



FREE Introduction

Interested in expanding your knowledge of somatic work & wellness through integrated movement practices?

**Learn to increase your body-mind awareness with
Dynamic Embodiment©**

Friday, April 15th, 2011

Networking 5:30-6:00 pm
Lecture Demonstration 6:00-7:00 pm

What is Dynamic Embodiment©?

Dynamic Embodiment© is a form of somatic education and movement therapy developed by Martha Eddy, CMA, RSMT, Ed.D. that integrates skilled touch, movement, & compassionate dialogue to help people of all ages and abilities to relieve their own stress, find enhanced expressiveness, and balance all aspects of the body and psyche.

For More Information Visit <http://www.movingoncenter.org/DynamicSMTT/>

During this introduction you will learn:

- How Dynamic Embodiment works, its history and its applications to the diverse fields of health, fitness, and the performing arts.
- Information about the Dynamic Embodiment: Somatic Movement Therapy Training Program
- Underlying principles of Body Mind Centering and Laban/Bartenieff Studies, and Dr. Eddy's unique synthesis of the practices
- How our program is affiliated with various undergraduate, graduate and doctoral degree programs.
- How our DE-SMTT training program is linked to the BodyMind Fitness Certification Program. BodyMind Fitness offers cutting edge training for movement professionals <http://movementsafootblog.com/bodymind-fitness-certificate-schedule/>
- Applications to fitness, psychology, dance and education.

Please reserve your space by April 12th via phone or email