

Spirit Of Anatomy - Introductory Information - September 2017

Program Director

Audicia Lynne Morley. RSMT/P, MRSS(T), RCST

"For the last 30 years I have been exploring holistic approaches to the Body, Movement and Health. The place that continues to astound me with its sheer beauty and intelligence is the BODY. The focus of this training group is to bring to life some of our hidden anatomical beauty and explore that through the arts, experiential practice and group sharing."

This is essentially an honouring process suitable for anyone interested in deepening their knowledge and relationship to the body.



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Program Information

In this 12 day course we will take a journey through our early embryological beginnings to discover the beauty and originality of the miracle of the human body.

We will be bridging both mindful approaches to anatomy and embryology as well as creative and experiential approaches to enliven embodied awareness.

We will also include Creativity explorations. Movement techniques. Drawing and Journaling.

Touch, hands-on as well as guided creative and scientific approaches will be explored to engage the Body-Mind consciousness and support experiential learning and embodiment.

This course is designed to support an embodied experience of the miracle of life, to uncover the deep wisdom the body holds to heal and transform.

The course is suitable for anyone interested in health, complementary medicine, creativity and the unique journey we move through as humans.

Intention for the Program.

My personal intention is to share with a dedicated group of people the amazing, beautiful and mostly hidden aspect of our physical selves in a creative and experiential environment.

We will be deepening our awareness of certain aspects of our anatomy to allow for new possibility and potential in our everyday movement life and more specific activities.

Attending to the body in this way can be deeply healing and inspirational, bringing more choices to our movement capacity which can unfold to other areas of our lives.

I will be weaving in principles, creative practices and experiential methods from the rich and diverse background of studies I have been exploring over the past ... many years.

For me to engage in awareness in this way is inspirational. I hope to open and share that lens with you.

Each month we will focus on a different anatomical structure of the body culminating in a process that integrates the whole and enlivens possibilities for creativity and visioning forward.

Aspects of the programme will include:

- Body Mind Centering
- Experiential Anatomy
- Movement Shiatsu
- The Tamalpa Life Art Process
- Transformational approaches to Leadership.

Each day will be structured with a balance of practical, theory, hands on, creativity, and transformational leadership approaches to support sharing and exploration.

Course Work

This is an optional component.

Personal journaling and attending to some of the resources offered between sessions will help to create the container for the year

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Dates and Topics Covered

2018

February 3rd and 4th :	Introduction to the Spine
March 3rd:	The Head
March 24th:	Shoulders, Arms and Hands
April 28th:	The Ribs
May 26th:	The Pelvis
June 23rd:	The Legs
September 29th:	The Abdomen and the Digestive System
October 27th:	The Nervous System
November 24th:	The Endocrine System

2019

January 26th and 27th:	Closing Weekend Ceremony
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Course Costs

Full Programme:	£1,200. (Early bird: £1,080 if payed before 1st November 2017)
Concession:	£960. (Early bird: £900 if payed before 1st November 2017)
Full Programme Deposit:	£300

Payment Methods:

Cheques should be made payable to L.A Morley and sent to:
The Halls, Main Street, Ormiston, East Lothian EH35 5HS

Pay online through the website:

http://www.statetheta.com/trainingsandcourses/spirit_of_anatomy.html

Pay by BACS

Bank: Bank of Scotland

Account No: 00575599

Sort Code: 80-08-98

If you would like to discuss payment options or if you are unable to attend the whole programme please contact me on 07868 705908

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Tutorials for Missed Days

One hour Skype sessions will be offered.

The program will support CPD, Postgrad and Foundation requirements for Shiatsu, Tamalpa Life Art Process and other bodywork trainings.

Please let me know as soon as you are able if you are thinking of attending the program.

If you feel this might be interesting for anyone you know please circulate this document, and I am happy to support with additional information.

Warm wishes.

Audicia