

BODYMIND DANCING® TEACHER CERTIFICATION

**Designed and Directed by Dr. Martha Eddy
(RSMT, CMA, Ed.D, and Licensed Teacher of Body-Mind Centering®)**

*Deepen your dance intelligence through theories of Somatic Education
Enhance your knowledge of anatomy and physiology through touch & movement
Explore Laban/Bartenieff principles of efficient movement functioning while dancing
Apply Body-Mind Centering® & Laban/Bartenieff studies to technique and improvisation
Assess and respond to your student's use of alignment, dynamics,
sequencing, space, and embodiment*

BODYMIND DANCING® TEACHER CERTIFICATION authorizes you to combine phrases and teaching strategies from BodyMind Dancing® with your own creativity and dance ability. The training teaches you to integrate skilled touch and movement principles from Dynamic Embodiment (a unique synthesis of Body-Mind Centering® and Laban Movement Analysis/Bartenieff Fundamentals) as well as compassionate community building. You will combine the best of these modalities as a BMD® teacher, whether you work with professional dancers or with the general public or anyone in between! One of the first somatic dance systems BodyMind Dancing has been part of conferences and festivals internationally, taught in universities and in open studios since 1986. Certified Teacher Trainee of BMD attend classes and workshops in BodyMind Dancing and other related somatic disciplines, after which you will receive numerous online video links to begin practice. Once you have attended an BMD Pedagogy Intensive, you may begin to be referred to as a BMD Associate. As an Associate you may be invited on occasion to assist BMD classes in various capacities (partner teaching, answering questions, representing BMD at events, leading warm-ups and substituting for classes at a reduced teaching rate, bringing in students and if appropriate follow-up with private classes). Along with a cohort of students of CTBMD, you will train with Dr. Eddy and faculty from September - June, graduating at your own pace (usually between 10 months to 2 years).

ELIGIBILITY:

People who want to teach dance using the life-sustaining concepts of somatic education.
People who are committed to the transformative nature of somatic movement and dance and want to gain fuller understanding in how to teach BodyMind Dancing. These individuals should have prior experience or strong interest in movement and somatic education. The training is expedited and discounted for the Dynamic Embodiment Practitioners, BMC® certified practitioners, CMAs, and CLMAs who have experience teaching. Prior in somatic dance, or other somatic movement certifications, and/or experience with BodyMind Dancing® or Moving For Life DanceExercise for Health® results in expediting your training and discounts. All movement enthusiasts and professionals excited about leading carefully tailored and healthy dance experiences are welcome to apply. It is advantageous especially if you seek a faster graduation if you have already completed the prerequisites. However, you can study the prerequisite subject areas concurrently with your BodyMind Dancing Teacher Training.

FOR CONSULTATIONS, INQUIRIES AND REGISTRATION INFO:

Office of Dr. Martha Eddy officeofdrmarthaeddy@gmail.com 212.864.5188
www.dynamicembodiment.org www.movingforlife.org www.drmarthaeddy.com

THE 4-PART CERTIFICATION PROCESS:

1. Fulfilling prerequisites in Laban Movement Analysis, Bartenieff Fundamentals, Body-Mind Centering Body Systems, and Body-Mind Centering approach to Developmental Movement. (Experiential Anatomy and the Socially Conscious Body are strongly encouraged as is prior movement teaching experience.
2. Attending a minimum of 30 hours of BodyMind Dancing classes
3. Attending 28-34 hours of Body-Mind Dancing pedagogy intensives with Dr. Martha Eddy
4. Completing Instructor assessments (usually by August of graduating Year) - practical and written

SCHEDULE AND COMMITMENT:

Rolling entry Apply by mid-July to begin the program in July or August. Every workshop and class is available online via Zoom or another platform to accommodate international students or those who are unable to be present in person due to Covid-19 or any other reason. The schedule is fluid and reflects student and faculty availability: most of our students have full or part-time jobs. The program schedule is as follows: Most people attend a BodyMind Dancing class at least once a week. They select from those pedagogy workshops that work best with their schedules. Frequency of offerings: various 3 hour workshops during Martha Eddy's Dynamic Embodiment Nov, April and summer intensives. 3-hour workshops every few months.

APPLICATION AND ENROLLMENT:

- Recommended: attend a BodyMind Dancing class or schedule a meeting with Dr. Martha Eddy to get a taste of BMD and Martha's work.
- Submit an application here: <https://forms.gle/hLphoWWuA725uxUp6> (also available via www.DynamicEmbodiment.org)
- Upon acceptance into the program:
 - pay \$400 deposit by check, Paypal or Zelle drmarthaeddy@gmail.com
 - If necessary, submit a pre-requisite transcript.
 - Return the acceptance letter with signed enrollment and payment plan to officeofmarthaeddy@gmail.com

TUITION:

\$1800 tuition includes 20 hours of BMD classes, BMD Pedagogy intensives, course materials, personal feedback, video library, online access to classes and most back-up videos, and the final assessment. Please note the tuition does not include all BMD classes or any unfulfilled prerequisites. Deposit: \$400. Discounts available for previous certification. A signed financial agreement upon acceptance with your course of payment is required to enroll. Payments: one-time payment, quarterly and monthly payment options are available. We will work with you to develop a payment plan that works best.

CLASS DESCRIPTION:

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BodyMind Dancing™ (BMD) is woven with improvisational structures, classic BodyMind Dancing phrases that address the emergent themes (e.g. a blend of students requests such as grounding, lightheartedness, neck pain, loosening up joints, desire for connection or pre-set themes from Dynamic Embodiment - for example mobilizing weight shifts using the hips/center of weight using Developmental Movement; experiencing holistic fitness through Bartenieff Fundamentals). Class may be organized completely with structured improvisations or more in line with traditional technique classes. Class follows the interest, capabilities and needs of the group. As an example in our one hour drop-in classes in New York City with less than 20 people, each person states what they would like to feel by the end of class. We begin with this check-in to get a pulse on what people are feeling - body sensations and emotional well-being- and then the teacher selects concepts and dance experiences to meet these needs. In large group settings with 30 - 100 participants classes begin with easy to follow group movement using images from early childhood development, or anatomical imagery.

Warm-ups may be standing (engaging with the different fluids of the body) or lying down (relaxing into gravity and activating different body parts) or something in between. Phrase work and improvisation are intertwined with the use of Body-Mind Centering® developmental principles, Laban Movement Analysis use of space, shaping and dynamics, and/or Bartenieff (Susan Klein & Colette Barry related) sequences, as well as Contact Improvisation and other improvisational instructions. The class ends with slowing down and self reflection using a choice of BMD's CoolDown phrase, or a somatization- a guided review of the class through improv, and a final check in including appreciations and/or questions & answers about the experience.

The goal is for everyone to be free to explore their bodily sensations and expression in a comfortable relaxed setting while also gaining new skills and developing greater personal authority based on internal awareness.

TESTIMONIALS:

"Martha is a genius, and I learn something profound from her every time I am with her.

Her BMD system teaches how to engage all the fluid, tissue, organ, skeletal, and energetic structural systems which support full-bodied dancing. I leave her class feeling fuller, more present, and confident in my movement expression. I love how she shifts between exploratory sensory experiences and formal exercises that create shapes in space. These transitions help teach how to combine both inner and outer experience into a cohesive expression. These are incredible skills for all dancers to learn in support of their long term health and performance."

Tanya Calamoneri, CTBMD, PhD

Artistic Director, Company SoGoNo

<http://www.sogono.org/About.html>

Project Manager, DanceMotion USA, BAM

"I've had considerable experience of varied approaches to conscious movement practices over the past ten years. Because I'm an older adult, I approach new practices with some caution

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because of my injury and repair history. When I came to my first BodyMind Dancing class I was concerned that my vulnerable right shoulder might give me trouble if I threw myself into the experience. However, I found the BodyMind Dancing sequence of gradually loosening up and extending movement encourages self-nurturing and gentle experimentation with one's limits under Martha Eddy's skillful facilitation. Working with classmates was invigorating and fun. At the end of class my troublesome knees felt secure and my vulnerable right shoulder free and less bothersome. I was ready for more!"

Philip M. Brown, Ph.D.

Fellow, Center for Applied Psychology, Rutgers University
Immediate Past-President, NJ Alliance for Social, Emotional
and Character Development
Senior Consultant, National School Climate Center
[215.736.9338](tel:215.736.9338)
pmbrown@rci.rutgers.edu

DR. MARTHA EDDY'S BIOGRAPHY:

Founder and Director of Dynamic Embodiment Somatic Movement Therapy Training (www.DynamicEmbodiment.org), Martha Eddy is a dance educator and Registered Somatic Movement Therapist in private practice with pre-natal women, infants, children, adults, and seniors. Martha created Body Mind Dancing© in the mid-80s and MOVING FOR LIFE DanceExercise for Health®/Moving for Life Dance Exercise for Cancer Recovery (www.MovingforLife.org) in 1999. She co-created GlobalWaterDances.org with a team of five Laban Movement Analysts coordinating performances in 60 countries on June 25, 2011, and growing to over 100 in 2019. Dr. Eddy taught in the Dance Therapy programs of NYU and Antioch New England from 1984 - 1991, and then on the Dance & Dance Education program of Teachers College, Columbia University for the next 10 years. At present she is the Geraldine Ferraro Fellow of Social Justice and Dance at Marymount Manhattan College where much of her dance and somatic education teaching is affiliated. She has run similar programs with SUNY-Empire State College Graduate Center. She has taught BodyMind Dancing© at Bates Summer Dance Festival, Kestenberg Movement Profile Conference, MindBodySpirit conference, National Dance Education Organization conference, Seattle Festival of Dance Improv, TanzFabrik in Berlin, White Mountain Summer Dance Festival, and dance centers in Amsterdam, Bogota, Cologne, Lima, Mexico City, Rio, Taipei, Zurich, and throughout the USA & Canada, as well as a full semester BodyMind Dancing courses at numerous colleges and universities. She has published extensively on the role of dance in the growth and development of Somatic Education and Somatic Dance. At the American Dance Festival she taught aspects of BodyMind Dancing as part of her special workshop on Dance Somatics and Visual Perception. She is the author of *Mindful Movement - The Evolution of the Somatic Arts and Conscious Action* with numerous other books in contract.

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BODYMIND DANCING® AND/OR MOVING FOR LIFE® TEACHER CERTIFICATION 4-PART PROCESS & FEES*

- **CREATE YOUR OWN SCHEDULE FOR COMPLETION SUMMER 2022 (OR EARLIER!)**
- **CLASSES MAY BE TAKEN IN OVERLAPPING ORDER**
- **INQUIRE ABOUT QUARTERLY AND MONTHLY PAYMENT PLAN OPTIONS**

APPLY NOW: The sooner you apply the more help you can get in setting up your course of study.

Part 1. Fulfill pre-requisites in 4 subject areas (48-80 hrs total) by Fall 2020
Approximate cost (not included in CTBMD tuition): \$1400 (varies by instructor who you pay - you may study online with us or in your local area)

Subject Areas to Prepare You	Required Hours	Date	Completion Date (actual or proposed)	Approx. Cost
BMC Body Systems (Embodied Physiology/Somatic Anatomy)	12-20 hrs	Fall - 2020 weekend		\$325
Bartenieff Fundamentals (BF)	12-20 hrs	Online with CTBMD		\$325
Body-Mind Centering's Developmental Movement (BMC)	12-20 hrs	Marymount - Jan or June 2021/UNCG		\$325
Laban Movement Analysis (LMA)	12-20 hrs	June 2021/UNCG		\$325
Socially Conscious Body	12 hrs	July 24-26 2020		\$300

Part 2. Attend BodyMind Dancing or Moving For Life Classes (30 hrs minimum)
Drop in on BodyMind Dancing (BMD) Classes & MFL in NYC or Zoom/Skype in from afar. As about other locations See updates at: DynamicEmbodiment.org - classes or chart below.
20 BMD classes included in CTBMD tuition. Total approximate additional cost: \$150-\$200 (1/\$20; 3/\$50). This allows you to take with other teachers and at other locations.

Part 3. Enroll in 28-34 hours of BMD Pedagogy Workshops: you choose which within 3 and 6 hour segments you will take over 2 years)
Included in CTBMD tuition.

Workshop	Hours	Location	Date/Time
1	Up to 21 hours	Online	7/15 & 20, 8/14, 8/15, 8/17, 8/20 (2020)
2	6- 14 hrs	New York	Nov- Jan 2021
3	6-14 hrs	Greece	circa August 19 - 28, 2021

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4	6 - 14 hrs	New York	Fall 2021 TBA
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Part 4. Schedule BMD Assessments (through August 2022)

Teach a class that a BMD faculty member observes or send a videotape for review which demonstrates a good understanding and modeling of all components of a BMD class. Submit writing - Your model class syllabus, an alternative syllabus, two essay questions. Demonstrate movement proficiency in the various theoretical domain - Developmental Movement, Embodiment of Body Systems, Bartenieff Fundamentals and embodiment of Laban concepts and principles.

TUITION BUNDLE:

- Part 3 – Minimum of 28 hours of Pedagogy Workshops & Materials
- Course materials and Online access
- 20 hours of free BodyMind Dancing classes
- Part 4 - Assessment

Full Price: \$1,800

Inquire about additional discounts if Certified in DE or MOC, BMC, LMA/BF, or UNCG-MADE/MSU/MMC and St Mary's MFA, Somatic Academie student/grad, or Dance for Parkinsons.

BodyMind Dancing Class Schedule July- August 2020 (EST)

Venue/Location	Day/Time	CTBMD Instructor
Movement Research	Mondays: 5:15-6:30pm ends 8/10	Martha Eddy, Dana Davison and Sindy Butz
E-M Studio Arts	Tuesdays 10:00-11:00am ends 7/28 but may continue	Martha Eddy & Sherry Greenspan
Zoom with Martha	Thursdays: 10:00-11:00am (with occasional summer breaks)	Martha Eddy & Sindy Butz
ZOOM*	Various options	Dana Davison & Sherry Greenspan

*First class is free. Bring a new student, you each pay \$10 for the class. Usual price is 1/\$20 or 3/\$20 but for CTBMD students after your first 20 classes the price is 4/\$50 Check out July specials. Or Join the E-M Arts STUDIO community for a wide range of opportunities. Please visit the calendar at www.drmarthaeddy.com frequently for the most updated class schedule and for info and flyers www.dynamicembodiment.org - certification and class pages

SOMATIC INSTRUCTOR CONTACTS/ORGANIZATIONS

Instructor/Organization	Location:	Email/Website	Telephone/Cell
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BodyMind Dancing is a program of www.DynamicEmbodiment.org
 Affiliated with Martha Eddy, Moving On Center and the Center for Kinesthetic
 Education
 509 W 122nd St #14, New York, NY 10027

Dynamic Embodiment/ BodyMind Dancing	509 W 122nd St #14 New York, NY 10027	Email: officeofmarthaeddy@gmail.com Website: http://desmtt.movingoncenter.org/classes.html http://www.dynamicembodiment.org	(212) 864-5188
Somatic Anatomy Lissa Michalak	ONLINE	Email: lmichalak@gmail.com Website: https://www.somaticanatomy.com/	
Eureka Wellness	Colts Neck, NJ	Email: Sherry@Eurekamoves.org Website: http://eurekamoves.org/schedule.html	(732) 252-6906
Moving For Life classes - credit is given for up to 3 MFL classes	Multiple sites	Website: http://movingforlife.org/instructor-training.htm	(212) 222-1351
Laban/Bartenieff Institute	Brooklyn, NY	Website: https://labaninstitute.org/introductory-courses/	(212) 643-8888
Moving on Center: School for Participatory Arts and Somatic Research	Berkely, CA	Website: www.MovingOnCenter.org Email: info@movingoncenter.org	(510) 524-5013

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