

Somatic Movement Education

Body-Mind Centering® (BMC) Certification Courses



SME

Somatic Movement Education

explores the relationship between body, mind, touch, and movement. Each course involves experiential



study of human development and the body systems. You will learn to use embodiment practices to deepen your own body related knowledge, as

well as to expand your practice and teaching.

The uniqueness of BMC® lies in:

- the specificity with which each body system can be embodied and integrated
- the understanding of the relationship between developmental movement repatterning and health
- the utilization of a body-based language to describe movement and body-mind relationships
- the numerous applications of BMC®.

With this knowledge and embodied experience, you can improve how you move and help others do the same.

Who should attend?

BMC® principles and skills can be applied to educational, medical, artistic, and health professions (massage, physical & occupational therapies, etc). Also for students/professionals in dance, theater, yoga, martial arts, athletics, and those who want to grow personally or improve their health.

SME Certification Program

2012 -2013 Duke University, Durham NC

Summer 2012

Skeletal System June 20-30

Organ System July 3-10

Basic Neurocellular Patterns of Movement
July 13-20

Senses and Perception July 23-26

Reflexes, Reactions, and Equilibrium Responses
July 29-August 4

Embryological & Ontogenetic Development
August 7-12

Summer 2013

Fluid System June 20-26

Nervous System June 29-July 6

Ligamentous System July 9-16

Muscular System July 19-29

Endocrine System August 1-6

Professional Issues & Competency August 9-12

SME Courses in Berkeley CA 2012-2013

Nervous System May 19-26, 2012

Ligamentous System November 7-14, 2012

Muscular System April 15-25, 2013

Professional Issues & Competency April 28-May 1

Courses may be taken individually or in combination.

Enroll in the SME 500 hour certification program or a single course

Contact us at: www.BMC-NC.com or 919.286.7688 ext. 7



Body-Mind Centering® in North Carolina

sponsored by

Kinesthetic Learning Center

An Approved Provider of NCBTMB
Continuing Education

Licensed by Bonnie Bainbridge Cohen

Courses held on Duke University campus, Durham, NC and
Sacred Space in Berkeley, CA

Course descriptions, travel, housing, apply and register at:

www.BMC-NC.com