



# EMBODIED MOVEMENT TRAINING

Development & Enrichment Skills for wellness professionals.

## Course Curriculum

Each Module also includes experiential Labs and a Live Class

### Module 1: Introduction to Embodied Movement

Week 1

- Overview of Embodied Movement Method
- Kinesthetic Intelligence
- E-motion = energy in motion

### Module 2: Release

Weeks 2-3

- Presence
- Breath
- Meditation
- Body Armor / Samskara
- Tension Release
- Range of (e)motion: Pain, Trauma
- Relaxation: Stress, tension, depletion, suboptimal functioning

### Module 3: RealignBody Awareness

Weeks 4-5

- Proprioception
- Body Mechanics Patterns in the body: physical, emotional, energetic
- "Victims & Perpetrators" in muscle relationships
- Posture & Mood
- Neural / Neuromuscular grooves: (nervous system afferent/efferent)
- Movement to support restructuring

### Module 4: Strengthen

Weeks 6-7

- Body Trust
- Eradicate expectations, feel & trust how the body wants to move in the moment
- Shifting stuck stories in your body
- Holistic Fitness Principles Nuts & Bolts
- Means vs Ends in movement
- "Be Moved" creating intuitive body practices
- Developing responsive strength



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## Module 5: Refine

Weeks 8-9

- Review process and practice/identifying movement rhythms
- Moving forward - navigating your needs
- Empowered Health

## Module 6: Completion

Week 10

- Review all course material
- Final notes/putting it all together in a client experience
- Putting Embodied Movement into your practice / scope of practice
- Q&A

At the end of this training you will have a thorough understanding of the Embodied Movement Method with the intention of utilizing these concepts with your clientele.

Many people who are attempting to make improvements to their health are missing this component of allowing their process to literally move through their body. Often there are physical elements that are literally stuck. These teachings and practices are designed to help you embody your wellness approaches and truly LIVE in your body.

I hope this serves to enrich your work in the world and the benefits your clients and patients receive.

See you in the course!



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