careers including, but not limited to,

- private practice
- group practice
- dance and movement training programs
- yoga training programs
- art colonies and classes
- early developmental classes
- schools
- healing centers
- massage clinics
- spas and resorts
- retreat centers
- health clubs
- chiropractic offices
- physical therapists
- sports medicine and personal training
- medical doctors
- rehabilitation centers
- nursing homes
- hospice

### Placement Services/Employment Assistance Services

GRDGS does not offer placement services but does guide realistic career planning through Professional Competency coursework and builds networking skills. GRDGS offers employment assistance to current students and graduates through a jobs listing bulletin board. Prospective employers are allowed to post openings for somatic educators and body workers and artist grant opportunities on this board. Students and graduates are encouraged to act on these postings.

### Registration Laws

Currently, Minnesota does not have a state requirement for bodywork and massage. Massage therapists practice under different legal provisions in nearly every province and state. Licensing requirements and laws vary in cities, counties, towns and villages. Students are informed of the local laws for Minneapolis and St. Paul in the Professional Competency course. Students are expected to contact their local licensing agency to learn their specific laws.

## Applications

Global Somatics™ is beneficial to anyone who has a body because it reconnects the person to her or his essential self. It is currently being applied with remarkable results to the following fields:

### Authentic Healing:

- comprehensive healing paradigm that tracks to the creative root of the symptom
- activation of channels between the physical body and energy field to effectively heal soul trauma.

### Dance and movement:

- efficient dance technique and improved alignment, flexibility, strength and integration
- a personalized body-system warm-up and expansion of movement vocabulary
- injury prevention, healing and longevity in performance
- inspiration for improvisation and choreography
- a language for analyzing dance styles

### Yoga:

- provides the organ, glandular and developmental ground for asanas
- deepens awareness of breath, voice, and perception

### Athletics:

- performance enhancement through repatterning of reflexes and development movements
- injury prevention, healing and retraining

### Physical, occupational, dance and movement therapy:

- assessment and treatment based on components of a multi-systems approach
- perception of underlying elements of problems (such as fluid quality imbalances in neurological problems, and the developmental aspects of a knee problem)

### Bodywork and the art of manipulation:

- the presence, resonance and perceptual capacity of a fully embodied practitioner who holds a continuum of health from the sub-cellular to the whole body moving in space
- the art of creating embodied relationships with others
- design of personalized protocols and treatments
- subtle communication through touch by differentiating layers of tissue
- multi-systems approach for evaluation and treatment
- ability to bridge table work and active movement repatterning
- ability to offer clients a way to integrate Global Somatics into daily life

### Medicine:

- development of a healing bedside manner
- support of personal health
- integration of intuitive awareness with clinical knowledge

### Child development and education:

- evaluation from a developmental and body-systems approach
- identification of movement and perceptual problems from early infancy that affect learning
- neurological repatterning through movement and direct access to the brain through touch
- facilitation of normal development in individualized ways for each child

### Psychotherapy:

- awareness of the psychophysical processes underlying emotional and cognitive patterns
- access to the subconscious which is the body through movement, touch, breath, and voice
- understanding of the physicality of the perceptual process and healing of trauma

**Voice:**

- use the whole body to support the tone of vibration
- increase of breath and range of vocal pitch, intensity and color
- identification of restrictions and freeing the natural voice
- exploration of the development of vocalization
- use of the voice to heal tissue

**Music, Writing and Visual Art:**

- a body-based and developmental approach to inspire and free direct artistic expression
- improved performance through alignment, flexibility, strength, and integration
- injury prevention
- a language for evaluating styles

**Meditation:**

- conscious use of the body as a vehicle for spirit
- attention to breath and refined tracking of inner sensations
- careful awakening of kundalini energy
- balance between sensing, feeling, and action



**Changing the World One Cell at a Time!**



## Educational Objectives and Requirements

**School Calendar** GRDGS utilizes an open enrollment procedure with courses and workshops occurring throughout the year. Courses are available during mornings, afternoons, and weekends. For exact times, refer to the current class schedule.

**Holidays and vacations** No classes are held on New Years Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, or Christmas. Please see class schedule for holiday dates and breaks.

**Attendance** Students are required to attend all scheduled class hours. Students reporting to school must be free of contagious illness or symptoms such as fever, chills, or severe cough. Students must come prepared to participate in class through movement, giving and receiving bodywork, lecture and process. Weekly homework should be completed in preparation for class. The instructor may use discretion regarding the student's ability to participate. Students unable to participate may be sent home and will be required to make up the missed time.

**Missed Class Report** All hours missed must be made up **immediately** before the next class with another student or Global Somatics™ or BMC practitioner and a **missed class report** filed. If more than 10% of course hours are missed, they must be made up directly with the teacher and pay her hourly fee for private work (see Additional Costs). No credit is given if more than 25% of classes are missed. A time clock tracks classroom attendance. Students are responsible for signing in/out.

**Tardiness** Classes start and end on schedule. When necessary, lee way of 15 minutes is negotiated. Students must inform the office in advance if they know they are going to be late or need to leave early. In emergency situations, immediate phone calls are required. Students are responsible for all verbal and written information given during class time. After three times of being late or leaving early 30 minutes, the student will have to file a missed class report and show documentation of one hour of extra practice. If a student has consistent unexcused tardiness, they will be asked to schedule an appointment with the Director to discuss their commitment to their education. At the discretion of the Director the student may be dropped from the course.

**Grading Scale and Criteria** Evaluation is a process of ongoing assessment by the student, the director, teachers, and peers on the student's embodiment and understanding of the Global Somatics™ content and process, her/his demonstration of professional skills of perception, facilitation and creation, and her/his learning process and participation within the learning community. The director, teacher and peers observe the student's participation in classes. The teacher/director assesses written and verbal homework, and evaluates through competency demonstrations. The Global Somatics Certification Program is a spirallitic learning process that guides and supports the students to

- **Embody** the personal Self
- **Perceive** embodiment in self and others
- **Understand** anatomy/physiology, and the principles, techniques and process of Global Somatics™
- **Facilitate** others through movement, touch, voice and dialogue
- **Create** and apply the work in own unique way

**Symbols of evaluation:**

- **4 exceeds benchmark** excellent/creative application (Student performance/evidence demonstrates all 5 parts of spiral )
- **above benchmark** has demonstrated 4 out of five
- **bench mark** has demonstrated 3 out of 5 in spiral
- **below bench mark** has demonstrated 2 out of 5

**The school's grading system is as follows:**

- 100% - 70% = Pass (bench mark and above 2-4)
- 69% & below = Fail (below benchmark 1)

The grading criteria includes class participation, competency demonstrations, written and practical assignments, including outside documentations, exams and attendance. All required work must be completed by the end of the class. An extension may be granted for family/medical leave reasons only. Students are to arrange this extension with the instructor.

If a student fails, a re-exam is required until a passing grade 75% or better is achieved.

This re-exam may be in the format of taking the whole course again, making up specific classes, having tutorials, or doing extra projects. A student will not receive certification until the re-exam is passed.

**Progress Reports** If a student is having difficulties, the student should inform the instructor and a plan to solve the problem will be developed and implemented. For every course, students complete a thorough Self Assessment of Course Learner Objectives and an Evidence and Assessment Form of assignments. At the beginning of each new season, students set personal goals for the season and make requests to the program. Then, the director meets with the student to evaluate the past season and plan for growth and success in the upcoming season. At the end of year I and II, the director writes a narrative on student progress and an academic report of course work for that year.

**Previous Credit** If a student has attended GRDGS classes, The School for Body-Mind Centering or has had life work experience in the field of somatic education and bodywork, GRDGS may consider giving credits towards the hours attended. The program director determines the value of credit exchanges. Previous credit will be considered if hourly attendance from another school is applicable to GRDGS hourly standards. To receive the credits, the student must:

- Have taken and passed the course within the past two years
- Transcripts are to be made available from schools attended.
- If the student has taken and passed the course but it has been longer than two years, the student may test out through a written and competency demonstration.

**Student Records and Files** GRDGS keeps Minnesota student records permanently. The school will provide a copy of transcript or a student's records/files upon written request by the student. Access to student records will be limited to instructors, administration and regulating and accrediting bodies.

**Faculty, course and program evaluations** Suggestions are always welcome to improve the teaching, courses and program. Written course and faculty evaluations are issued at the end of each course. At the end of each year, a written program evaluation is conducted to ensure the school is successful in meeting its goals and student needs.

**Let Your Body take You  
through Your Limits!**



## 2010-2012 Modular Format Curriculum

### Curriculum Overview

**1452 Hours, 22 Months**

**Total Course Hours: 648 hours**

**Practicum outside of class: 507 hours**

**Homework: 297 hours**

#### **Body System Courses (358 hours: includes Competency Reviews and Independent Study)**

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	33 hours	Holding On: Embodying the Fascia/ Ligamentous System
BS5	21 hours	Glory in the Glands: Embodying the Endocrine System
BS6	63 hours	Magnificent Muscles I and II: Embodying the Muscle System
BS7	40 class	Renewing the Nervous System: Embodying the Nervous System
BS8	60 hours	Vibrational Aspects I, II, III: Embodying the Energy System
BS9	15 hours	Sub-cellular Ceremony: Embodying the Cell

#### **Body Processes Courses (75 hours)**

BP1	21 hours	Breathing Freely: Embodying the Breath
BP2	18 hours	Singing Fully: Embodying the Voice
BP3	36 hours	Moving Perceptions I, II, III: Embodying the Senses*

#### **Developmental Movement Courses (78 hours)**

DM1	33 hours	Developmental Movement I: The RRR
DM2	18 hours	Developmental Movement II: The Embryonic Dances
DM3	27 hours	Developmental Movement III: The Vertebrate Patterns

#### **Professional Competency Courses (137 hrs)**

PC: I - 4	137 hours	Professional Competency I - IV class/tutorial hours
PC: Practicum	507 hours	Required Homework (297 hrs)

## Homework: Study and Practicum

**804 hours** of the Global Somatics™ Practitioner Training Modular Format are completed through study and practice (Practicum) beyond class time. Homework is turned in every month. Students are required to make copies of their homework for their files and shared resources. Students are allowed one month's grace period after each course ends to complete required homework. After that time, there is a \$25 late fee charged per month 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.

## Homework Components

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

Students pay for 12 private sessions with Certified Global Somatics™ Practitioners, Body-Mind Centering® Practitioners or other approved somatic therapists. These regular sessions serve to deepen embodiment, support 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** (48 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.

### **Research Project** (150 hours)

Students design a personal Research Project 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** (45 hours) Offerings to the community through performances, classes, private session work, parenting, etc.



## GSPT Modular Format – Jan. 26, 2011 – Oct. 21, 2012

### Schedule Overview

#### Season I – Winter/Spring 2011

##### **PCI–Professional Competency Seminars 22 hrs**

Friday evening of each intensive from 6:30-8:30

Wednesdays: Jan. 26, Feb. 23, April 6, May 11

##### **BP1–Breathing Freely**

##### **BP3–Moving Perceptions I**

##### **PCI–Professional Competency I**

Jan. 26-30 (Wed - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours, 5 days

##### **BS1–Following Flow: Embodying the Fluids System, PCI**

Feb. 23-27 (Weds.- Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours, 5 days

##### **DM1–Developmental Movement I: The RRR Reflexes, Righting Reactions, Equilibrium Responses, PCI**

April 6-10 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours, 5 days

##### **BS2–Knowing Bones: Embodying the Skeletal System**

May 11-15 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours, 5 days

#### Season II – Summer/Fall 2011

##### **PCII–Professional Competency Seminars 44 hrs**

Friday evening of each intensive from 6:30-8:30

Wednesdays—July 13, Aug. 21, Sept 28, Nov. 2

##### **BS8:I–Vibrational Aspects I and Psychophysical Integration Professional Competency II**

July 13-17 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours, 5 days

##### **BS3–Organic Dance: Embodying the Organ System**

Aug. 24-28 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours, 5 days

##### **DM3–Developmental Movement III: The Vertebrate Patterns, Professional Competency II**

Sept . 28- Oct. 2 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours, 5 days

##### **DM2–Developmental Movement II: Embryonic Dances**

##### **BP3–Moving Perceptions II,**

##### **PCII**

Nov. 2-6 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hours, 5 days

##### **BP2–Singing Fully: Embodying the Voice**

##### **BS5–Glory in the Glands: Embodying the Endocrine System, PCII**

Dec. 14-18 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hrs, 5 days

### Season III – Winter/Spring 2012

#### **PCIII–Professional Competency Seminars 35 hrs**

Friday evening of each intensive from 6:30-8:30

Weds. Feb. 1, Mar. 7

#### **BS8:II–Vibrational Aspects II and Psychophysical Integration**

##### **PCIII**

Feb. 1-5 (Weds - Sun) 9:30-5:30, Sat. 11:00-7:00 40 hrs, 5 days

#### **BS4–Holding On: Embodying the Fascia and Ligamentous System**

March 7-12 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hrs, 5 days

#### **BP3:II–Moving Perceptions III, Professional Competency III**

April 18-22 (Weds – Sun) 9:30-5:30 Sat. 11:00-7:00 40 hrs, 5 days

#### **BS6–Magnificent Muscles I: Embodying the Muscle System,**

##### **PCIII**

May 23-27 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hrs, 5 days

### Season IV – Summer/Fall 2012

#### **PCIV–Professional Competency Seminars 47 hrs**

Friday evening of each intensive from 6:30-8:30

Wednesdays—June 27, Aug 8

#### **BS6–Magnificent Muscles II: Embodying the Muscle System, PC IV**

June 27- July 1 (Weds. - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hrs, 5 days

#### **BS7–Renewing the Nervous System: Embodying the Brain and the Nervous System**

##### **PCIV**

Aug. 8-12 (Weds - Sun) 9:30 - 5:30, Sat. 11:00-7:00 40 hrs, 5 days

#### **BS8:III–Vibrational Aspects III and BS9–Sub-Cellular Ceremony**

##### **PCIV**

Sept. 19-23 (Weds - Sun) 9:30 -- 5:30, Sat. 11:00-7:00 40 hrs, 5 days

#### **PCIV Professional Competency IV**

Oct. 18-21 (Thurs - Sun) 9:30 -- 5:30, 24 hrs, 4 days

**Invest in Your First Home—  
Your Natural Body!**



## 2010 -2012 Seasonal Planning

### 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 monthly, 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. While this is permitted, certification will not be granted until all coursework has been successfully completed and competency demonstrated.

The Modular Format consists of monthly 5 day intensives over a 22 month period, with 8 hours of class work daily. This program is designed for mature professionals who are capable of the intensive format and self-directed in the completion of homework in between intensives. This is the ideal program for those living outside the Twin Cities and for those who learn well through an intensive embodiment communal experience followed by time to integrate personally and study cognitively.

The curriculum hours are designed for a group of 12 participants. In cases of smaller sizes, a percentage of Professional Competency in class hours will be reduced as more individual attention can be offered in less time.

To help you to realistically structure your life to participate in the training, here is a breakdown of hours per month and season. Because each course is an intensive, we recommend that you come rested and ready for 5 days of layered experiential work. During the follow up month, you will be integrating the work physically, mentally, emotionally and spiritually. You will be doing homework for that course with practice sessions, reading and writing. You should plan approximately 20 hours per course per season for homework.

### Season I – Winter/Spring 2011

**Number of Intensives: 4**

**PCI Professional Competency Seminars: total 21 hrs**

#### **BP1–Moving Perceptions I: Breathing Freely and Professional Competency**

Jan. 12-16 (Weds – Sun)

#### **Coursework Jan. 17-Feb.23**

Complete Homework for Breath and Moving Perceptions I (30 hours)

Professional Competency Homework: 20 hours

#### **BS1–Following Flow: Embodying the Fluids System, PCI**

Feb. 23-27- Oct 4 (Weds– Sun)

Homework due: turn in Breath and Moving Perceptions Workbooks

#### **Coursework Feb. 24- April 6**

Complete Homework for Fluids (30 hours)

Professional Competency Homework: 20 hours

Meeting with Director

#### **DM1–Developmental Movement I:**

#### **The RRR Reflexes, Righting Reactions, Equilibrium Responses, PCI**

April 6-10 (Weds – Sun)

Homework due: Turn in Fluids workbook

**Coursework April 11-May 11**

Complete Homework for RRR (30 hours)  
Professional Competency Homework: 20 hours

**BS2–Knowing Bones: Embodying the Skeletal System, PCI**

May 11-15 (Weds – Sun)  
Homework due: Turn in RRR workbook

**Coursework May 16-July 13**

Complete Homework for Skeletal (30 hours)  
Professional Competency Homework: 20 hours  
Meeting with Director

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

- 4 hours, Mentoring with the director or TA, one per workshop
- 6 hours, three private Global Somatics™ or Body-Mind Centering® Sessions with certified professional. Report filed and journal kept.
- 28 hours, Arrange, offer, and record 16 Instructional Sessions: Breath (2), Senses (2) Fluids (4), Developmental I (4) and Skeletal (4)
- 10 hours, Arrange, offer and record 3 Integrative Sessions
- 3 hours, Teaching Material studied and recording
- 12 hours, Peer supervision and study
- 50 hours, Research Project
- 15 hours, Community Service

**Season II –Summer/Fall 2011**

**Number of Intensives: 5**

**PCII Professional Competency Seminars:** total 44 hrs

**BS8:I–Vibrational Aspects I and Professional Competency II**

July 13-17 (Weds – Sun)  
Homework due: Turn in Knowing Bones Workbook

**Coursework July 18-Aug. 24**

Complete Homework for Vibrational Aspects (20 hours)  
Professional Competency Homework: 20 hours

**BS3–Organic Dance: Embodying the Organ System, Professional Competency II**

Aug. 24-28 (Weds – Sun)  
Homework due: Turn in Vibrational Aspects workbook

**Coursework Aug. 29-Sept. 28**

Complete Homework for Organ (30 hours)  
Professional Competency Homework: 20 hours  
Meeting with Director

**DM3–Developmental Movement III: The Vertebrate Patterns**

Sept. 28- Oct. 2 (Weds – Sun)  
Homework due: Turn in Organ workbook

**Coursework Oct. 3-Nov. 2**

Complete Homework for Developmental III (20 hours)  
Professional Competency Homework: 20 hours

**DM2–Developmental Movement II: The Embryonic Dances****BP3–Moving Perceptions II**

Nov. 2-6 (Weds – Sun)

Homework due: Turn in Developmental III workbook**Coursework Nov. 7 - Dec. 14**

Complete Homework for Developmental II and Moving Perceptions II (30 hours)

Professional Competency Homework: 20 hours

Meeting with Director

**BP2–Singing Fully: Embodying the Voice****BS5–Glory in the Glands: Embodying the Endocrine System****Professional Competency**

Dec. 14-18 (Weds – Sun)

Homework due: Turn in Developmental II and Moving Perceptions workbooks**Coursework Dec. 19 - Feb. 1, 2012**

Complete Homework for Endocrine and Voice (40 hours)

Professional Competency Homework: 20 hours

Review Vibrational Aspects

**Practicum: Outside Class Laboratory work that is supervised and reported:** total 137 hours

- 5 hours, Mentoring with the director
- 6 hours, three private Global Somatics™ or Body- Mind Centering® Sessions with certified professional. Report filed and journal kept.
- 36 hours, Arrange, offer and record 18 Instructional Sessions: Vibrational Aspects I (2), Organ(4), Embryonic Dances(2), Vertebrate(2), Senses (2), Glands/Voice(4),
- 10 hours, Arrange, offer and record 3 Integrative Sessions
- 3 hours, Teaching Material studied and recording
- 12 hours, Peer supervision and study
- 50 hours, Research Project
- 15 hours, Community Service

**Season III – Winter/Spring 2012****Number of Intensives: 4****PCIII Professional Competency Seminars:** total 35 hrs**BS8:II–Vibrational Aspects II and PC III**

Feb. 1-5 (Weds – Sun)

Homework due: Turn in Endocrine and Voice Workbooks

Presentation of Research Projects

**Coursework Feb. 5 - Mar. 7**

Complete Homework for Vibrational Aspects II (10 hours)

Professional Competency Homework: 20 hours

**BS4–Holding On: Embodying the Fascia and Ligamentous System****Professional Competency III**

Mar. 7-11 (Weds – Sun)

Homework due: Turn in Vibrational Aspect workbook

**Coursework Mar. 12-April 18**

Complete Homework for Fascia and Ligament (20 hours)

Professional Competency Homework: 20 hours

Meeting with Director

**BP3:II-- Moving Perceptions III, Professional Competency III**

April 18-22 (Weds – Sun)

Homework due: Turn in Fascia and Ligament Workbook

**Coursework April 23-May 23**

Complete Homework for Moving Perceptions (10 hours)

Professional Competency Homework: 20 hours

Study Muscle Anatomy

**BS6–Magnificent Muscles I: Embodying the Muscle System**

May 23-27 (Weds – Sun)

Homework due: Turn in Moving Perceptions Workbook

**Coursework May 28-June 27**

Complete Homework for Muscle I (20 hours)

Professional Competency Homework: 20 hours

**Practicum: Outside Class Laboratory work that is supervised and reported:** total 128 hrs

- 5 hours, Mentoring with the director
- 6 hours, three private Global Somatics™ or Body- Mind Centering® Sessions with certified professional. Report filed and journal kept.
- 27 hours, Arrange, offer and record 9 Instructional Sessions: Vibrational Aspects II (2), Fascia and Ligament(3), Senses(2) Muscle(2)
- 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
- 15 hours, Community Service

**Season IV – Summer/Fall 2012****Number of Intensives: 4****PCIV Professional Competency Seminars:** total 42 hrs**BS6–Magnificent Muscles II: Embodying the Muscle System**

June 27- July 1 (Weds – Sun)

Homework due: Muscle I homework

**Coursework July 2 – Aug 8**

Complete Homework for Muscle II (20 hours)

Professional Competency Homework: 20 hours

Meeting with director

**BS7–Renewing the Nervous System: Embodying the Nervous System**

August 8-12 (Weds – Sun)

Homework due: Muscle Workbook

**Coursework Aug 13 –Sept 19**

Complete Homework for Nervous System (20 hours)

Professional Competency Homework: 20 hours

**BS8:III–Vibrational Aspects III****BS9–Sub-Cellular Ceremony****PC III**

Sept. 19-23 (Weds – Sun)

Homework due: Nervous System and Vibrational Aspects workbooks

**PC IV Professional Competency IV**

Oct. 18-21 (Thurs – Sun) 9:30 -5:30, 24 hrs, 4 days

Presentation of Research Projects, closure and graduation

**Practicum: Outside Class Laboratory work that is supervised and reported: total 113 hrs**

- 4 hours, Mentoring with the director
- 6 hours, three private Global Somatics™ or Body- Mind Centering® Sessions with certified professional. Report filed and journal kept.
- 24 hours, Arrange, offer and record 8 Instructional Sessions: Muscle(2), Nervous(4) and Vibrational Aspects (2)
- 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
- 15 hours, Community Service



**Join the Journey!**



## Green River Dance for Global Somatics

### Transcript Sample for Global Somatics™ Practitioner Training 2010-2012

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

**Program:** The Global Somatics Practitioner Training 2010-12

**Hours (1,452):** 648 classroom and competency hours, 804 homework and practicum hours

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

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

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

- |            |   |               |
|------------|---|---------------|
| <b>DM1</b> | <u>Developmental I:RRR</u> (45 hrs.)                    | <b>Grade:</b> |
| <b>DM2</b> | <u>Developmental II: Pre-Vertebrate Dances</u> (18 hrs) | <b>Grade:</b> |

**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, 1V (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)\_\_\_\_\_





## Graduation Requirements

To graduate, students must successfully complete all coursework (classroom and homework), fulfill all financial obligations and merit a testimony of character and skill from the director, faculty and peers. Graduates sign a contract with GRDGS promising to stay in contact once yearly to update their listing on the Directory, to join one professional organization which offers ethical guidelines for practice and to use the appropriate language for Global Somatics™ in all their publicity.

### Competency Demonstration

For certification as a practitioner of Global Somatics™, students must demonstrate competency in the following areas:

#### 1. Experiential Anatomy of Global Somatics™ based in the maps and approaches of several somatic modalities, primarily the Body-Mind Centering® Approach

- Understand the anatomy and physiology of the Body Systems: Skeletal, Organ, Fluids, Ligamentous, Muscle, Endocrine, Nervous, Vocal, Cellular and Energy
- Embodiment of the body's systems and their interrelationships through vibration, breath, movement, touch, sound, art, ceremony and psychophysical awareness
- Understand the Vibrational Aspects™ model of the Subtle Energy Bodies and Chakra System
- Embodiment of the Vibrational Aspects through vibration, breath, movement, touch, sound, art, ceremony and psychophysical awareness

#### 2. Movement Education

- Ability to perceive and initiate movement from all of the body's systems
- Understanding of the Developmental Movement Patterns and their corresponding Reflexes, Righting Reactions and Equilibrium Responses
- Ability to perform the Developmental Movement Patterns with support from different body systems in formal sequences and improvised movement
- Application of the Developmental Movement Patterns and Body Systems to movement modalities including but not limited to Authentic Movement, Laban Movement Analysis, Contact Improvisation, Modern Dance, Yoga and Sports

#### 3. Movement Repatterning

- Understand the theory and process of movement repatterning.
- Ability to facilitate movement repatterning based on embodiment of the Body's Systems and Developmental Movement Patterns
- Ability to use one's body as a grounded, self-referring and transformative instrument while facilitating repatterning Ability to use touch, demonstration, movement, active perception, voice, energy work and verbal dialogue in movement repatterning
- Ability to create appropriate movement exercises for specific training

#### 4. Intentional Touch and Repatterning

- Understand the theory and process of Intentional Touch
- Embody authenticity as a practitioner – demonstrating presence, resonance, intuition, knowledge and experience
- Ability to apply principles and techniques that express the functioning of each particular body system, the developmental movement patterns and the vibrational field
- Ability to analyze a syndrome or health difficulty in the language of experiential anatomy
- Ability to use one's body as a grounding, self-referring and transformative instrument while touching

- Ability to create safe space and clear boundaries

#### **5. Vocalization and Verbal Communication**

- Embodiment of the voice with ability to initiate sound from all of the body systems and to listen to both tone and silence
- Practice of aligning verbal communication with non-verbal, cellular dialogue
- Practice of the ongoing dialogue with respect, permission and ongoing articulation of the Global Somatics™ process
- Exposure to a variety of counseling methods including Active Listening, the Option Method™, LearningMethods™ and community council

#### **6. Expressive Arts and Ceremony**

- Understanding of the appropriate use of the expressive arts (visual art, singing, writing, theatre and dance) and ceremony to facilitate the psychophysical process
- Practice in authentic visual art, singing, writing, performance and ceremony as keys to the perceptual process

#### **7. Assessment Skills**

- Understand and explore the purpose and process of assessment for self, in personal relationships, with clients and students
- Practice assessments from a multi-systems and developmental perspective
- Practice assessment using the reference of the Natural Body, the Perceptual-Response Cycle, Expressive/Shadow systems and Vibrational Aspects™ listening

#### **8. Professionalism**

- Understand and demonstrate the ethics and responsibilities of being a professional in somatic education and therapy
- Demonstrate the ability to create records, write case studies and plan classes
- Introduction to business management to advance personal career in the field of Somatics





## Frequently Asked Questions about GSPT

### **Why isn't the training program in Body-Mind Centering® since so much of the curriculum is based in BMC? Isn't Suzanne River a Certified BMC teacher?**

Suzanne graduated from the School of Body- Mind centering in 1989 as a Certified BMC Practitioner and in 1997 as a Certified BMC Teacher. The Mark holder of the Registered Service Mark of Body-Mind Centering®, however, only permits those who have graduated from The School of Body-Mind Centering (SBMC) to use the trademark professionally. Suzanne has developed Global Somatics™ Process, an evolution of BMC, and created a training program in that modality. All GRDGS students can professionally state they are studying **the Body-Mind Centering® Approach** with Suzanne River or that their work is influenced by BMC™. They cannot say they **do the Body-Mind Centering® Approach** professionally or use the registered trademark. Graduates can say they have mentored in BMC™ with Suzanne River and name themselves Global Somatics™ Practitioners

### **Can studies at Green River Dance for Global Somatics™ be part of a university degree?**

Green River Dance is not a credit-granting institution at this time. Independent degree programs often allow you to design your own course of study. Obtaining credit depends on the policies of the specific college or university.

### **Can I apply past courses in the Body-Mind Centering® Approach to this certification Program?**

Possibly. Matriculated Students must participate in 80% of classes and all intensives, either as a student or an assistant, pass Competency Demonstrations, and complete all other program requirements. To apply for past course credit, document in writing all of your training in a given course and meet with the director to devise a personalized learning plan for each course. This will cost \$100. Class tuition will be refunded based on this plan.

### **Can I take a longer period to complete the program?**

You have up to one year post-graduation to complete homework. The Global Somatics™ Certification Program is designed to be taken as a sequenced study within a cohesive group. Future certification programs may have a different class schedule format (e.g. 3 week modules instead of weekly classes). You may take individual classes using the Serious Student Contract and then follow the protocol for students applying past course study to the certification program. (Refer to answer above)

### **Does the Program have housing?**

No. Weekly classes allow students to be day commuters. Students traveling longer distances can request a referral list for overnight housing from the GRDGS office. Intensives will be held at Green River Dance Center in Lindstrom, MN. Students can carpool the 50 minute commute. The office can provide you with a listing of local motels and camping.



## Testimonials about the Global Somatics™ Practitioner Training

"I have been the supervisor required by ISMETA for Suzanne River's 2003-05 Certification Program. In my opinion, this program offers the highest professional standards. Every aspect of the program is well thought out and clearly written. Suzanne is an imaginative and innovative teacher, with deep knowledge of BMC and Somatic material. In each student I have observed growth, transformation, embodiment and confidence in their ability to offer this work to others. I highly recommend that ISMETA approve Global Somatics™ as an approved training program."

**Gale Turner, US–Program Coordinator and senior faculty member for the School for Body-Mind Centering and director of In- Motion**

"I believe that the Global Somatics™ Program is an example of the very best somatic education. Suzanne has woven together physical, spiritual, and energetic principles in a natural and seamless way. She embodies them in herself in a sure-footed, light and grounded manner. I found the skills of the certification students to be at the level of students at the School for Body-Mind Centering. The students were able to work deeply and quickly, with great presence. During the Endocrine Competency Demonstration, the tone in the room was relaxed, confident and focused. The students demonstrated a respect and reverence for themselves and for each other. The Global Somatics™ Program is truly exceptional, modeling how to embody non judgmental support while evoking the highest standards."

**Kimberly McKeever, Certified Teacher of BMC and Guest Teacher for Global Somatics Business Competency and Senses**

"Body-- I feel transformed by this work. I feel I am returning to my true natural body. As a dancer, I worked endless hours to make my body stronger. This work has given me an acceptance of who I am without the constant judging that comes with being a dancer. This is a shift in my mind. I spend more time in internal rather than external knowing. The information I am gathering keeps me inspired as a dancer and movement teacher."

**Jane Shockley, Global Somatics™ Practitioner '05, Dancer, Teacher at Carlton College**

"My body is starting to feel like my body... and I recognize the beauty and potential of my "home". My ability to recognize belief systems, thought patterns and perceptions has grown tremendously. I feel my emotions with all my being and have ways of balancing myself. I feel how spirit physically permeates...the Vibrational Aspects work is in every part of my day. Teaching Yoga is teaching me. There is a new language surfacing in my classes and my bodywork practice feels so right and honoring. "

**Amy Patee, Global Somatics™ Practitioner '05, Yoga Teacher, Thai Yoga Massage practitioner**

"I have made a re-commitment to embodiment. I use new information in my bodywork practice. My Authentic Movement practice has become more focused. The program offers very lot-personal as well as future financial prospects."

**Damaris Jackson, Global Somatics™ Practitioner '05, Elementary School Teacher, Bodyworker and Artist**

“Studying Global Somatics™ has brought numerous changes in all aspects of my life. There has been continuous integration on all levels and I am finding myself happier and fuller in body, mind, emotions and spirit. Connections through the body has given me access to mind I was only subtly aware of - deepening fuller now to all that I am and all that is. I have a connection to purpose that I am working to fulfill.”

**Lee Langer, Global Somatics™ Practitioner '06, Visual Artist, Poet and Mother**

“Most of the ‘changes’ have occurred in my way of perceiving (mentally and physically) my environment (work and home), relationships and how I look/see others (students, friends, families) bodies. It can be difficult to not want to apply the practitioner work to everything/one. I have been teaching and making dance more and in a much more organized fashion and with more success than in previous years.”

**Rosy Simas Guthrie, Global Somatics™ Practitioner '05, Dancer, Choreographer, Teacher and Massage Therapist**

“I really don’t know what training I would compare the program to other than a multidisciplinary major where you are looking at many dimensions of the same question or reality where you have a certain freedom in how you organize your inquiry. I think that in a whole I feel healthier in that I feel like I am finding my natural way of living in and being in my body, and in that sense, feel a direct and concrete relationship to the natural world.”

**Dawn Strom, Global Somatics™ Practitioner '05, Actress, Dancer, and Masters Student in Philosophy**

“There’s a tension between the breath of material and the depth of bodywork. The classes are always well prepared and carefully planned. I have always liked multifaceted learning: movement, touch, voice, visual, auditory and cognitive. The Competency Demonstrations are very confirming of what we have learned! My body gets a weekly tune-up that gives me something to integrate and keeps me moving comfortably. I have lots of ways to work with problems and some hope for improvement.”

**Elena White, Global Somatics™ Practitioner '05, Movement Educator, Athlete and Writer**

“The Program has influenced my career as a “Movement Professional” offering bodywork to clients, teaching dance technique and creating choreography. It has opened up areas of untapped body knowledge through an honoring of intellectual, emotional, physical and spiritual experiences. The study of Global Somatics™ surprises and inspires as I continue my quest of movement research.”

**Deborah Thayer, Global Somatics™ Practitioner '05, Choreographer, Dancer, Teacher and Movement Coach and Bodyworker**

“I feel my participation in the Global Somatics™ curriculum is an invitation to the open gate between the physical and spiritual realm. My capacity to accept a full range of emotion has expanded. When emotions surface from release of suppressed and stored experience, I am able to feel the carrier organ, the process of travel through the fluids, and the necessity for movement of mind, breath or body to facilitate the leaving. Being in different minds- of breath, fluids, reflexes etc... has contributed to the gift of meeting people at their tone. This has improved the quality of my movement therapy classes, parenting and relationships.

**Britta Hallin, Global Somatics™ Trainee, Visual and Performing Artist, Teacher and Mother**



## Financial Information

### Total Cost of the Global Somatics Practitioner Training Modular Format 2011-2012

- \$12,000 payable to Green River Dance for Global Somatics™ (classes, competency reviews, supervision and Global Somatics Workbooks)
- \$1,600 estimated additional costs: for books (\$400), private sessions (\$1200), the research project may involve the cost of additional classes, sessions, etc.

### Payment Schedule

Payment Methods include check or money order payable to Green River Dance for Global Somatics (GRDGS) or contract for scheduled automatic deposits.

- \$100 Application fee (applied to tuition if you are accepted.)
- \$1,200 deposit along with Enrollment Contract within two weeks of receiving verbal confirmation of acceptance.
- \$10,700 balance due by January 8, 2010

### Payment Options

- Pay \$10,700 by January 8, 2010
- Four automatic payments of \$2,685 (includes \$10 bank fee) on Jan 8, 2010, July 8, 2010, Jan. 1, 2012, July 1, 2012
- Eight automatic payments of \$1,347 ( includes \$10 bank fee) on Jan. 8, 2011, April 8, 2011, Aug.8, 2011, Nov. 8, 2011, Feb. 8, 2012, May 8, 2012, Aug. 8, 2012, Oct. 8, 2012
- 21 monthly automatic payments of \$576 (includes \$5 bank fee) on Jan. 8, 2011- Sept. 8, 2012, on the eighth of each month

### Other Fees for Certification Students

- \$1200 estimate of private sessions
- \$400 estimate cost of books/equipment (estimated \$115 to GRDGS for bulk orders)
- Cost of Research Project (varies)
- \$49 per year for student Insurance with ABMP
- \$25 per month for late homework turned in two months after course completion and 6 months post graduation
- \$25 per hour processing fee for loans and grants
- \$25 to change financial contract
- \$50 for late homework turned in after six months post graduation
- \$100 per hour for director/counselor time over hour allotment per month or missed classes

### Financial Aid

Financial Aid and Student Loans are available to those who qualify. We currently offer SELF Loans (Student Educational Loan Fund) through the Minnesota Higher Education Office. With an approved co-signer, students may be eligible to receive up to \$12,000 in loans. Interest on loans is paid while you are in the training and you pay the principle over 7-9 years post graduation.

Online SELF loan applications are available at [www.firstmarkservices.com](http://www.firstmarkservices.com)

## **Global Somatics Certification Program Refund Policy and Buyers Right to Cancel**

Each student will be notified of acceptance/rejection in writing. In the event a student is rejected, all tuition, fees and other charges will be refunded.

Notwithstanding anything to the contrary, if a student gives written notice of cancellation within five business days of the execution of the contract or day on which the student is accepted, then a complete refund is given regardless of whether the program has started.

If a student gives a written notice of cancellation after five business days of the execution of the contract or day on which the student is accepted, but before the start of the program by the school, then all tuition, fees and other charges, except 15 percent of the total program cost (15 percent not to exceed \$50) shall be refunded to the student.

If the student gives written notice after the start of the period of instruction for which the student has been charged, but before the completion of 75 percent of the period of instruction, then the student is assessed a pro rata portion of tuition, fees and other charges plus 25 percent of the total program cost (25 percent not to exceed \$100.00)

Any notice of cancellation shall be acknowledged in writing within ten business days of the receipt of such notice and all refunds shall be forwarded to the student within 30 business days of receipt of such notice.

This refund policy is not linked to any student conduct policy and any promissory instrument shall not be negotiated prior to completion of 50 percent of the course.

Written notice of cancellation shall take place on the date the letter of cancellation is postmarked or, in the case where the notice is hand carried, it shall occur on the date the notice is delivered to the school. The date of execution of the enrollment agreement shall be presumed to the date of delivery of the notice of acceptance and if delivered by mail, the postmark date of the letter of acceptance.



## Bibliography for GSPT

### Required Supplies and Additional Expenses

For the overall curriculum, you are required to have the following books and supplies. You will receive a bibliography for each individual course of the curriculum. You have the option of studying from these bibliographies for your own enjoyment, or as part of your Integration or Research Projects. More titles will be added to these bibliographies from the group resources. You can share books with another student except for the Anatomy Coloring Book.

#### Required Anatomy/Physiology Books: estimate \$250

1. Kapit ,Wynn / Elson, Lawrence M. The Anatomy Coloring Book: Third Edition. Benjamin Cummings, 2002.  
Found at Barnes and Noble, Walden Books, Borders, U of M bookstore and many others. **\$20**  
\*You will need your own copy. You will be making xerox copies to color and put in your course workbooks. Estimate cost of copying is **\$60**.
2. Netter, Frank. Atlas of Human Anatomy. Icon Learning Systems, 2003  
Found at U of M bookstore, 300 Washington Ave. S.E., Hours 8:30- 5pm M-F. **\$68.95**
3. Muscle flash cards purchased from GRDGS **\$20**
4. Invest in at least one other basic anatomy book or DVD. These books/pictures feed the cortical image of our embodiment journey. It is wonderful to have access to many pictures. Choose something that resonates with you. Suggestions:  
Tortora, Gerard J. Principles of Anatomy. Harper & Row, Publishers, New York.  
A thorough scientific study. Found at U of M bookstore. **\$60**  
Pack, Phillip E. Cliff Notes Quick Review: Anatomy and Physiology. Cliff Notes Inc. Lincoln, NE 1997. Easy to carry information guide. Found at Walmart. **\$10**  
The Human Body: Illustrated Guide to its Structure, Function, and Disorders. Editor Charles Clayman. DK Publishing, Inc., New York, 1995 www.dk.com  
Found at Barnes and Noble **\$30**

#### Required Somatic Books: estimate \$80

1. Cohen, Bonnie Bainbridge. Sensing, Feeling and Action. Berkeley, CA: North Atlantic Books, '94. Can be ordered from www.bodymindcentering.com **\$30**
2. Hartley, Linda. The Wisdom of the Body Moving: An Introduction to Body- Mind Centering®. North Atlantic Books. Berkeley, CA 1989. **\$20**
3. Aposhyan, Susan. Natural Intelligence: Body-Mind Integration and Human Development. William and Wilkins. Baltimore.1999. **\$30**
4. Johnson, Don Handlon.(editor)Bone, Breath & Gesture: Practices if Embodiment. North Atlantic Books, Berkeley , California. 1995.

#### Required Professional Competency Books: estimate \$78

1. Sohnen-Moe, Cherie. Business Mastery: Designed for Healing Arts Professionals: Third Edition. Sohnen-Moe Associates, 2003.  
Purchased through GRDGS. **\$20**

2. Benjamin, Ben and Sohnen-Moe, Cherie. The Ethics of Touch Professionals: Third Edition. Sohnen-Moe Associates, 2003.  
Purchased through GRDGS. **\$20**
3. Ruiz, Don Miguel. The Four Agreements. Amber-Allen Publishing.  
Can be found at Barnes and Noble, Walden Books, Borders, U of M bookstore and many others.  
**\$10**
4. Faber, Adele and Mazlish, Elaine. How to Talk so Kids will Listen and Listen so Kids will Talk.  
Can be found at Barnes and Noble, Walden Books, Borders, U of M bookstore and many others.  
**\$13**
5. Evans, Mandy. Emotional Options and Traveling Free. Yes You Can Press, 1989.  
Purchase through GRDGS **\$15**

**Required Private Sessions: estimate \$1200**

You are required to have 3 private sessions per season for a total of 12 somatic education and therapy sessions from Certified BMC or Global Somatics™ Practitioners. Sessions cost from \$45-\$100 per hour depending on the practitioner.

**Required Integration Projects and Research Project: Cost varies**



**Changing the World One Cell at a Time!**



## Application Process

1. Prior to applying, read the list of necessary qualifications for applicants and thoroughly study the entire School Catalog. Our administrative staff is available for 1 hour of counseling and answering specific questions before you apply.

### 2. Complete Application Packet:

- Application form and contact information
- Type answers to questionnaire
- Provide a resume
- Provide two letters of recommendation from professionals in your field
- Provide two letters of support from family and friends
- Enclose a \$100 application fee. If accepted, \$100 applies to your tuition.

3. **Mail Application to:** Suzanne River, 10700 Lindo Trail, Lindstrom, MN 55045

4. **Interview:** After the written application has been processed, if you are a potential candidate, you will be interviewed by the program director and a member of the advisory council. The purpose of the interview is to get to know you better and to determine if you have the necessary capabilities to complete the program.

5. **Notification of Application Status:** You will be called as to your acceptance or non-acceptance in the training.

6. **Return Signed Enrollment Agreement:** Mail the signed School Enrollment Agreement with \$1,200 deposit and your enrollment contract with financial contract and bank form, if you are enrolling in a payment plan, to the above address. This action completes matriculation. If the program is full when the signed enrollment agreement is received, the school will notify the applicant and return the deposit, or the applicant may choose to be placed on a waiting list.

7. **Notice of Acceptance:** The enrollment agreement will be signed by the director and a copy returned to you with a letter of acceptance, and supply list for course work. The date of execution of the enrollment agreement shall be presumed to the date of delivery of the notice of acceptance and if delivered by mail, the post mark date of the letter of acceptance.

**Applications will be processed from Dec. 8, 2010-Jan.4, 2011**

**Applications must be received by Dec 8, 2010**

**\$100 Late Application Fee**



## Global Somatics™ Practitioner Training Application

### 1. Complete Application Packet:

- Application form and contact information
- Type answers to questionnaire
- Provide a resume listing occupational and educational experience
- Provide two letters of recommendation from professionals in your field
- Provide two letters of support from family and friends
- Enclose a \$100 application fee

### 2. Mail Application to:

Green River Dance Office: Attn--Suzanne River  
10700 Lindo Trail, Lindstrom, MN 55045

### Application Form and Contact Information

Name (first) \_\_\_\_\_ (last) \_\_\_\_\_ (M. Initial) \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Social Security # \_\_\_\_\_

Phone(hm) \_\_\_\_\_ cell \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Place of Employment \_\_\_\_\_

WorkPhone \_\_\_\_\_

High School \_\_\_\_\_ City/ State \_\_\_\_\_

Year of Graduation \_\_\_\_\_

Post High School Education/Years (Please list below, attach extra sheet if necessary)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Person to contact in case of emergency \_\_\_\_\_

Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_ Zip \_\_\_\_\_

Phone(hm) \_\_\_\_\_ Phone(wk) \_\_\_\_\_ Cell \_\_\_\_\_

Global Somatics™ Certification Program is an intensive educational program. Our intention is to provide the highest quality of somatic education within a safe environment for learning among all participants. As an interdisciplinary program that works with the body, intellect, emotions and spirit, we recognize that some participants may find aspects of the program challenging. The educational experience will be fulfilling to the degree that each person is open to learning through movement and touch, takes responsibility for his or her personal health and respects others.

## GSPT Application Agreement

I have carefully read Global Somatics Practitioner Training School Catalog. I understand its procedures and requirements. I declare under penalty of perjury that all the information I have written as part of my application to the program is true and accurate. Green River Dance for Global Somatics™ enrolls students without discrimination on the basis of race, religion, sex, age, sexual orientation, physical handicap or political affiliation.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Application Questions

Please type both the question and your answer on separate pages. You may be brief.

1. **What interests you about the Global Somatics™ Practitioner Training and what are your expectations?**
2. **Please describe your experience in the performing arts and/or somatic movement therapy and/or bodywork.**
3. **Describe your experience to date with Global Somatics™ Process and/or Body-Mind Centering® Approach. What classes have you taken or whom have you worked with in private sessions?**
4. **What are your personal and professional objectives regarding this training program?**
5. **Please describe your physical, emotional, mental and spiritual health. Please describe any special needs you may have while in this program. Are you currently taking medication? If so, please state the medication and reason for use.**
6. **What experiences have you had that prepare you for an on-going intensive training?**
7. **What is your experience as part of intimate groups?**
8. **Comment on your learning style regarding cognitive learning, learning through movement and touch, learning individually and in group settings.**
9. **What can you contribute to this community learning experience? What support do you want from this program to be present to yourself, to others and to the work?**
10. **How do you imagine this course of study fitting into your life in the least stressful way in terms of finances, time management and social relationships?**
11. **Please write about any other issues you wish to discuss.**



## Enrollment Contract

### 2011 2012 Global Somatics™ Practitioner Training

**School Name:** Green River Dance for Global Somatics, 10700 Lindo Trail, Lindstrom MN 55045

THIS AGREEMENT IS A LEGALLY BINDING INSTRUMENT WHEN IT IS SIGNED BY YOU AND A REPRESENTATIVE OF GREEN RIVER DANCE. YOUR SIGNATURE INDICATES YOUR ACCEPTANCE OF ITS TERMS, UNLESS YOU CANCEL THIS AGREEMENT AS STATED BELOW.

Green River Dance for Global Somatics offers an intensive educational program leading to certification as a Global Somatics™ practitioner. You have applied to enter this certification program, which will begin **January 26, 2011 and end October 21, 2012.**

The certification program consists of 648 hours of classroom instruction and 804 hours of additional practicum (507 hours) and homework (297 hours).

The signature of an authorized representative of Green River Dance indicates that Green River Dance has accepted your application into this program.

I have read and understand all information presented in the Green River Dance for Global Somatics Catalog.

I agree to abide by the Standards of Conduct. I understand that the catalog information and the Standards of Conduct comprise the rules and regulations of GRDGS.

#### Please complete and sign:

I, \_\_\_\_\_, wish to enroll in the Global Somatics™ **Practitioner Training Modular Format 2011 - 2012.** I agree to accept the rules and regulations of Green River Dance for Global Somatics as they are reasonably adopted in writing from time to time and agree I will be subject to such rules and regulations. I further agree that GRDGS shall have the right to suspend me or dismiss me from the program for violation of the rules and regulations, or for behavior, which in the sole judgment of GRDGS is considered dangerous or disruptive to teachers or other students, destructive of property, or inconsistent with the academic philosophy of GRDGS.

I will not hold Green River Dance for Global Somatics, Suzanne River or any teacher in the Global Somatics program responsible for damage or injuries that arise in connection with my participation in activities with Green River Dance.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Tuition and other fees for the certification program are as follows:**

**1. \$12,000 tuition, payable to Green River Dance for Global Somatics.**

This amount includes:

- a. \$100 application fee
- b. **\$1,200** deposit to secure place in program. Must be paid following acceptance into the program, and received before the program begins, subject to the terms of the Buyer's Right to Cancel, as stated below.
- c. \$10,700 balance, may be paid by any of the Tuition Plan options below. By signing this Enrollment Contract, you agree that you are required to pay the balance of this tuition fee, according to the terms of the Tuition Plan option you select. Failure to pay tuition payments as they come due may result in your not being permitted to continue to attend class.

**2. Tuition Payment Plans.**

Please indicate your selection of payment options below. Payments are expected without additional reminder.

- a. \_\_\_\_\_ \$10,700 by check payable to GRDGS by **January 8, 2011**.
- b. \_\_\_\_\_ Four automatic payments of **\$2,685** (includes \$10 bank fee) on **January 8, 2011, July 8, 2011, January 1, 2012, July 1, 2012**. Please complete and enclose authorization for automatic withdrawal of payments from your bank account, payable to Green River Dance for Global Somatics, at Lake Area Bank in Lindstrom Minnesota (account #2124250).
- c. \_\_\_\_\_ Eight automatic payments of **\$1,347** (includes \$10 bank fee) on **Jan. 8, 2011, April 8, 2011, Aug. 8, 2011, Nov. 8, 2011, Feb. 8, 2012, May 8, 2012, Aug. 8, 2012, Oct. 8, 2012**. Please complete and enclose authorization for automatic withdrawal of payments from your bank account, payable to Green River Dance for Global Somatics, at Lake Area Bank in Lindstrom Minnesota (account #2124250).
- d. \_\_\_\_\_ **Twenty one** automatic payments of **\$515** (includes a \$5 bank fee) Payments to be made in **2011 on Jan. 8, Feb. 8, Mar. 8, Apr. 8, May 8, June 8, July 8, Aug. 8, Sept. 8, Oct. 8, Nov. 8, Dec. 8**. Made in **2012 on Jan. 8, Feb. 8, Mar. 8, Apr. 8, May 8, June 8, July 8, Aug. 8, Sept. 8**. Please complete and enclose authorization for automatic withdrawal of payments from your bank account, payable to Green River Dance for Global Somatics, at Lake Area Bank in Lindstrom Minnesota (account #2124250).
- e. \_\_\_\_\_ **Payment Plan involving Self Loans and Grants. Attach your plan with loan amount and dates expected. An administrative fee of \$25 per hour is required.**
- f. Each payment not received when due will be subject to a 5% late charge. Please communicate with Green River Dance in the event of an emergency. Payment plans may be modified with a \$25 charge. You will be required to pay the costs of any collection efforts, including attorneys' fees, court costs and/or agency fees.

**3. Additional fees of up to \$1,600 will be required to be paid for books and other supplies, private sessions and/or research projects. These fees will be paid to other individuals and stores and not to Green River Dance for Global Somatics.**

**4. If you are not accepted into the certification program, any deposit payments and application fees will be refunded within 30 days of notice of non-acceptance.**

My signature indicates my desire to enroll in the certification program of Green River Dance for Global Somatics, and my acceptance of the terms stated above, subject to my right to cancel, as stated below.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Green River Dance for Global Somatics accepts the student whose name is written above into the certification program described in the Enrollment Contract.

GREEN RIVER DANCE FOR GLOBAL SOMATICS

Signature \_\_\_\_\_ Date \_\_\_\_\_

By: Suzanne River

The Global Somatics Practitioner Training (GSPT) is licensed as a private career school with the Minnesota Office of Higher Education pursuant to Minnesota Statutes, sections 141.21 to 141.32. Licensure is not an endorsement of the institution. Credits earned at the institution may not transfer to all other institutions.



**Join the journey. . .**



## Buyer's Right to Cancel

Each student will be notified of acceptance/rejection in writing. In the event a student is rejected, all tuition, fees and other charges will be refunded.

Notwithstanding anything to the contrary, if a student gives written notice of cancellation within five business days of the execution of the contract or day on which the student is accepted, then a complete refund is given regardless of whether the program has started.

If a student gives a written notice of cancellation after five business days of the execution of the contract or day on which the student is accepted, but before the start of the program by the school, then all tuition, fees and other charges, except 15 percent of the total program cost (15 percent not to exceed \$50) shall be refunded to the student.

If the student gives written notice after the start of the period of instruction for which the student has been charged, but before the completion of 75 percent of the period of instruction, then the student is assessed a pro rata portion of tuition, fees and other charges plus 25 percent of the total program cost (25 percent not to exceed \$100.00)

Any notice of cancellation shall be acknowledged in writing within ten business days of the receipt of such notice and all refunds shall be forwarded to the student within 30 business days of receipt of such notice.

This refund policy is not linked to any student conduct policy and any promissory instrument shall not be negotiated prior to completion of 50 percent of the course.

Written notice of cancellation shall take place on the date the letter of cancellation is postmarked or, in the case where the notice is hand carried, it shall occur on the date the notice is delivered to the school. The date of execution of the enrollment agreement shall be presumed to the date of delivery of the notice of acceptance and if delivered by mail, the postmark date of the letter of acceptance.

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_



## ACH Authorization Form

### Credit/Debit Authorization Form

**Attach a blank check marked VOID**

I (we) \_\_\_\_\_ hereby authorize Green River Dance for Global Somatics (THE COMPANY) to initiate entries to my (our) checking/savings accounts at the financial institution listed below (THE FINANCIAL INSTITUTION), and if necessary, initiate adjustments for any transactions credited/debited in error. This authority will remain in effect until THE COMPANY is notified by me (us) in writing to cancel it in such time as to afford THE COMPANY and THE FINANCIAL INSTITUTION a reasonable opportunity to act on it.

\_\_\_\_\_  
(Name of Financial Institution)

\_\_\_\_\_  
(Address of Financial Institution- Branch, City, State & Zip)

\_\_\_\_\_  
(Signature) (Date)

\_\_\_\_\_  
(Name – Please Print)

\_\_\_\_\_  
(Address – Please Print)

Set Amount: \_\_\_\_\_ Date: \_\_\_\_\_

Financial Institution Routing Number: \_\_\_\_\_

Checking/Savings Account Number: \_\_\_\_\_

The numbers are located at the bottom of your check as follows:

:123456789:                      1234567890123  
Routing Number                  Account Number

**All Contract Changes are subject to an administrative fee of \$25**



## Notice of Cancellation

If you do not want to continue with your enrollment in the Global Somatics™ Practitioner Certification Program, which became effective on \_\_\_\_\_, you may sign and date this notice and deliver it to:

**Green River Dance for Global Somatics  
10700 Lindo Trail  
Lindstrom, MN 55045**

You may also send another form of written notice of cancellation, including telefax, personal delivery or e-mail.

Cancellation is effective as of the date of postmark, or e-mail or telefax, or the date of personal delivery to Green River Dance.

If you cancel not later than midnight of the fifth business day after the date of your signature of the Enrollment Contract, any payments made by you under the contract will be returned within 30 business days following the postmarked date of this Notice of Cancellation. Any instrument executed by you will be returned within ten business days following receipt by Green River Dance of your cancellation notice, and any security interest arising out of the transaction will be cancelled.

If you cancel, you must make available to Green River Dance at your residence, in substantially as good condition as when received any goods delivered to you under this contract, or you may if you wish, comply with the written instructions of Green River Dance regarding the return shipment of the goods at Green River Dance's expense and risk.

I HEREBY CANCEL THIS TRANSACTION.

Buyer's  
Signature \_\_\_\_\_ Date \_\_\_\_\_

