

**Body-Mind Centering® Certification Program
 Somatic Movement Education Program
 2024 – 2027 in Germany
 Directed by Friederike Tröscher**

| | # | Course Title | Class Days | Dates | Days off | Fee € |
|------------------|----|---|------------|-----------------------|--------------------|-------|
| Module 1: | 1 | Senses and Perception 1* | 4 | Sept 11 – 14, 2024 | Sept 15, 16 | 530 |
| | 2 | Skeletal System | 9 | Sept 17 – 27, 2024 | Sept 20, 24 | 1130 |
| Module 2: | 3 | Organ System | 7 | Jan 9-16, 2025 | Jan 13, 17, 18 | 890 |
| | 4 | Basic Neurocellular Patterns (BNP)* | 7 | Jan 19-26, 2025 | Jan 23 | 890 |
| Module 3: | 5 | Primitive Reflexes, Righting Reactions and Equilibrium Responses (RRR)* | 6 | June 27- July 3, 2025 | June 30, July 4, 5 | 770 |
| | 6 | Ontogenetic Development* | 5 | July 6-10, 2025 | --- | 650 |
| Module 4: | 7 | Fluid System | 6 | Jan 9-15, 2026 | Jan 12, 16, 17 | 770 |
| | 8 | Nervous System | 7 | Jan 18-25, 2026 | Jan 22 | 890 |
| Module 5: | 9 | Endocrine System | 5 | June 28- July 2, 2026 | July 3, 4 | 650 |
| | 10 | Ligamentous & Fascial System | 7 | July 5-12, 2026 | July 9 | 890 |
| Module 6: | 11 | Muscular System | 9 | Jan 9-19, 2027 | Jan 12, 16, 20 | 1130 |
| | 12 | SME Competency | 1 | Jan 21, 2027 | --- | 120 |
| | 13 | Professional Issues 1 | 2 | Jan 22 & 23, 2027 | --- | 290 |
| | | Graduation | - | Jan 24, 2027 | --- | --- |

*These courses are also part of the IDME program (Infant Developmental Movement Education Program), which applies BMC® especially to the work with babies in the first year of life.

The first and last day of each course are full days. The classes start at 9:00 in the morning and end at 18:15. There is a 1 hour and 45 minutes lunch break. The course fees do not include accommodation. If registering two months before the course starts, there is a reduction of 50 Euro per course except for SME Competency. *If you cancel 2 weeks before a course starts, we just keep the deposit, after that the whole course fee is due.* For Certification students also need to complete certain homework. **The payments are due two weeks before the course starts. Each course may be taken individually without any prerequisites except Competency and Professional Issues 1.**

**Body-Mind Centering® Certification Program
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Body-Mind Centering®

Body-Mind Centering integrates movement re-education and hands-on repatterning. The work is based on the rich and varied sources of anatomy, physiology, kinesiology and developmental principles. At the core of our courses are detailed approaches to access and explore each body-system and their integration in the patterning of our movement. We do this in a range of dynamic and physically active ways, and learn through our personal processes. Our experiences are the ground from which we work with others. This revolutionary approach is founded in the fullness of our very own sensory experience. The journey we take leads to greater awareness and deeper understanding of ourselves as human beings. It helps to understand how the mind is expressed through the body, and the body through the mind.

The programs and courses present detailed and specific approaches to the personal embodiment of our cells, our body systems and our developmental patterns. The principles and techniques learned in our courses can be used for personal development and for professional enhancement. This work is currently being used by people in movement, dance, yoga, bodywork, physical and occupational therapy, psychotherapy, child development, education, voice, music, art, meditation, athletics and other body-mind disciplines.

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Through the study of each body system and the developmental movement process, participants learn the fundamentals of embodiment practices. Whilst working on ourselves and others, we embody the anatomy and physiology of our physical structures; we touch and are touched in partnering hands-on techniques; we use sound, vibration, verbal dialogue and more to access the body's wonders. The experience of the inner tissues is brought to consciousness and taken into expression. The SME material has immediate applications to movement based disciplines— such as dance, yoga, sports, martial arts - and to other therapeutic modalities such as physiotherapy, occupational therapy, psychotherapy, bodywork and massage.

This 500+ hour program requires two years of study. Graduates are qualified to use the work in educational contexts.

Learning Through Embodiment – Growing into passing it on

Our courses explore the various body systems, developmental stages, and movement patterns through experiential learning. We bring awareness to all the tissues and body systems through somatization exercises, including movement, touch, vibration, sound and imagery. As we experience different body-mind states and movement patterns we can open to changes and new possibilities within and around us.

Exploring in this way is how we enter the BMC® embodiment process.

Our programs, courses and workshops are for you,

- If you have an interest in exploring the body-mind relationship in a direct, experiential, and embodied way.
- If you are looking for a comprehensive approach to working with others in a profound and dynamic way using body, mind, movement and touch.
- If you want to become a professional in the field of Somatic Education and Therapy.
- If you are already working in the fields of Somatics, movement, and/or bodywork and want to enhance your skills with a detailed, grounded, heartfelt and integrated approach.

All body systems and developmental movement courses in Years 1 and 2 may be taken as individual courses or combined to fit your area of interest. It is also possible to combine courses of the School for Body-Mind Centering® offered in different countries. No prior experience with Body-Mind Centering® is required. There are no prerequisites for entering the courses or the program.

Location

The certification courses of the SME program will take place in two locations: Mechernich-Vusse in the Cologne area and Klein Jasedow, close to the Baltic Sea and the island of Usedom.

Professional Affiliations

Students and graduates of our programs can join the Body-Mind Centering Association (BMCA, www.bmcassociation.org), the professional organization of Body-Mind Centering. Graduates gain authorization to use the registered BMC name if they join BMCA as professional members. Our Somatic Movement Educator, Certified Practitioner, and Certified Teacher Body-Mind Centering programs are approved by the International Somatic Movement Education and Therapy Association (ISMETA, www.ismeta.org). Through ISMETA, our graduates are eligible to become Registered Movement Educators or Registered Movement Therapists.

Starting from the SME program studies can continue into:

Certified Practitioner of Body-Mind Centering®

Continuing on from the SME-program this program builds on the foundations of the Somatic Movement Education program and requires two additional years of study, leading toward certification as a Somatic Movement Therapist. Themes cover: deepening personal embodiment, achieving greater subtlety in touch and repatterning skills, addressing psychophysical aspects, assessing clients, learning therapeutic approaches and developing skills as a professional. This 1000+ hour program takes four years to complete. Graduates are qualified to deliver the work in therapeutic as well as educational contexts.

The Infant Developmental Movement Education Program (IDME)

Begins with the 4 Developmental courses of the SME-program. This program is especially suited for people who work with infants and wish to enhance their skills with an embracing, child-centered approach. This 280+ hour program is for bodyworkers and somatic practitioners who wish to expand their skills to include infants; as well as for parents & caregivers. The focus is on applying the developmental material specifically to working with normally developing children in the 1st year of life. Right now this program is not offered by moveus. You can check on our website for the other licensed organizations and there programs to see where the IDME is currently offered.

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Year 1 Courses

Senses and Perception 1/ Introduction to BMC®

Our senses begin as potential and develop in response to stimulation and experience. The senses of touch and movement are located throughout the body -- in every cell. The senses of vision, hearing, taste and smell are located in the head. It is through our senses that we receive information from our internal environment (ourselves) and the external environment (others and the world).

How we filter, modify, distort, accept, reject, and use that information is part of the act of perceiving. Perception is a global experience. It is the psychophysical process of interpreting information based on past experience, present circumstances and future expectations.

When we choose to absorb information, we bond to that aspect of our environment. When we block out information, we defend against that aspect. Learning is the process by which we vary our responses to information based on the context of each situation. This course will include:

- Exploration of the six senses (movement, touch, taste, smell, hearing and vision).
- Analysis of the perceptual-response cycle as the process of perception.
- Bonding, defending and learning as psychophysical processes based on your perceptions.

4 days; 28 contact hours

Skeletal System

This system provides us with our basic supporting structure. It is composed of the bones and the joints. The bones lever us through space and support our weight in relationship to gravity and the shape of our movements through space. The spaces within the joints give us the possibility of movement and provide the axes around which the movement occurs.

The skeletal system gives our body the basic form through which we can locomote through space, act on the environment, and sculpt and create the energy forms in space that we call movement. Through embodying the skeletal system, the mind becomes structurally organized, providing the supporting ground for our thoughts, the leverage for our ideas, and the fulcrums or spaces between our ideas for the articulation and understanding of their relationships. It provides the foundation for the psychophysical qualities of clarity, effortlessness and form. This course will include:

- Skeletal principles that enhance effortless movement.
- The relationships between bones and joints and how they integrate through the whole body.
- Evaluation and repatterning of skeletal alignment and movement imbalances.
- Techniques for facilitating the repatterning of the internal structure of bone.

9 days; 63 contact hours

Organ System

Our organs are vital and alive. They provide us with our sense of self, full-bodiedness, and organic authenticity. Organs are the contents within the skeletal-flesh container and carry on the functions of our internal survival -- breathing, nourishment and elimination. Organs are the primary habitats or natural environments of our emotions, aspirations, and the memories of our inner reactions to our personal histories. They support our postural tone and our feelings, and give volume to our movement. This course will include:

- Initiating breath, voice, movement and touch from the organs.
- Analyzing imbalances in individual organs and the organ system as a whole.
- Techniques to facilitate access to and balance in the organs.

7 days; 49 contact hours

Basic Neurocellular Patterns (BNP)

The development of these patterns in humans parallels the evolutionary development of movement through the animal kingdom. The Basic Neurocellular Patterns are the words of our movement. They are the building blocks for the phrases and sentences of our activities. They also establish a base for our perceptual relationships (including body image and spatial orientation) and for our learning and communication

The BNP are one of the foundations of Body-Mind Centering® and are interwoven with the Embodied Anatomy (body-systems material) in later courses. The BNP have extensive application in the areas of movement and psychophysical expression. Done in sequences, the BNP can also form the basis for a deep and ongoing personal movement practice. This course will include:

- Exploration of the prevertebrate patterns: vibration, cellular, sponging, pulsation, navel radiation, mouthing and prespinal.
- Exploration of the vertebrate patterns: spinal, homologous, homolateral, and contralateral.
- Distinguishing and integrating the actions of yield, push, reach and pull.
- Combinations of the vertebrate patterns that facilitate their integration.
- Facilitating developmental repatterning in yourself and others.

7 days; 49 contact hours

Primitive Reflexes, Righting Reactions and Equilibrium Responses (RRR)

If the Basic Neurological Patterns are the words, the Primitive Reflexes, Righting Reactions and Equilibrium Responses are the fundamental elements, the alphabet, of our movement. Underneath all successful, effortless movement are integrated reflexes, righting reactions and equilibrium responses. The reflexes are the most primitive patterns that occur in response to specific stimuli, and they establish basic survival patterns of function. The righting reactions are important in establishing a vertical or upright posture against gravity and a continuous head-torso axis. The equilibrium responses are patterns which maintain balance of the whole body in the dynamic relationship between the shifting of one's center of gravity through space and one's base of support. This course will include:

- Fundamental building blocks of human movement (the alphabet of movement).
- Postural tone and physiological flexion and extension.
- Differentiating the RRR in relation to the three planes of movement (horizontal, vertical, sagittal).
- The roles of the RRR in readiness for relating, relating to earth and heaven, gathering and reaching, taking hold and letting go, weight bearing, rolling, vertical uprightness, locomotion and equilibrium.

6 days; 42 contact hours

Ontogenetic Development

The period from intrauterine life through approximately 12 months of age is an extraordinarily formative time for humans. Our basic movement patterns emerge in utero, are present at birth, and develop through the first year of life. It is during this time that we build the groundwork for our movement and perceptual skills and pass through the milestones by which we mark our development. This course will include:

- Developmental milestones including: embryological development, fetal movement, nursing, head control, eye-hand coordination, rolling, circumduction, belly crawling, quadruped creeping, sitting, kneel-sitting, kneel-standing, half kneel-sitting, half kneel-standing, squatting, standing, cruising, walking).
- The sequence of development that allows the infant to progress through each and all skill levels during its development process.
- Patterns of movement that inhibit more integrated skills from developing.
- Facilitating integrated movement skills and inhibiting patterns which limit full development.

5 days; 35 contact hours

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Year 2 Courses

Endocrine System

The endocrine glands are the major chemical governing system of the body and are closely aligned with the nervous system. Their secretions pass directly into the blood stream and their balance or imbalance influences all of the cells in the body. The glands are the keystone between the organs and the nervous system and between the nervous system and the fluids. They create crystalline psychophysical states through which we are able to experience and understand the universal aspect of self.

This is the system of internal stillness, surges or explosions of chaos/balance and the crystallization of energy into archetypal experiences. The endocrine glands underlie intuition and the perceiving and understanding of the Universal Mind. This course will include:

- Initiating breath, voice and movement from each of the following glands and bodies: perineal body, coccygeal body, gonads, adrenals, pancreas, thoraco body, heart body, thymus, thyroid, parathyroids, carotid bodies, pituitary, mammillary bodies and pineal.
- Distinguishing their reflex points.
- Aligning their energy centers along the spine.
- Establishing their relationships to bones and joints.
- Analyzing the glandular support of the spine and head.

5 days; 35 contact hours

Nervous System

Experience first occurs on the cellular level. The nervous system is the recording system of the body. It records our experiences and organizes them into patterns. It can then recall the experience and modify it by integrating it with patterns of other previous experiences. The nervous system is the last to know, but, once knowing, it becomes a major control center of psychophysical processes. It can initiate the learning of new experience through creativity and play. The nervous system underlies alertness, thought, and precision of coordination and establishes the perceptual base from which we view and interact with our internal and external worlds. This course will include:

- Distinguishing experientially the organization of the nervous system: central/peripheral; somatic/autonomic; sensory/motor.
- Differentiating and integrating from a psychophysical perspective the enteric nervous system of the gut, the parasympathetic and sympathetic pathways, and the somatic nerves.
- Assessing and releasing blockages in the nerve pathways. (Brain and spinal cord, autonomic nerves, major somatic and autonomic plexes and their peripheral pathways).
- Understanding the principles of nerve reversals and methods of releasing them.
- Exploring balance of the autonomic nervous system as a calm support for intentional movement.
- How intentional movement provides the container of expression for autonomic movement.

7 days; 49 contact hours

Ligamentous & Fascial System

The ligaments set the boundaries of movement between the bones. They coordinate and guide muscular responses by directing the path of movement between the bones and provide specificity, clarity, and efficiency for the alignment and movement of the bones. When all of the ligaments of a joint are actively engaged, the movement of that joint becomes highly specific and is carried effortlessly to surrounding and successive joints. The ligaments support the psychophysical quality of detailed specificity. This course will include:

- Initiating movement from the ligaments.
- Facilitating freedom, resilience, strength and integration of the ligaments through touch and repatterning.
- Releasing ligaments from the restrictions of surrounding tissues.
- Integrating ligaments into their corresponding fascial planes.

7 days; 49 contact hours

Fluid System

The fluids are the transportation system of the body. They underlie presence and transformation, set the ground for basic communication and mediate the dynamics of flow between rest and activity, tension and relaxation. The characteristics of each fluid relate to a different quality of movement, touch, voice, and state of mind. These relationships can be approached from the aspects of movement, mind states, or from anatomical and physiological functioning. This course will include:

- The major fluids of the body (cellular, interstitial and transitional fluids, blood, lymph, synovial fluid, and cerebrospinal fluid).
- Distinguishing the qualities of specific fluids through movement and touch.
- Initiating movement from each of the fluids.
- Identifying individual psychophysical characteristics of each of the fluids and their various combinations.
- Gaining awareness of your own fluid affinities and recognizing their embodiment and expression in others.

6 days; 42 contact hours

Muscular System

The muscles establish a tensile three-dimensional grid for the balanced support and movement of the skeletal structure by providing the elastic forces that move the bones through space. They provide the dynamic contents of the outer envelope of flesh encompassing the skeletal structure. Through this system we embody our vitality, express our power, and engage in the dialogue of resistance and resolution. This course will include:

- Innovative muscle principles (proximal and distal initiation, muscle coupling and currenting, A and B muscles, four stages of a muscle action, eight functions of a muscle).
- Embodying muscles and initiating movement at the molecular level (actin and myosin).
- The embodied functions of proprioceptors (muscle spindles and Golgi tendon organs).
- Analyzing the actions of individual muscles and of groups of muscles from the perspective of one's position in relation to gravity.
- Interrelationships between muscles in different parts of the body and as they pass through different fascial planes.
- Techniques of muscle re-education and training.

9 days; 63 contact hours

Professional Issues 1

What does it mean to be a professional and how do you transition into this role? This course will cover some of the important issues facing professionals in the somatic field. This course will include:

- The student/movement educator relationship.
- Responsibilities of being a professional, including ethical guidelines and health precautions.
- Setting up and managing a professional practice, such as, finances, publicity, managing space and time, promotion, interfacing with other professionals, supervision and networking.
- The review of skills and evaluation of competency

3 days; 21 contact hours

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Non-Certification Study Tracks - Combinations of individual courses to maximize your learning experience

All body systems and developmental movement courses in Years 1 and 2 may be taken as individual courses or combined to fit your area of interest. Students who wish to study more than one course, but do not want to do a whole program can follow one of several non-certification study tracks. These sequences of courses allow students to focus on a particular aspect of Body-Mind Centering®. They are an excellent way to gain extended experience with a wider range of this work. Study tracks are suggested sequences. Students also have the option of designing their own sequences of courses based on individual interests.

Introduction to Body-Mind Centering®

This track is recommended for students wanting an in-depth introduction to BMC. Each course in this sequence serves as an entry point to one of the other study tracks described below. Taken together, they provide an introduction to the broad range of this work. Courses include:

- Senses and Perception 1
- Skeletal System
- Organ System
- Basic Neurocellular Patterns

Musculoskeletal Structures

This sequence of courses offers a dynamic, multi-dimensional approach to our locomotor system. Courses include:

- Skeletal System
- Fascial & Ligamentous System
- Muscular System

Embodied Developmental Movement

This track explores the origins of basic movement patterns and the powerful influence these patterns have in our lives. This track continues into the Infant Developmental Movement Education Program, which consists of two more 10 day application courses to the work with babies in the first year of life. Courses include:

- Senses and Perception 1
- Basic Neurocellular Patterns
- Reflexes, Righting Reactions and Equilibrium Responses
- Ontogenetic Development

Embodied Anatomy

Discover the deep interrelationships between our body systems, movement and mind. In addition to exploring the musculoskeletal system, this track also includes the subtle and intricate role our internal structures play in movement, touch and psychophysical processes. Courses include: Skeletal System, Organ System, Senses and Perception 1, Fascial & Ligamentous System, Fluid System, Nervous System, Endocrine System and Muscular System.