MA Dance &
Somatic Wellbeing:
Connections to the Living Body

To attend an OPEN INTRODUCTORY DAY on the course...

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Visit:
www.uclan.ac.uk/information/courses/ma_dance_and_somatic_wellbeing.php
www.ismeta.org
MA Dance & Somatic Wellbeing: Connections to the Living Body

is a unique, visionary and pioneering programme offering a professional training in Dance & Somatic Movement Education. Approved by the International Somatic Movement Education and Therapy Association (ISMETA), the programme is on the cutting edge of contemporary international practice exploring the creative skills required to use movement with sensitivity, imagination and individuality. A deeper connection to our bodily experience, as well as to image, story and metaphor, all contribute towards a sense of authentic self and vital skills of self-care.

Focusing on community facilitation, this programme offers the opportunity to study individual and group improvisation, kinaesthetic and sensory awareness, and philosophies pertinent to applied somatics. Through the development of writing skills alongside practice, students are equipped to conduct scholarly research. Completion of the MA Dance and Somatic Wellbeing could be accepted as part of the new Doctor of Arts being offered by UCLan.

MA Dance & Somatic Wellbeing: Connections to the Living Body is a unique masters degree course offering professional training in Somatic Movement Education with classes in the USA and UK. On the cutting edge of contemporary international practice, the course explores creative skills required to practice with ingenuity, individuality, insight and sensitivity. Attracting applicants from such fields as Health, Performance, Education, Therapy and Social Care, this course highlights progressive educational principles drawing together experiential embodied practice and theoretical inquiry through current qualitative research methodologies. The course is facilitated through movement processes that develop somatic awareness with a focus on restoring and deepening connection to the lived body. This work utilises and develops our spontaneity, present moment awareness, intuition, and our ability to connect with others. Students are encouraged to develop personal movement practice, and investigate the application of somatic awareness with others so as to enable client and community facilitation.

Conceived by Amanda Williamson, the course has run at the University of Central Lancashire in Preston, UK since 2007, and in New York City, USA since 2009. It is a part-time programme, taught in 8 modules over 2 years. Course leaders are Mary Abrams (USA) and Penny Collinson (UK).

Modules include:
- Presence & Reflection
- Movement, Connection & Support
- Movement & Fluidity
- Movement, Ground and Bones
- Embodied Spirituality and the Sacred
- Dimensions of Practice
- Somatic Education & Co-creation with Clients
- Research 1: Contexts
- Research 2: Methods and Design

All sessions emphasise self-discovery, self-reflection and widening one’s field of perception. Students develop teaching, facilitation, and writing skills equipping them to contribute to the growing field of somatic movement education in academia and many other professions.

This course aims to enable graduates to work in a wide range of settings, and supports students to identify and pursue their own areas of interest. Current graduates are working in fields of: elementary education, healthcare, social services, private practice, early childhood education, community dance, dance in higher education, performing arts, and various entrepreneurial pursuits.

Applications are being received now for the next courses beginning in September in the UK and November in the USA.