



Somatic Studies & Dance: Teacher Training Mentorship 150 Hour Certificate Foundation Level 1

become a Somatic-based Dance Educator

This Teacher Training mentorship is for the already practicing dance artist/ dance teacher who is wanting to train in somatic movement education to explore applications within the practice of dance.

Somatic Studies and Dance Teacher Training Mentorship (150 hours) integrates Laban Movement Studies, Bartenieff Fundamentals, Developmental Movement Patterning, creative/ contemporary dance practice, and experiential anatomy, through a phenomenological perspective, in direct applications to dance.

All courses and one-on-one mentorship take place within the context of somatic movement education, exploring how principles and philosophical underpinnings within somatics can be applied to dance education.

This is a dedicated training program that requires rigor and practice. Students commit to all required courses, modules, self-directed studies and assignments, and complete all supplemental readings.

Learn and Explore:

- Laban Movement Studies (foundational level) with applications to somatic dance.
- Bartenieff Fundamentals (foundational level) with applications to somatic dance.
- Developmental Movement Patterning (foundational level) with applications to somatic dance.
- Experiential anatomy (foundational level) with applications to somatic dance
- Non-invasive touch techniques to support body-connectivity, clarity of initiation and sequencing, and support for personal expression and impulse work.
- Movement Literacy (movement as a language beyond steps or predetermined forms).
- A variety of somatic movement activities and explorations that can be integrated into the dance classroom.
- Soma Dance Practice-Method

Why do Somatics Studies & Dance Teacher Training?

- To learn how to support a body-mind approach to dance.

- To develop pedagogical skills around somatic-based dance practice.
- To learn how to set up a somatic-based class environment.
- To explore how to provide a creative learning environment that recognizes that each individual's way of moving is unique.
- To learn how to support personal agency and offer students personal autonomy, within the group, allowing for individuality, difference and personal expression.
- To discover how to support subjective learning and a conceptual approach to dance.
- To learn how to guide and support students to sense and perceive within their own bodies, in relation to others and environment, with inner to outer support.
- To learn how to facilitate creative and supportive dance processes with groups.
- To learn how to foster an inter-subjective experience in the classroom.
- To explore a holistic and therapeutic approach to dance.*

*This is not a therapy training program, however a somatic approach to dance can be therapeutic in nature.

Participants within this training can focus on their own self-directed path in regards to the population they teach and the context they teach in (ie. community settings, elementary and high school education, post-secondary institutions, or private studio). Participants are offered individual and group support throughout the training and receive mentorship on their final teaching project.



photo by Tonya Ng of Donna, Avis and Lada
at Moving Arts & Somatic Studies
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"Weaving Laban/ Bartenieff concepts into a dance class supports a somatic approach and creates a non-hierarchal learning environment where first person learning is first and foremost. This fosters personal expression, embodiment and individuality and allows for each individual to have their own 'body voice', within the collective/ group, while dancing. "

- Donna Redlick

How can I begin the training and how is training structured?

Step 1

Prerequisites and Application:

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| Attend a minimum of 5 somatic-based dance classes in your home area , taught by a Registered Somatic Movement Educator or Therapist (RSME/ T). Proof of completion is required. |
| Complete your professional or pre-professional dance training (min 2 yr post-secondary program). Proof of completion is required. Those part way through their training are also welcome to apply. Dancers who have not attended or graduated from a post-secondary dance institute, but have extensive dance training with an individual or mentor within a committed environment, may be eligible to apply. Please enquire. |
| Set up a phone or Zoom meeting with Donna to ensure you qualify for the mentorship training. |
| Fill out the online application form. |

Step 2

Complete the 3 foundation courses:

These courses are open to all dancers and movers. No application process is required.


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| Somatics and Dance Seminar: <i>Historical Overview, Pedagogical Approaches, and Philosophical Underpinnings – a course created and taught by Donna</i> | 10 hours |
| Introduction to Bartenieff Fundamentals* | 15 hours |
| Introduction to Laban Movement Studies* | 15 hours |
| Total | 40 hours |


*Introduction to Bartenieff Fundamentals and Introduction to Laban Movement Studies can be taught by any CMA/ RSME in your hometown. As long as they follow a set curriculum. Please speak to Donna directly about the curriculum if needed.


Step 3

Complete the following 3 Modules (in person, in studio)

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| Module 1 | 24 hrs in-person scheduled class time. |
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| Embodied Practice and the Sensing Body: Full-Body Connectivity through Developmental Movement Patterning and Bartenieff Fundamentals  | PLUS Mentorship upon Completion of Classes: 4 hrs one-on-one mentorship to be completed directly after module. In person or on Zoom. 2 hrs of self-directed teaching students, applying the material and concepts. Complete all reading and assignments related to the Module and show proof of completion. Total 30 hours |
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| Module 2 Moving in Relationship: Shape, Space and Environment  | 24 hrs in-person scheduled class time. PLUS Mentorship upon Completion of Classes: 4 hrs one-on-one mentorship to be completed directly after module. In person or on Zoom. 2 hrs of self-directed teaching students, applying the material and concepts. Complete all reading and assignments related to the Module and show proof of completion. Total 30 hours |
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| Module 3 Dynamics, Phrasing and Personal Expression: through Laban's Effort Practice  | 24 hrs in-person scheduled class time. PLUS Mentorship upon Completion of Classes: 4 hrs one-on-one mentorship to be completed directly after module. In person or on Zoom. 2 hrs of self-directed teaching students, applying the material and concepts. Complete all reading and assignments related to the Module and show proof of completion. Total 30 hours |
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Step 4

Complete Final Mentorship Module: Live or on Zoom

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| Module 4 (a self-directed mentorship module) Synthesizing Material: Class Planning and Moving into Action | 10 hours of one-on-one mentorship support and instruction focusing on synthesizing the learnings. |
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| <p>A one-on-one Mentorship Module Upon completion of all 3 modules students proceed with module 4.</p> <p>In this module the material and learnings will be synthesized into practice. Students focus on class planning and a practice-based teaching project with the population they wish to work with (or already work with) within the context of their choice (ie. community setting, educational setting, professional training program, etc). Students receive guidance and mentorship.</p>  | <p>8 hours of practicum teaching (self-directed)</p> <p>2 hr presentation of final project and learning outcome (after teaching session is complete).</p> <p>Complete all reading and assignments related to the Module in own time and show proof of completion.</p> <p>A Final Synthesis Report (written) - provided after your final presentation.</p> <p>If extra one-on-one support, guidance, or learning to process or embody material is needed, students will need to book and pay for extra one-on-one sessions.</p> <p>Total 20 hours</p> |
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Upon completion of all courses, modules, readings and assignment, students receive a certificate of completion from Moving Arts & Somatic Studies becoming a **Somatic-based Dance Educator: Foundation Level I.**

Commonly Asked Questions:

Who is eligible to apply to this program?

This program is for practicing dancers, dance teachers, and dance educators who are interested in learning somatic movement education and how somatic ideas and approaches can be brought into dance classes they are already teaching (or wanting to teach).

Students applying must have already completed dance training, or be nearing completing (ie, diploma program, degree program, or certificate program, or extensive training or mentoring with a private school or teacher).

Participants applying should also have some teaching experience. Dancers who do not have any teaching experience, but have the intent to teach, are welcome to apply.

This training is not suited for those new to the field of dance or those dancers who have not yet completed a dance training program (or equivalent). Those students currently in a dance training program may be eligible to apply (please inquire).

I want to learn more about dance, can I apply?

The focus of the program is on somatic movement education and how SME can be applied to dance training. This program acknowledges that dance is a field of practice that requires training, therefore **students entering into the training must already have completed post secondary dance training** (or equivalent) and be practicing within the field of dance as an active teacher/ educator.

Is this a dance therapy or a somatic therapy program?

No, this is not a dance therapy program or a somatic therapy program. **This is a program that focuses on somatic movement education and how somatic movement can be integrated into dance education.** Some of the explorations and applications in this training are therapeutic in nature however it is important to note that this is not therapy training.

Where can this training lead me within my field of practice as a Dance Educator?

The field of dance is rapidly changing towards non-colonial approaches - a somatic approach to dance can support change and bring us to a place where hierarchies dissolve and notions of binary thinking dismantle. Somatic dance also supports dancers to train in a manner that allows for personal agency. This leads to whole person learning where dancers having choice and a 'voice' within their training. In a somatic dance class the teacher is not the knowledge keeper. Each student holds their own knowledge from their lived experience based on movement concepts and movement as a language.

Somatics is a field that is continuing to grow and build momentum and its applications to dance are changing the landscape of dance training. Be a part of the change and at the cusp of the change!

What if I just want to do one module?

You are most welcome to do just to do one module for professional development, and not complete the entire training.

Should the modules be taken in consecutive order?

Each module is self-contained. It is however suggested that students complete module 1 before module 2, and 2 before 3 – if they can (not mandatory) as many of the concepts in the previous module are referred to within the next.

The final module, module 4, can only be started after modules 1-3 are complete.

How can I complete the training if the modules get canceled?

Modules run as one-week intensives and can only run if there are enough students registered. If the module cancels you can hire Donna for one-on-one mentorship to complete the training (at a higher fee of course). You can also round up a friend or two and Donna teach a semi-private course for you and the students gathered (fee will be determined on number of students).

I am interested in working with preschool and young children under age 9. Is this training suitable?

Somatics involves self-awareness of movement habits as well as an ability to work with abstract thinking and an understanding of philosophical underpinnings that support the field - therefore this training is not necessarily geared towards those who work with children under age 10. Donna offers creative dance teacher training for preschool aged children (ages 3-5) and young children (ages 6-9). If interested please ask Donna.

Can I get Funding?

Students must secure their own funding.

Some students may be eligible to apply for a professional development training grant. Inquire with your Arts Council.

What makes this program training unique?

This program is based on allowing each dance artist/ teacher to integrate the method towards the population they teach (or want to teach), within the context they teach. All assignments during the training are geared towards the particular population you teach (or want to teach) so that upon completion of the training the explorations become part of your “teaching toolbox”.

This training can support the dance teacher who wants to teach a somatic approach to; Children (10+), Teens, Young adults, Adults or Seniors within a variety of teaching contexts; Community, Private studio, Elementary or Secondary School, Post-secondary College or University.

Other Important Information:

- **This training requires rigor and commitment.** Reading, practice and assignments are completed outside of scheduled class time. Students must ensure that they can set aside time outside scheduled classes to practice and complete assignments.
- **This training is only for students who have the capacity to self-direct and self motivate.** This training also requires the ability to remain in somatic-based process - therefore self-reflection is required.

How much does the Foundational Training program cost?

These fees are set as of Spring 2025 in Canadian Dollars. They are subject to change. Pay as you go, course by course, module by module.

| Courses | Full Fee |
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| Introduction to Bartenieff | 390.00 |
| Introduction to Laban Studies | 390.00 |
| Somatics and Dance Seminar Course: Historical Overview, Pedagogical Approaches, and Philosophical Underpinnings | 250.00 |
| Module 1: Embodied Practice and the Sensing Body (group classes) | 530.00 |
| Module 1: One on One Mentorship (after classes are complete) | 400.00 |
| Module 2: Moving in Relationship (group classes) | 530.00 |
| Module 2: One on One Mentorship (after classes are complete) | 400.00 |
| Module 3: Dynamics, Phrasing and Personal Expression (group classes) | 530.00 |
| Module 3: One on One Mentorship (after classes are complete) | 400.00 |
| Module 4: Synthesizing Material – One on One Mentoring + Practicum | 1100.00 |
| *There is an opportunity to save \$ if you pay Early Bird Fees for Modules. | Total 4920.00* |

| Books and Support Materials that are required for the training: | |
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| The Moving Researcher: Laban/Bartenieff Movement Analysis in Performing Arts Education and Creative Arts Therapies - by Cian Fernandes | Approx. 65.00 + tax |
| Making Connections: Total Body Integration through Bartenieff Fundamentals - by Peggy Hackney | Approx. 100.00 + tax |
| Module Booklet (per Module). Written and printed by Donna Redlick. | Approx \$25 per module |

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| | Estimated Total | \$250.00- \$300.00 |
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Is there an Advanced Training I can do after completion of the Foundational Training?

Once you complete the 150 hr Foundation Program you may be eligible to proceed with the Advanced Training Program (**additional 100 hours – totaling 250 hours of training**). Advanced training can only take place if there are a minimum of 8 students who want to continue on from the foundational level training. If there is enough interest Donna will consider offering the advanced training.

Those who complete advanced training may be eligible to become a Registered Somatic Dance Educator (RSDE) with ISMETA. There are specific credentials and qualifications that must be met with ISMETA – please inquire if interested.

About Donna and how this program came to be...



Donna is a contemporary somatic-based dance educator, choreographer and artist, with 35 years of professional experience. She has taught dance to all ages (from preschool to adult) and has worked with many different populations (from beginner to professional) within a variety of settings; community, university, private sector, and education system.

Donna has been offering Dance Teacher Training in both intensive formats and workshop formats at conferences and schools for over thirty years. She formally started the **Somatic Dance Teacher Mentorship Program in 2018** (the roots of this program) out of request and interest from dancers within the community and as a way to share her passion and knowledge of teaching somatic-based dance. Her unique approach and methodology, **Somatic-Dance Practice Method®** (SDPM), based on her years of experience and research practice, is an amalgamation of Laban/ Bartenieff Movement Studies (LBMS), Developmental Movement Patterning (DMP), Creative and Contemporary Dance Practice, and Experiential Anatomy, all from a phenomenological perspective. With this methodology dance training is experienced 'beyond' steps, styles, habits, codified techniques and the virtuosic. The focus is on movement literacy, subjective experience, and the ability to self-reflect, synthesize and 'language' the movement/ dance experience from the sensing-feeling experience.

Donna's training and background:

- Master Somatic Movement Educator and Therapist, Registered with ISMETA (International and Somatic Movement Educators and Therapy Association). Master practitioners have completed 1000 hours or more in somatic education/therapy.
- Certified Movement Analyst (CMA) in Laban/ Bartenieff Movement Studies –2004 graduate from the LIMS/ LSSI program directed by Janet Kaylo.
- Masters in Dance Creative Practice (somatic-based) with distinction, from Trinity Laban (London, England) in partnership with Independent Dance London and Siobhan Davies Dance (2012).
- Graduate of the Infant Developmental Movement Educator Program through Movimiento Altas (Spain), a Certified Body-Mind Centering™ Program (2022).
- Diploma in Dance Teacher Training (1991) from Grant MacEwan Fine Arts College (now University).
- BA in Sociology from the University of Saskatchewan (1986).

For more information about Donna visit <https://www.donnaredlick.com/about>

More Questions?

Contact Donna by email at donnaredlick@gmail.com

Phone conversations can also be arranged.

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