



LIMPIDWORKS.COM



SOMATIC DIALOGUE FACILITATOR'S PROGRAM

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Limpid Works



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How it all began...

The first person with whom I have worked entirely for a year and a half on Somatic Dialogue was Beliz Demircioglu. In this process not only was she trained as a facilitator, but we also had an artistic outcome of this method, and it was the performance Let Me Be (www.let-me-be.me). The second collaborator who asked me to train her in this method was Kateřina Ledvinková, who also obtained a full private training which lasted for more than 2 years. During this time, I had been asked to create a training program from a couple of more inspiring people. Taking these suggestions seriously, I sat down and tried to think about how I can transmit this approach?

Out came a training program which needed to stretch over 1,5 years for an embodied learning experience. The program is composed of 5 terms of 245 hours of group training and 10 hours of private consultations, and a minimum of 250 hours of personal studying, experimenting and training time.

13 participants from Germany, Turkey, Czech Republic, Slovakia, Argentina, Sweden and Portugal took part and were certified. Now they will start facilitating their own sessions, and walking their path after this experience.

In September 2023 the instructor team of *Somatic Dialogue Facilitators Training* will start the courses for another group of 14 participants max. Since the first cycle, a lot has developed.

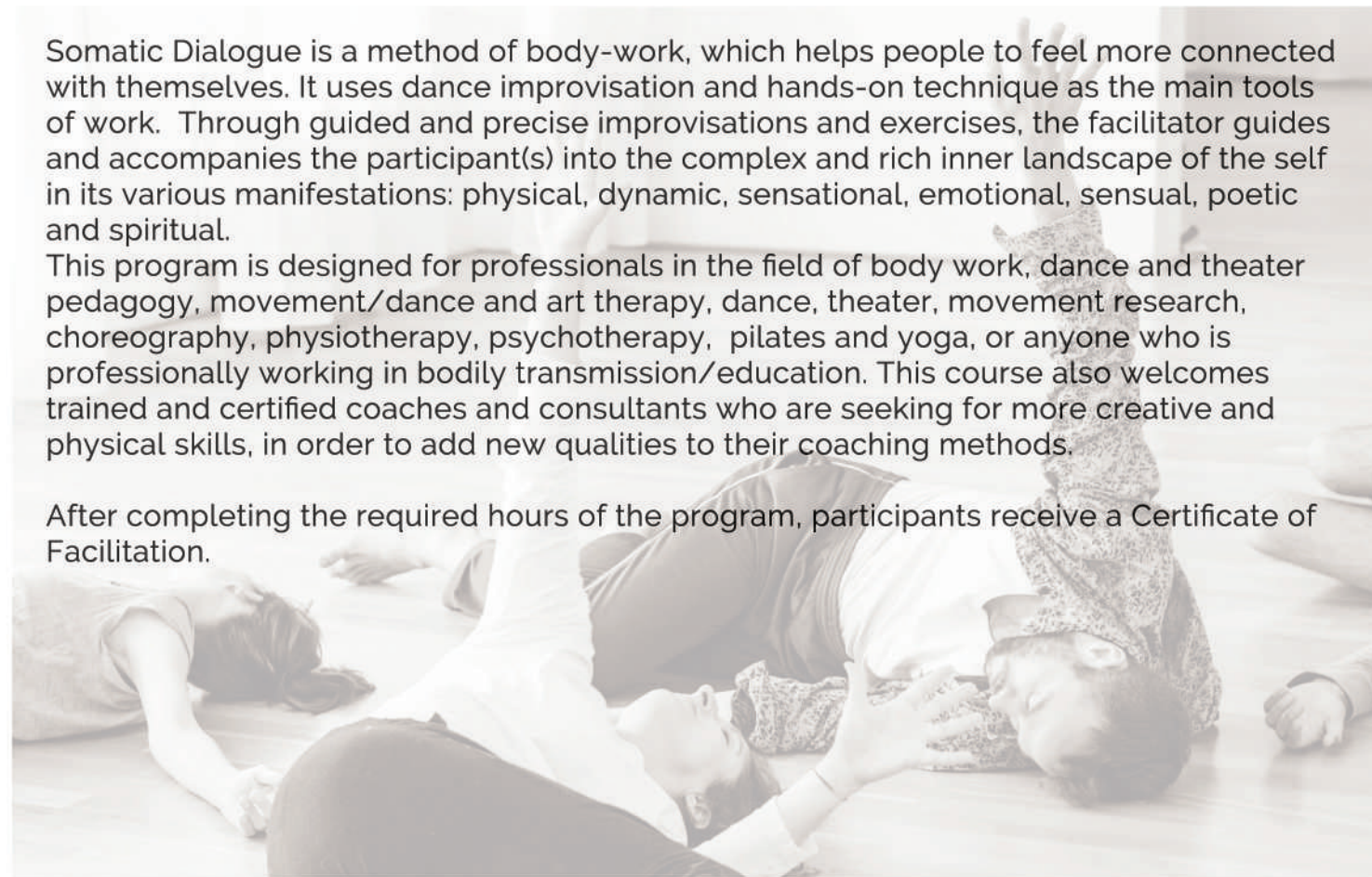
And here is what is waiting for these new participants:

Program Description

Somatic Dialogue is a method of body-work, which helps people to feel more connected with themselves. It uses dance improvisation and hands-on technique as the main tools of work. Through guided and precise improvisations and exercises, the facilitator guides and accompanies the participant(s) into the complex and rich inner landscape of the self in its various manifestations: physical, dynamic, sensational, emotional, sensual, poetic and spiritual.

This program is designed for professionals in the field of body work, dance and theater pedagogy, movement/dance and art therapy, dance, theater, movement research, choreography, physiotherapy, psychotherapy, pilates and yoga, or anyone who is professionally working in bodily transmission/education. This course also welcomes trained and certified coaches and consultants who are seeking for more creative and physical skills, in order to add new qualities to their coaching methods.

After completing the required hours of the program, participants receive a Certificate of Facilitation.



How do some of the other facilitators define Somatic Dialogue?

Lina Sjödén (Sweden)



A movement based practice including specific guided improvised exercises as well as touch. Somatic Dialogue is based on the 'Muhabbet', a loving conversation. It is a dialogue with oneself (between body and mind, between different body parts and between the facilitator and the practitioner.) "A dialogue with oneself through the other person". The mind tunes into the rhythm of the body and learns to accompany the movements instead of being in control. We are used to doing the movements. Here we learn to liberate the movements. Instead of viewing the body as a volume moving in the space, the idea in somatic dialogue is to remain with the focus within the volume of the body and move inside this space. The exercise's aim is to feel yourself through direct bodily sensations, listen and drop from being mainly in the headspace and focus outside of yourself into the inner space of the body.

Katrin Köhler (Germany)



Somatic dialogue is a dialogue between me and myself or me and another person/being with a holistic approach which works with movement and dance improvisation. Holistic because it involves our body, our breathing and our emotions. We listen and hear what they have to "tell". To be able to listen better and understand more, we will connect to the present moment and learn to become aware of and go beyond our concepts, expectations, prejudices, etc. To be heard and understood better, we learn to express ourselves more clearly. In this way we can get closer to and connect with the source of our being and our joy.

Steffen Boehme (Germany)



In Somatic Dialogue we work with movement and dance improvisations. It can be done alone and in dialogue with others. Through movement we explore relations between different body parts and systems, sensations and feelings, inside the body and in dialogue with partners and surroundings. We also discover how mind habits influence our movement and how movement habits and patterns influence our mind. We learn to trust and open to our own experience. The experiences in somatic dialogue may extend into our day to day life as an awareness and discovery of our being in every moment and in all our relations.

Learning Outcome/Training obligations



The bank of exercises:

You will learn and have in your archive all practical movement exercises that we have been creating and refining over the last 15 years, plus our own personal exercises of our practice as practitioners, each one of the lecturers generously contributing their exercises. Your obligation will be to collect and create your own bank of exercises, which you will document from the beginning.

Program objectives

If you are wishing to start your professional path, or develop your practice in Somatic Dialogue work, then this program provides you with all the solid training that you need. The objective is also to provide complementary training in somatic and movement work for professionals who are already teachers, healers, therapists, actors, coaches or instructors.

You will be encouraged to search and research bodily/emotional/sensational states of the human being. You will be refreshing and reinforcing your appetite in the refinement of the body as a sensing and thinking organism.

You will be led into a deep understanding of transmission, accompaniment, holding space for clients and/or students. You will acquire a holistic approach and understanding of the human, who is on a developmental/self-discovery path.

You will experience regular physical training in improvisation and movement techniques, as well a through education concerning the use of touch, which is one of our most effective tools.

The aim is also to open the ways to creativity in the field of improvisation. You will learn how to be more creative in the composition of exercises, in searching through the movement in order to find new ways of transmission, and in becoming independent instructors. From the very beginning you will have the experience to compose your exercises, and lead the others into movement work. The Program is structured in such a way that you will be able to build a new approach to how to work with self-discipline and overcome your resistances. This program is designed in a way to equip you with the tools that you need in order to create/find your own approach. The discovery of one's unique way is not just supported but fundamental in Somatic Dialogue Training Program.

The program is not a teaching of a dogma, it aims at transmitting principles of work. This method itself is an invitation for each one of its participants to adopt it, embody it and then appropriate it. Accordingly the training offers and requires one to go through this whole experience personally. The program is an experiential way of learning and therefore it is a challenging period.

The program consists of 5 Modules, which stretch over a period of September 2023 until April 2025 putting together about 510 hours of work. Detailed timeline and syllabus to be sent after your application.

Structuring your classes (privates and group)

You will know how to structure individual classes, how to design them, and how to communicate them. You will also learn how to lead group sessions, and how to create a program over a longer period of time. You will from the beginning of the course be assigned to lead exercises during the group practice hours. The task will start small and by Term 4 you'll be teaching a whole class.

Finding your qualities as a facilitator

You will find your voice, your own presence when accompanying others, and your tools of how to hold the space for others, how to emotionally deal with the responsibility of accompanying others on a path. During the Program you will be able to work with a partner (a fellow participant in the program) in each term. So you will be accompanying each other and thus put into practise all theoretical knowledge.

Communication and support:

You will have the support of the community and the instructors in finding the right way for you to communicate your classes and your work, suggestions of how to price your classes, as well as having regular advanced workshops where you can meet up with other colleagues and share your experiences. This community support consists of regular mentoring hours as well as a monthly online meeting to talk and share.

Online Course Information

The program will be in 5 Modules: 2 hours usually consisting of lectures based on a specific topic, movement class and Q&A's. Followed the next day by 2 hours of guided practice lessons, related to the previous lesson. All lectures will be on Wednesdays from 15:30-17:30 (Prague time), and the guided classes will be on Thursday evenings** 17:30-19:30 (Prague time) at Limpid Works Studio (can also be attended online). Participants who are in Prague are welcome to be in the studio during the lectures. After your application you will receive a detailed timeline of the program.

Participants will have access through a login-in page to the website where all material will be archived. We will have videos to watch, music sources, as well as reading materials. All lectures will happen in English, and all will be transcribed and therefore it is possible to have it translated through Google Translate. All online classes will be recorded. At the end of each term they will be available, in audio and transcribed. You'll also have video material. All workshops are also recorded and participants will have access to all documented material.

Workshop Information

Workshops will be held at Limpid Works, Center for Somatic Dialogue(s). There will be a total of 7 workshops during the program where all participants will have to attend in person. More detailed information about exact dates and syllabus will be given after your application.

Technical Requirements

Practically and technically you will need to create space for yourself in your home/studio where you can be with your computer. You will receive a Zoom link and a password for online classes. A good internet connection is recommended for a smooth session. Or you will come to Limpid Work studio every week to attend the lecture live.

Attendance

This program requires full commitment. In order to receive your Certificate of Facilitation you'll have to complete 90% of the required hours of the training.

***Wednesday online classes are fixed dates. Thursday online classes are subject to change to another day of the week according to all participant's mutual decision.*

Application

Please read all the information, check the program schedule very carefully and if you're interested, send us an application email to info@limpidworks.com latest by February 2023, to explain why you would like to be part of this program. The selection process will take place during the following month and after an interview you will be notified.

Tuition

Tuition fee for the whole program is 6.000 Euros.

Tuition fee includes:

Weekly online lectures. There is an option to join classes in person in Prague at Limpid Works studios.

7 workshops

Online / in person one to one consultations (reservation is required), (min. 10 hours)

Online audio/video/written materials (videos will be demonstrated by Berrak, Katerina and Beliz, so that participants will be able to watch three different bodies in action. All material filmed, edited and uploaded to the archive by Gunes, transcripts of all classes)

Use of Limpid Works studios to practise your work. There will be an online booking system to use the studio.

Follow up feedback from all lecturers, throughout the cycle

Payment Plans

Tuition fee can be paid in 5 installments, 2 weeks before each term in Czech crowns or Euros *via bank transfer*.

Exchange rate for payment in CZK for each term is based on date you make the payment.

or

Cash payment 2 weeks before each term.

For more information you may have a talk with the project manager Gunes Coban.

Program Schedule

MODULE I September - December 2023

Online classes: 28 hours
2 workshops: 48 hours
Total: 76 hours

MODULE II January - April 2024

Online Classes: 40 hours
1 Workshop: 22 hours
Total: 62 hours

MODULE III May - July 2024

Online Classes: 24 hours
2 Workshops: 64 hours
Total: 88 hours

SUMMER BREAK: Participants will have to practice min. 20h/Month and will be assigned to document their work.

MODULE IV September - November 2024

Online classes: 36 hours
1 Workshop: 32 hours
Total: 68 hours



MODULE V December 2024 - April 2025

During December, participants will have the chance to get their first mentoring hours and plan their pro bono clients.

During this final module until the workshop all participants will have to work with their various clients and accomplish a total of 20 hours or more and will write reports about them. This will be the preparation of their final report. They also will have the chance to have consultation hours during this period concerning their final work.

1 Workshop: 28 hours

We will mainly go deeper into the practice, discuss issues concerning their classes, and focus on how to design the final work.

At the end of April 2025 participants will complete and submit their final work, and if they have completed their minimum hours of participation they will receive their Certificate of Facilitation.



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