

GSY Teacher Training Certification Practitioner Level 3 ~ Course Outline

The Future Soma

What This 36-Hour Course Covers:

In this Course you will learn, in more detail, about the Method, Neuroscience, History, and Philosophy, of Gentle Somatic Yoga.

- **History** – Learn how Biomechanics has informed the evolution of Gentle Somatic yoga; Integrative Therapist James Knight’s life path that culminates with Embodied Movement™
- **Philosophy** – Embodied Movement™ informs the Future Soma; being and expressing as a coherent Soma is our natural inheritance, and also a conscious choice; pioneering the collective coherent Soma, envisioned as generative thriving systems
- **Neuroscience** – Going Deeper: Brain-to-muscle re-education; Bio-cosmic Nourishment; Biomechanics
- **Method** –
 - 1/3 Chair: Twelve Somatic Movement Flows (SMFs) adapted for the chair – James Knight facilitates this portion of the course.
 - 1/3 Hands-on Protocols: James’ “Top Ten” efficient and effective customized assisted pandiculation techniques for unwinding Sensory Motor Amnesia – James Knight facilitates this portion of the course. Emphasis:
 - Neck Sequence
 - TMJ Sequence
 - Shoulder & Upper Back Sequence
 - Lower Back Sequence
 - Pelvic Sequence
 - Leg Sequence: Abductor & Adductor
 - Knee & Ankle Sequence
 - 1/3 **SomaDynamics™**: approximately 7 new SMFs for Stance and Gait with emphasis on Generative and Functional Movement. Facilitated by certified Restorative Exercise Specialist Teya Alden (inspired by the work of Katy Bowman).
- Extensive video demonstrations, including handouts
- Group Class and Private Session Sequencing
- Final Exam and Teach-back
- Access to the GSY Video Library
- Strategies for Business and Marketing
- Next Steps for Continued Education and ongoing development

