

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 (GSPT)

The Global Somatics™ Practitioner Training is one of the most creative and comprehensive embodiment and 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 and GRDGS faculty to foster efficient embodiment, active engagement and integrated learning of both the process and the content of Global Somatics™ Process. GSPT is a 1452 hours training in the embodiment of the Natural Body that includes in-depth experience of body systems, developmental movement, the vibrational field and professional competency. The Global Somatics™ Process is applied to self-transformation, movement education and therapy, the arts, bodywork, energy medicine/shamanism, 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 faculty as well as 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 three formats.

The Weekly Class Format consists of four seasons (22 months) of Tuesday classes with seasonal intensives. 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.

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 Summer Format consists of four weeks in August for four years. This program is designed for mature professionals who are capable of the intensive format and self-directed in the completion of homework during the year.

The Curriculum

The curriculum is rooted in the seven power points of the Global Somatics™ Process- Mapping, Cellular Consciousness, Realconnect, Learning Wheel, Trauma Holding and Healing, Vibrational Aspects and the Big Dance. The Natural Body is the interplay of the Physical body/mind and the Vibrational or Spirit Body. The GSP curriculum is an experiential weaving of these two aspects of Self. The Body/mind curriculum incorporates the experiential anatomy of all Body Systems and Developmental Movement drawn from Body-Mind Centering® Approach. Relevant principles and techniques from other somatic and movement modalities are interwoven into the curriculum. These include Craniosacral Therapy, Myofascial and Massage, Dance, Authentic Movement, Movement Therapy, Contact Improvisation, Yoga, Voice and Expressive Arts. The Vibrational Body curriculum includes the Vibrational Aspects™ System, Reiki, Shamanic techniques/

principles and ceremony. GSPT offers a thorough Professional Competency curriculum. Global Somatics™ Professional Competency has six goals —

- thorough and successful completion of the training program's components (individual mentoring)
- building of community (community council and peer supervision)
- practice of psychophysical integration (VAS, Enneagram, Person/Essence Profile)
- counseling skills (Active Listening, Speaking, Option Method, Re-evaluation Counseling)
- demonstration of ability to do somatic movement education and bodywork professionally (Practicum)
- guidance in personal business focus (Business Plan, Scope of Practice, and Finances).

Global Somatics™ Practitioner Training includes the following unique characteristics:

- Small class size composed of changing student body with core certification students
- A core faculty who adapt the curriculum to meet the learning requirements of the class and material

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.

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!**



GSPT 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 Schedule Overview

Season I – The East

PCI–Professional Competency Seminars

BP1–Breathing Freely

BP3–Moving Perceptions I

PCI–Professional Competency I

BS1–Following Flow: Embodying the Fluids System, PCI

DM1–Developmental Movement I:

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

BS2–Knowing Bones: Embodying the Skeletal System

Season II – The South

PCII–Professional Competency Seminars

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

BS3–Organic Dance: Embodying the Organ System

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

DM2–Developmental Movement II: Embryonic Dances

BP3–Moving Perceptions II,

PCII

BP2–Singing Fully: Embodying the Voice

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

Season III – The West

PCIII–Professional Competency Seminars

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

BS4–Holding On: Embodying the Fascia and Ligamentous System

BP3:II–Moving Perceptions III, Professional Competency III

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

Season IV – The North

PCIV–Professional Competency Seminars

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

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

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

PCIV Professional Competency IV

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



Green River Dance for Global Somatics

Transcript Sample for Global Somatics™ Practitioner Training

Student Name _____
 Address _____ State _____ Zip _____
 Phone _____ E-mail _____

Program: The Global Somatics Practitioner Training

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**

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

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

Homework: 60 hours Total Hours: 132

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

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

Homework: 60 hours Total Hours: 147

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

DM3 Developmental III: Vertebrate Dances (24hrs.)

Grade:

Professional Competency (PC) & Practicum Courses & competency demonstration: 165 hours **Homework:** 80 hours **Total Hours:** 216

PC Professional Competency I, II, III, 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, reserves the professional training in BMC to her school, The School of Body-Mind Centering (SBMC). Suzanne has developed Global Somatics™ Process, an evolution of BMC, and created a training program in that modality. All GRDGS students can professionally state that their work is influenced by the Body-Mind Centering® Approach. They cannot say they do the Body-Mind Centering® Approach professionally or use the registered trademark.

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?

No. While previous BMC study is supportive, the Global Somatics Process is another modality.

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 Practitioner Training is designed to be taken as a sequenced study within a cohesive group.

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.



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

"On a personal level GSPT gave me a deepened level of sensitivity in my body which allowed me greater access to my gut reactions, intuition, instinctual desires, and authentic expression of my whole self. Professionally, GSPT expanded my understanding of anatomy (physical and energetic) from an experiential and embodied place. This supported me in developing a heightened skill of perceiving other peoples bodies and energy fields and knowing the perfect remedy of movement, touch, breath, energy, or sound that they needed to realign and establish health on all levels of being."
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™ Practitioner '06, Visual and Performing Artist, Teacher and Mother

“I continue to be marveled with the human body and the life around me. Through the GSPT, I am enriching my passion for dance, deepening an understanding of myself, and enhancing my relationship with the outside world.”

Mandy Herrick GSP '08 Dancer/Mover, Teacher, Nature Enthusiast, Mother

“My participation in GSPT allows me to listen to all the inner voices, to learn their tone and vibration, and to begin to understand how they harmonize with each other and the whole of creation--I can't imagine anything better!” Kelly Waterman GSP'08 Bodyworker, Vocalist

"Global Somatics is helping me continue my embodiment process and increase my vocabulary in movement, words, and touch. It is refreshing to put experiences behind my intuitive knowledge of the body; a homecoming in many ways."

Mary Clare Lindsley GSP'08 Dancer, Teacher, Grad student, Mother

"I enrolled in the GSPT program to learn more about myself and my environment. I have reached a level of self-realization that I have been striving for all of my life. I gained the skills to become a somatics practitioner, movement educator, and leader in the authentic healing community. I have the ability to help others who desire to reach their full potential. I believe that embarking on this journey has positively influenced the choices I will have and will make through the rest of my life."

Connie Tommerdahl GSP'08 Business Owner, Counselor, Farmer

"I look forward to writing books relating how the Global Somatics Practitioner Training has improved the quality of my everyday life. Through embodiment practice and GSP curriculum, I now have access to incredible intelligence that informs key choices around work and relationships. It is actively influencing every income-producing project and commitment. I have the language and practical tools to help my fitness clients. I now teach to the bodies of my middle-school students, in addition to literacy, theater, and critical thinking. I have more of my body as a resource for performance. I am mentoring to become a GSP Teacher because of my deep appreciation of the art of teaching demonstrated during my training."

"My personal embodiment-- guided by Green River Dance-- has so painted my foundation that I think it a tall house I will build of my dreams and accomplishments in this lifetime. My heart breaks open in gratitude."

Alejandra Tobar Alatriz GSP'11 Activist, Fitness Consultant, Teacher, Performer

"GSPT has been a transformative process for me. Learning how to tune into myself has made it possible to tell what is my vibration and what is from someone or something else. This is truly the basic requirement for being a self-directed human being! Learning how to be myself in a group of others, how to do the group dance as well as my own individual patterns is a lifelong process and I learned some unique and ongoing lessons in my group. I learned what it is to be recognized and valued for my own talents, abilities and strengths as well as weaknesses and how to value myself!"

Louisa Keleher GSP'09 Landscape Business, Bodyworker, Teacher

"My focus area was on, and remains on, forwarding the field of somatics to move from its inward focus on physical anatomy and individual coaching, towards mapping the social and collective body. I worked at this in my final project at GS, [and while co training in Biodanza, another movement repatterning method that was explicitly socially focused]. The final work for GS culminated in a 4-part community dance class. It implicitly addressed conflict and diversity using the elements as non-archetypal movement options. Participants were welcomed to diversify their movement options and play in the energy field created via the group and me, as facilitator."

"What this now 3-year investigation is all culminated to, can be summarized in a quote by Alice Walker – it's all in the "welcome". And GS offers this. Unconditionally."

Zea Leguizamon 'GSP 09 Social-Somatic Movement Therapist, Mother

"I do not have words to convey how my life has benefited from this training. Not only has it supported me as a teacher and a leader in my community, but it has improved how I live my life day to day. I am now able to call up resources within me that I did not know existed before and can use them to navigate any situation more smoothly. I have used the concepts I learned in this training in so many ways, ranging from teaching choreography to High Schoolers to parenting my daughter. My professional life as an instructor has grown in three dimensional leaps and bounds and only continues to expand as the material unfolds for me. It has reached every corner of my life!"

"*Whole Body Ballet* — a sequential curriculum for ballet that uses Global Somatics as a framework for teaching healthy ballet to any body. Principles from the Global Somatics curriculum are used to support the natural progression of ballet training. Using this method builds a common vocabulary with the students and helps ease them in to some of the more difficult movements in this form of dance."

Shari Setchell GSP'09 Dance Teacher/ Choreographer, Actress, RSMT

"The GSPT Program was challenging, affirming, enlightening, and inspiring. I learned things about the body that enabled amazing insights and stimulated profound desires. I was provided a monthly support structure within a small group of women led by an extraordinary teacher who all accepted me as I was; and exposed to resources that opened totally new levels of passion and understanding. My talents for dancing, singing, touching and writing, were given space to be seen and heard and felt. I processed a deeper layer of emotional grief that I was not aware needed to be released, and as a result was able to fill that space with more of my authentic soul being, which in turn has magnified my imprint on the world."

"Professionally, while my vision for segueing from my landscape design business into leading movement and voice classes and workshops will take longer than I had hoped, the reality is that the personal growth experienced during this training facilitated an important maturing of my landscape business, and attracted many new clients."

Rebecca Wainscott GSP'11 Landscape Design Business, Teacher, Bodyworker

"The Global Somatics training was a joyous 18-month workout for my brain, heart and spirit. I changed because of the training -- old habits fell away, new commitments crystallized. As a teacher and researcher, my skills deepened because of the methods introduced in GS; as an artist, my horizons widened through the experiential and collective activities, and the sheer creative variety of Suzanne's teaching methods. My GS training led to the creation of a new course in performance research and training at my college. Global Somatics also has supported my yoga teaching, and has inspired several special workshops linking the GS experiential activities with yoga practice."

Beth Cleary GSP'09 Associate Professor, Theatre & Dance, Macalester College, freelance director; playwright, Yoga Instructor

"My life-long desire to dive into and learn more about the workings of this human body I inhabit has been nurtured in a most transformative and supportive manner. GSPT has offered me the confidence to begin trusting and interacting with that knowing part of myself called Intuition. My ability to communicate with the cells and the energetic life force of the body in myself and others has been increasing. My self-awareness and ability to 'self-heal' with the assistance of Source energy has been amazing!"

"The firm foundation of experiential anatomy and physiology has given me the vocabulary AND the 'knowingness' to improvise as needed while teaching to provide the most embodied experience possible for the students. I also have a much deeper understanding of the interaction of all of the systems in the body and how the form of yoga I teach works with them as a community to affect changes in the body."

Catherine Liska GSP'11 Yoga Teacher, Middle Eastern Dance Artist and Teacher, Energy Healer

"My research project examined the embodiment of race in three different ways. First, I read more deeply into the nervous system, genetics and epigenetics as a way of understanding how we are formed - individually and through our genetic lines - by social contexts. The second part was, through voice and movement, to explore my own racialized experiences, gaining a deeper understanding of how I embody my own race and releasing content or material ready to be released. The final part of my research project was the co-creation and piloting of a workshop based on this learning called *More than Skin Deep: Uprooting White Supremacy One Cell at a Time.*"

Susan Raffo GSP'09 Activist, Writer and Bodyworker

"My wish is to take what I gleaned from the Global Somatics program and weave it together with my studies of psychology/psychotherapy to one day have a holistic therapy practice that recognizes healing and wholeness as an individual expression of creativity, one that keeps the dance of our collective macrocosm alive and well. In detail, this practice will examine and utilize awareness and movement of: the inner and outer body, thought patterns and desire systems, the creative impulse, the art of relating, spiritual contemplation, meditation, nutrition & fitness, ecology and the sustainability of our connection to all that is."

Corynn Stoltenberg GSP'11 Business Owner, Student, Teacher

"Global Somatics has been one of the most challenging experiences of my life so far... Every new unit reveals whole chapters of my body's experience, as I consciously explore areas previously hidden, masked, buried, and ignored. Integrating all this information has led to a near-to-complete overhaul of my worldview. I've never felt more lost, confused, or disoriented. That said, I feel more whole, more honest, more real, and more present than I've ever felt before. The Global Somatics Process truly leaves no stone unturned. I turn myself inside out so I can reintegrate into a form closer to my highest self. Thankfully, the program also gives a tremendous amount of support, counseling, and contact-time, so that throughout this intense process, I have felt nourished, understood, cheered-on, and inspired to continue this work."

Malia Burkhart GSP'11 Community Artist and Arts educator, Songwriter and Performer, Herbalist, Environmental Activist

"I came into the GSP program seeking new tools to facilitate healing and transformation in myself and others. Through the program I am developing my capacity to embody my own change, and to engage and transform post traumatic stress and other social and culturally influenced illness at the locus of the human body."

Maryrose Dolezal GSP'11 Cultural Worker, Facilitator, Educator and Organizer

"My studies in Global Somatics brings together in one my longtime interests in both arts-based and body-based therapeutic work. I am interested in how the body "knows" and in exploring how the intersections between personal, interpersonal, and societal healing can be approached through embodied and artistic avenues. I have grown exponentially due to the program's supportive atmosphere of loving rigor. It continues to challenge me to undergo my own process of personal embodiment, self-reflection, responsibility-taking and healing, so that I can with integrity facilitate healing processes in others on both an individual and societal basis."

Elisabeth Ellsworth GSP'11 Activist, Theatre Artist- Scholar, Professional Housecleaner

"I have wanted to study with Suzanne/complete the GSP for years. When it was time for me to step away from dancing full-time, I began attending massage therapy school. I love massage therapy- but I wanted a way to build a bridge between my love of improvisation/movement, and my fascination with bodywork/healing. Global Somatics is helping me to build and navigate this bridge."

Megan Flood GSP'11 Massage Therapist, Dancer, Teacher

"I chose the Global Somatics program because it chose me. In the end, I couldn't help but say yes to a program that is so supportive and thorough and teaches a way of working with people that is so effective. . With experiencing the Global Somatics Process, I find that I trust my life path more than I ever have before. With the supportive community of other students and graduates of the program, I have a safe container in which to explore not only this material, but myself as well."

Kate McDonnell GSP'11 Bodyworker, Teacher, Artist and Scholar



Financial Information

Total Cost of the 2011 – 2013 GSPT Modular/Weekly Format

- \$12,800 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), Credit cards through the website or contract for scheduled automatic deposits.

- \$200 discount if application received by April 21, 2011 (discounted from deposit)
- \$100 late application fee
- \$100 Application fee payable to GRDGS (applied to tuition if you are accepted. If you are not accepted, you will be refunded \$50)
- \$1,200 deposit along with Enrollment Contract within two weeks of receiving written confirmation of acceptance.
- \$11,500 balance due by September 8, 2011.

Payment Options

- a. \$11,500 by check payable to GRDGS by Sept 8, 2011.
- b. Four automatic payments of \$2,895 (includes \$10 bank fee) on Sept. 8, 2011, February 8, 2012, September 8, 2012, February 8, 2013. 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 \$1,447.50 (includes \$10 bank fee) on Sept. 8 2011, Dec. 8, 2011, Mar. 8, 2012, July 8, 2012, Oct. 8, 2012, Dec 8, 2012, Feb. 8, 2013, April 8, 2013. 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 automatic payments of \$580 (includes a \$5 bank fee) Payments to be made in 2011 on 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, August 8, Sept. 8, Oct. 8, Nov.8, Dec. 8 Payments in 2013 Jan. 8, Feb. 8, Mar. 8, Apr. 8,

Total Cost of the 2011 – 2014 GSPT Summer Format

- \$12,800 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.

- \$200 discount if application received by April 21, 2011(discounted from deposit)
- \$100 late application fee
- \$100 Application fee payable to GRDGS (applied to tuition if you are accepted. If you are not accepted, you will be refunded \$50)
- \$1,200 deposit along with Enrollment Contract within two weeks of receiving written confirmation of acceptance.
- \$11,500 balance due by January 8, 2014.

Payment Options

- a. \$11,500 by check payable to GRDGS by August 8, 2011.
- b. Four automatic payments of \$2,895 (includes \$10 bank fee) on June. 8, 2011, June 8, 2012, June 8, 2013,Jan. 8, 2014. 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. Thirty Six automatic payments of \$325 (includes a \$5.50 bank fee) Payments to be made in 2011 on Aug. 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, August 8, Sept. 8, Oct. 8, Nov.8, Dec. 8 . Payments in 2013 Jan. 8, Feb. 8, Mar.8, Apr. 8, May. 8, June 8, July, 8, August 8, Sept. 8, Oct. 8, Nov.8, Dec. 8. Payments in 2014 on Jan. 8, Feb. 8, Mar.8, Apr. 8, May. 8, June 8, July 8, August 8.
- d. Payment Plan involving Self Loans and Grants. Attach your plan with loan amount and dates expected. An administrative fee of \$200 is required.

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
- \$200 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
- Payments made by credit cards require additional 4% fee of sum charged payable to GRDGS.
- 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.

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 \$14,000 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

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 and Enrollment 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:

Green River Dance for Global Somatics Office
Attn: 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 and receive a written confirmation.

6. **Return Signed Enrollment Agreement:** Within two weeks of receiving your written confirmation, 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 must be received by application due date

\$100 Late Application Fee

Download from our website: GSPT Weekly Format
Download from our website: GSPT Modular Format
Download from our website: GSPT Summer Format
Download from our website: GS Practitioner Enrollment Contract