

2017-18 Embodied Mindfulness Leadership Certification

Module 1: Practice and Theory - Course Content, Dates and Fees

Module 1 can be taken independently for personal or professional enrichment. If you are interested in certification, see the Module 2-3 information at www.somaticexpression.com/classes/Module2.html

This immersion in the practice and theory of Embodied Mindfulness consists of a series of live online classes, an online retreat, MP3 recordings of all practices, support from a peer group, assorted readings and 2 individual online sessions with Jamie McHugh.

In each class, you are:

- Guided in 2-3 unique 15-20 minute practices with time for personal exploration and assimilation
- Engaged in interactive dialogue, question and answer, and theory
- Given recordings of the practices as MP3 files for your personal use at home in-between sessions

Over the course of the program, you will learn 21 body-based practices for stillness. These somatically informed practices are designed to:

- Introduce basic anatomy for objective information through various maps of the body
- Create a felt experience of one's body from the inside out for subjective information
- Integrate the somatic technologies of breath, alignment, self-contact, movement and stillness into a comprehensive template for bodily awareness and emotional well-being

2 individual Skype sessions are included in the course for more personalized attention. These sessions can focus on practice or theory, tracking your experience or making meaning with whatever arises, among other possibilities.

We complete the program with a 5-hour online retreat to bring the practices together.

MODULE 1 DATES AND FEES 2017/18

Various formats are available to match your schedule - Groups F and B (Sundays) are 6 weeks of 3 hour sessions; Groups A (Wednesdays) and E (Thursdays) are 9 weeks of 2 hour sessions

Fees include 18 hours of live online classes, a 5-hour online retreat, audio recordings of all practices and theory, 2 individual Skype sessions with Jamie, and assorted readings

Module 1 E - 9 Thursdays beginning September 28, 2017

9-11 AM West Coast; noon-2 PM East Coast; 6-8 PM Europe

September 28

October 5 & 12

November 2, 9, 16 & 30

December 7 & 14

Sunday Online Retreat, January 14, 2018:
8am-1pm West Coast; 11 AM-4 PM East Coast; 5-10 PM Europe

Early bird rate: \$550 by August 14; \$600 after

Module 1 F - 6 Sundays beginning November 5, 2017

9 AM-noon West Coast; noon-3 PM East Coast; 6-9 PM Europe

November 5, 12 & 19
December 3, 10 & 17

Sunday Online Retreat, January 14, 2018:
8am-1pm West Coast; 11 AM-4 PM East Coast; 5-10 PM Europe

Early bird rate: \$550 by September 21; \$600 after

Module 1 A - 9 Wednesdays beginning January 10, 2018

9-11 AM West Coast; noon-2 PM East Coast; 6-8 PM Europe

January 10, 17 & 24
February 7, 14, 21 & 28
March 7 & 14

Sunday Online Retreat - March 18: 8am-1pm West Coast; 11 AM-4 PM East Coast; 5-10 PM Europe

Early bird rate: \$550 by December 1; \$600 after

Module 1 B - 6 Sundays beginning January 21, 2018

9 AM-noon West Coast; noon-3 PM East Coast; 6-9 PM Europe

January 21 & 28
February 4, 11, 18 & 25

Sunday Online Retreat - March 18: 8am-1pm West Coast; 11 AM-4 PM East Coast; 5-10 PM Europe

Early bird rate: \$550 by December 10; \$600 after

Partial Scholarships based on need are available. Please Inquire.