



Dieser Zertifikatskurs vermittelt Werkzeuge sowohl für Ihre eigene Praxis als auch für die Arbeit mit Einzelpersonen oder Gruppen. Der Umgang mit neuen Techniken ermöglicht Ihnen eine erweiterte Tiefenwahrnehmung für unterschiedliche Schichten des Daseins und hilft so, Präsenz, Lebensfreude, Erdung und Klarheit in Ihren (Arbeits-) Alltag zu bringen.

Modul I (7-10. Oktober 2016): Das Training fußt auf einer fünffachen Grundlage: Atem, Vokalisation, Berührung, Bewegung und Stille. Experiment, Forschung und Vertiefung.

Modul II (11 -16. Oktober 2016) verbindet in besonderer Weise Theorie und Praxis. Anhand der reflektierten Erlebnisse und Erfahrungen entfalten wir spezifische somatische Werkzeuge, gestalten Ausdruck und erkunden schöpferische Methoden unserer Arbeit. In einer anderen Umgebung. Während der Tage an der Nordsee, erproben wir die neuen Fähigkeiten.

Modul III (17. Oktober – 15. Januar 2016) : Wir begleiten Ihre eigene Arbeit online. Nach Abschluss aller Module erhalten Sie das Hochschulzertifikat

SEL • Somatic Expression and Leadership

Dozenten: Jamie McHugh, Kalifornien, Andrea Heidekom, Deutschland (auch Übersetzung).

Teilnehmer: Für Menschen, die ihre Achtsamkeit steigern und die Wirkung von Bewegungsmeditation und einen authentischen Selbstausdruck in ihre Arbeit integrieren wollen.

Modul I ist Teil des Studiengangs Master of Arts Eurythmie.

Es gibt Einheiten zur Integration von SEL in die eurythmische Arbeit.

Information: andrea.heidekom@alanus.edu **Anmeldung bis 30. 5. 2016 :** eurythmieveranstaltung@alanus.edu

Gebühr: 800 € **Ermäßigt:** 750 € Tamalpa Graduates, 650 € Studenten

Zusätzliche Kosten: Unterkunft und Verpflegung an der Nordsee, etwa 100 - 150 €

Eine Veranstaltung des Fachgebiets Eurythmie an der Alanus Hochschule Alfter in Kooperation mit dem Alanus Werkhaus.



SEL • Somatic Expression and Leadership 2016



SEL • Embodying Nature, Becoming Ourselves – A Somatic Expression Leadership Training
With **Jamie McHugh**, USA and **Andrea Heidekorn**, Germany

This Leadership Training will give you somatic tools and a conceptual map for your own personal practice of embodying nature, as well as providing a template for guiding individuals and groups. The Training consists of three modules. Participants who complete all the modules will receive a certificate in **SEL • Somatic Expression and Leadership** from Alanus University.

The Training is a combination of theory, practice, dialogue and application, with time in module III for practice, peer support and integration. This approach is designed for people who want to facilitate somatic awareness, movement meditations, and self-expression in their work, and has been of particular interest for example to dancers, environmentalists, movement educators, and eco-psychologists.

The first part of the training (Modul I day 1-5) is related to the program Master of Arts Eurythmie. There will be times for reflection and to apply the experiences into the personal eurythmic studies with A. Heidekorn.

Information: andrea.heidekorn@alanus.edu • **Application :** eurythmieveranstaltung@alanus.edu, until May 30. 2016.

Fee: 800 € **Reduced fee:** 750 € Tamalpa Graduates, 650 € Students

Additional costs: accommodation and food on the northern sea, round about 100 - 150 €

Organisation: Departement Eurythmie of Alanus University and Alanus Werkhaus, Alter near Cologne



Module 1 (October 7-10, 2016): Experimental Immersion, Reflection, Theory and Practice : devoted to experience and reflection. Each day we begin by settling into our inner landscape with the five somatic technologies: breath, vocalization, contact, movement and stillness. These somatic technologies quiet the mind and enliven the body for entering into a new relationship with the outer landscape. We open the portals of perception and allow the spirit of place to occupy our soma and psyche. What emerges in this creative encounter is a rich stream of spontaneous dances, intuitive songs, and silent contemplations.

Module 2 (October 11 -16, 2016): Consolidation, Reflection, Theory and Practice: devoted to theory and practice. We will spend time reflecting on the specific somatic tools, the expressive articulation, and the creative method used. Participants will learn and implement a process for generating their own movement and expressive arts activities. The last three days will be spent in residence at the Northern Sea to bring theory and practice together in a new environment.

Module 3 (October 17 – January 15, 2016): Online Theory, Application and Support: project-based and meant for people who want to apply this approach in their work. Online consultations with Jamie McHugh and Andrea Heidekorn are part of this program, as well as peer support and specific resources and models for guidance.

Jamie McHugh, RSMT is a Registered Somatic Movement Therapist, Dancer, and Fine Art Photographer living in California. The creator of Somatic Expression – Body Wisdom for Modern Minds, Jamie has been teaching movement-based work for over 35 years with people of all ages. He is a longtime student of wilderness and wildness. He danced in the natural environment with Anna Halprin for the first of many times in 1986, and has been leading somatic-expressive encounters with the natural world for the past 25 years. www.somaticexpression.com, www.naturebeingart.org •



Andrea Heidekorn, disenchanting human being with people in many and varied settings by dancing and singing for a lifetime – Professor for Eurythmie as Social Art, Musician, Focusing tutor. Musician. To be in contact with colleagues and to work together in a creative network opens new horizons of live and work. (Andrea will translate the lessons). www.alanus.edu •

