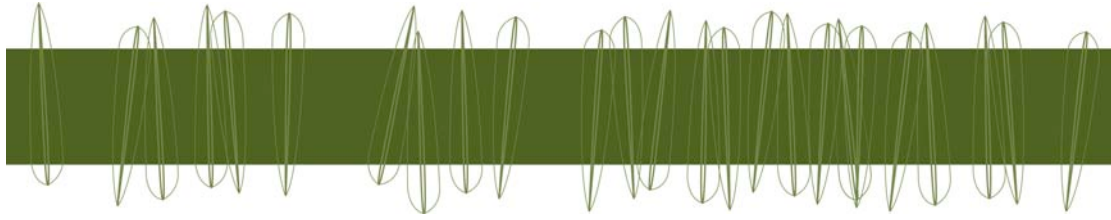


SOUL centre of the body and mind



TRAINING PROGRAMS 2011/2012

18 Huia Road, Titirangi, Waitakere City, Auckland, New Zealand 0604

Ph: 064.9.8173051 E: info@soulcentre.co.nz

www.soulcentre.co.nz

SOUL CENTRE TRAINING COURSES:

Registered Somatic movement therapist training with EastWest Somatics Institute

Biodynamic Cranio-Sacral Therapy Practitioner Training

Chi Kung Teachers Training

The School of Love – Year-long program

Open Source Forms Teachers Training

Experience your body!



*SOUL is now the leading somatics research centre in New Zealand and
a hub for global somatics practice*

– Sondra Fraleigh

TRAINING PROGRAM DESCRIPTIONS



COLLEGE OF ELEMENTAL CHI KUNG – 2 year teachers training
With Ged Sumner (UK)

BECOME A CHI KUNG PRACTITIONER AND TEACHER

We welcome world acclaimed practitioner Ged Sumner to teach Chi Kung training here at SOUL.

Elemental Chi Kung is a progressive approach to chi kung that incorporates classic styles and philosophies with modern bodymind and energy concepts. The approach explores body and chi awareness as a way to deepen into our internal chi flow through movement, stillness, meditation and breath. A creative space is sought to allow our essential nature to express itself and bring about transformation. The approach emphasizes the five elements as the foundations of chi kung.

For more information visit www.elementalchikung.com

Modules can be taken individually or as a whole training system

Next intake: July 2011



BODY-INTELLIGENCE TRAINING
CRANIO-SACRAL THERAPY – 2 year Practitioner training
With Ged Sumner (UK) and Simon Gosling

BECOME A LISENCED CRANIO-SACRAL THERAPIST

This training offers a 45-day practitioner course for individuals wanting to become qualified cranio-sacral therapists. The training is biodynamic in it's approach orientating to the body's natural wisdom allowing innate intelligent processes to emerge and bring about authentic change. These changes will be physiological and psycho-emotional. The body's own priorities for change are listened for and encouraged to arise. The art of the therapist is to connect with the underlying forces and health and facilitate a process of natural reorganization. These forces express as subtle motion of tissues and fluids that can be felt by sensitive hands. Biodynamic craniosacral therapy takes a whole-person approach to healing and the inter-connectedness of mind, body and spirit are deeply acknowledged.

For more information visit www.bodyintelligence.com/

Next course starts March 2011 (registrations up to module 2 - May 2011)



**SHIN SOMATICS®
LAND TO WATER YOGA
With Sondra Fraleigh (USA), Karen Smith
(UK) and Wilhemeena Monroe (Earth)**

**BECOME A REGISTERED SOMATIC
MOVEMENT THERAPIST and/or a YOGA
ALLIANCE 200hrs Yoga Teacher through
EastWest, ISMETA and the SOUL CENTRE.**

**A unique opportunity to experience the work of
one of the worlds leading somatic educators,
these workshops are two modules of the
EASTWEST Somatics training, an International
somatics training association.**

Module 1: Jan 18th – 22th 2012

Module 2: Jan 25th – 29th 2012

Modules can be taken individually or together, 7 modules are required for full certification. Take both modules at a reduced cost and earn two levels of credit towards becoming a Registered Somatic Movement Therapist through EastWest and ISMETA

Land to Water Yoga is a unique contemporary style of yoga, grounded in processes of Shin Somatics® as developed through our work at the Eastwest Somatics Institute. Much yoga today emphasizes physical competition, having lost the original intent of spiritual healing and self-awareness. Yoga means "to yoke": it signals our kinship with the environment and all forms of life. In practice, yoga can be a psychophysical means for transforming personality—progressing through enjoyable shapes and movements that anyone can do.

This unique new form of yoga—maintains yoga's original intent of spiritual healing and awareness and offers a way to deepen clear seeing and a calm mind, urging one past his or her limited ego. It is based on five stages of infant development and the methods of Shin Somatics® Moving Way. Its progression moves backward from the most complex movement in terms of balance to the least: from walking to floating (from land to water), providing the opportunity to retrace our personal human development back to its watery soma source.

All Eastwest Workshops include Fraleigh's unique Land to Water Yoga & Chakra Unwinding. Become acquainted with the seven energy vortexes of human life and infant development in processes that have grown over a period of twenty years at Eastwest. In Eastwest workshops, Sondra, Karen, and other associates teach the characteristics of the chakras through somatic processes. Learn how to open to the energetic qualities of each chakra in your own body and development.

At Eastwest, we use the models of dance technique, improvisation, and choreography throughout our work. Our approach is basic, so no previous dance study is required.

Sondra Fraleigh: Sondra Fraleigh is an international leader in dance, yoga, and healing arts. She is a Registered [Feldenkrais®](#) teacher, and certifies Registered Somatic Movement Educators and Therapists through [ISMETA](#), International Somatic Movement Education and Therapy Association. She has been a professor of dance and somatics for over thirty years in

the [Department of Dance at the State University of New York at Brockport](#) and is a valued mentor to dancers and somatic practitioners in the USA, Europe, Japan and India.

Karen Smith: Karen Smith is a long-time student of Sondra Fraleigh. She is certified as a somatic movement educator RSME through Eastwest Somatics Institute and ISMETA. A dancer, consultant, and coach with twenty-five years' experience facilitating learning and change, Karen guides students into a deeper experience of embodiment through conscious awareness and mindful movement. In Karen's transformative classes, students open to new possibilities for creativity and joy.

Assisted by: Wilhemeena Isabella Monroe: Wilhemeena Isabella Monroe is the founder and director of the SOUL CENTRE, she has been working in dance and holistic health and wellbeing for over 15 years. She is an established choreographer, director, filmmaker and dancer and has performed all over the world. She is also one of NZ's top somatic practitioners and has a current practice at SOUL combining, cranio-sacral therapy, massage, movement therapy, dance, yoga and meditation. She is one of NZ's 2 SRT certified facilitators and has taught somatics in many institutions, universities, training programs and communities. She is currently doing teacher training in the Land to Water Yoga series with Sondra Fraleigh – of the EastWest Somatics Institute, is creating a new dance work and writing her first book. Willa also teaches the open-heart meta-meditation on the last Sunday of the month as well as the SRT classes on Wednesdays, and School of Love facilitated sessions on Friday afternoons.

www.ismeta.org

www.eastwestsomatics.com

When: Module 1: 18 – 22 Jan 2012

Module 2: 25 – 29 Jan 2012

How: \$850 per module or \$1,500 for both



Open Source Forms (OSF) Teacher Training

Open Source Forms is a Teacher Training & Certification program begun in 2009 by Stephanie Skura. It's an 'open source' system culled from decades of continuing research & practice in improvisation, performance, choreography, writing, & theater directing, and it draws on Skura's extensive experience as a core Skinner Releasing teacher and teacher trainer.

OSF focuses on cross-fertilizations and deep commonalities of Skinner Releasing technique and creative process. It's guided by the philosophy that the source of creativity & wisdom is available in each of us.

OSF Teacher Training is a rigorous program that prepares teachers to be inventive & responsive to specific needs & situations, while deeply understanding the underlying spirit & intentions of the work involved.

OSF offers methods to access depth, specificity, courage, rigor, honesty & freedom in movement, vocal practice & performance. Its aim is to empower participants to adapt these methods & discover their own in response to teaching & performance situations they find themselves in.

This is a two-year training with two intensive workshopping process in Oct/Nov of each year and homestudy to do during the rest of the year. The training includes one-on-one sessions with Skura.

Pre-requisite are at least the first 15 introductory classes of the SRT intro series and is by application only.

STEPHANIE SKURA: "A radical & perpetual innovator", Stephanie has created interdisciplinary movement-based performances for over 20 years. Her process focuses on the power and totality of each performer, collaboratively discovering & developing material.

Called "a major American experimentalist", she has an international reputation for her adventurous work, performing and teaching in 30 of the United States and 13 countries. Her New York City-based touring company performed worldwide for 10 years.

Now based in the Pacific Northwest, she works independently with many companies, artists and institutions. Formerly on Graduate Faculty at the University of Washington School of Drama Professional Actors Training Program, and Core Faculty of the Skinner Releasing Institute, she has taught at such places as the American Dance Festival, Florida Dance Festival, European Dance Development Center, Naropa Institute, Movement Research in New York, and as a guest at many colleges and universities around the country.

www.stephanieskura.com

When: Year one: Oct 24 – Nov 18th 2011 Mon – Fri 9.30-5.30pm
Year two: Oct 29th – Nov 23rd 2012 Mon – Fri 9.30 – 5.30pm

How: By APPLICATION ONLY

\$5,000.00 for the 2 year training (\$2,500 per year) - payment options available

Wilhemeena Isabella Monroe



The School of Love – Moving towards Transparency

The School of Love is a workshop/performance process.

Combining techniques from Theatre of the Ordinary, Skinner Releasing Technique, Butoh, Contact Improvisation, Shin Somatics and her own eclectic mix of energy and body work, performance and meditation practice, Wilhemeena Isabella Monroe leads a selected group through a year-long process of unfoldment, bearing, sharing, receiving and embracing, self and others in a performance-based ritual weekly practice.

Alongside the process Wilhemeena will be developing a new choreographic work, which will become part of the group process/sharing.

This group is for anyone with a creative practice or performance idea or inkling, or someone without one who wants to find one, who wants to spend a year exploring themselves, and the deep unfolding of the now.

Wilhemeena Isabella Monroe is a professional dancer and choreographer gone astray. See www.danz.org.nz/wilhemeena for artist profile

Over 90 hours of professional and artistic development including one on one sessions and private tutorials with Wilhemeena and guests.

Applications and information to: The School of Love willa@mswilla.com

When: selected Fridays during 2011

How: \$1,500 or \$30 a week for 50 weeks

THIS PROGRAMME IS NOW FULL PLEASE ENQUIRE ABOUT 2012 REGISTRATIONS

Body-Mind Centering teacher training coming soon in 2012
3-month Full-time Somatics School coming soon!
Anatomy and Physiology Diploma coming soon!

ALSO SEE OUR WORKSHOPS PDF FOR FANTASTIC WORKSHOPS FROM HALF-DAY TO WEEKEND ADVENTURES OF THE BODY, MIND AND SPIRIT

Work-study and payment options available
Ongoing Weekly classes
Full therapeutic clinic on-site

SOUL centre of the body and mind

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