

# SomaticBODYTraining

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## Curriculum

**This 500h Training** will lead students through the Developmental Movement Process in Two years. The Units will alternate between deeply studying and exploring a specific **Developmental Stage**, as well as some of the bones, muscles and tissues that strongly pertain to that pattern with Units that focus on a **Body System**, and getting the information and experience of the possibilities and character of that unique system. This will allow for integration of learning as the information will layer and segments will build.

Moscow Somatic BODY Training 2021-2024	
Year One	Year Two
<b>Embryo, Prevertebral Patterns &amp; Intro to SomaticBODY</b>	<b>Touch Fluids-Dance-Breath</b>
Intensive 1 - Dec 8 - Dec 12	
Intensive 2 - Feb 16 - Feb 20 (2022)	April 12 - April 16 (2023)
<b>Spine Skeletal/ Intro to Land patterns</b>	<b>Neuro Glial, the Nervous System</b>
April 13, - April 17 (2022)	9 days Jun 16 - Jun 25 (2023)
<b>Organs/ Homologous / Ribs, Pelvis</b>	<b>Endocrine Glands, Chakras</b>
9 days Jun 17 - June 26 (2022)	9 days Oct 11 - Oct 15 (2023)
<b>Tensegrity/Ligaments/ Joints</b>	<b>Mouthing, Vocalization, Neck</b>
October 5 - October 9 (2022)	5 days Dec 6 - Dec 10 (2023)
<b>Senses &amp; Perception</b>	<b>All in Flow Developmental Patterns, Birth</b>
Dec 7 - December 11 (2022)	9 days March 15 - March 24 (2024)
<b>Muscles &amp; Kinesthetic Integration</b>	<b>Graduation and Sharing Research Projects</b>
9 days Feb 3 - Feb 12 (2023)	Jun 5 - Jun 9 (2024)