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*Cet enregistrement ne vaut pas agrément de l'Etat.
code NAF 8559A

Professional Body-Mind Centering Program

Educational Direction: Janet Amato, Lulla Chourlin
Updated in July 2022

Complementary Courses

For the practitioner training, three complementary modules must be validated:

- **Functional Analysis of Muscles (Kinesiology)**
- **Anatomy and Physiology**
- **Counselling Skills**

Some students might already have taken the courses during the initial SME program or others might have the professional prerequisites.

All other students will have to validate the courses during the practitioner program.

The kinesiology course/ functional analysis of muscles is regularly offered by SOMA. The other courses have to be taken outside of SOMA in a college or privately.

Prerequisites to enter the program

These courses are offered to students that do their training with SOMA. However, students from other programs and professionals are welcome to join.

Title of the course	Number of days	Number of hours
Kinesiology	4	30
Anatomy and Physiology	11	80
Counselling Skills	7	50
TOTAL		160



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The team of educational directors

All the teachers of the Somatic Movement Education Program are certified Body-Mind Centering® teachers. They took a post-program with the School of Body-Mind Centering in order to teach in the programs. They have thought many hours within French and European programs and have a solid and versatile professional experience integrating BMC® to the field of Somatics and to different body techniques. Janet Amato and Lulla Chourlin are the pedagogical directors of the program.

Janet Amato is a co-director of SOMA. She also directs the program in Greece. Since 2005 she has been teaching in many professional BMC® programs in Europe: Germany, Scotland, Italy, Poland, England and also all through France.

Dancer and choreographer, she danced at the National Opera of Athens from 1982 to 1991. In 1987, she joined Vasso Barboussi's Okyroï Company for a tour of festivals in Greece performing contemporary dance and improvisation, video dance and multi-media art.

Since 1992, she lives in Paris, where she teaches and also continues her research and personal dance creations. Her artistic path was widely nourished by her encounters with Jérôme Andrews (dancer and choreographer, student of Joe Pilates), Solange Mignoton and Bonnie Bainbridge Cohen (founder of BMC® in the United States). She is certified in Pilates and Reiki II. She has a large range of experience as a dance and Pilates teacher and as a practitioner of BMC®.

Lulla Chourlin is a co-director of SOMA. She was trained in BMC® in the United States and became a certified practitioner in 1998. From 1998 to 2014, she created and directed the experiential art movement program together with the association Astragale, based in Besançon, and worked on the interrelation between somatic practices and dance. On a regular basis she teaches BMC® and improvisation for dancers in a large number of cities in France. She also teaches at the Regional Conservatory of Besançon. Furthermore, she is a choreographer for the company Astragale and creates interdisciplinary pieces and performances. She also works on instantaneous composition with a group of amateurs and professionals.



Detailed program for complementary studies

Functional Analysis of muscles, kinesiology

4 days, 30 hours

This course is an initial approach to the muscular system. We study the basic organization and functioning of the muscles. We trace major muscle groups and specific muscles in different parts of the body. We want to awaken your curiosity and taste to continue to explore on your own. Supported by the muscles we've worked on, we will give you some time every day for movement exploration.

Objectives for this course:

- Acquire an understanding of the organization of the muscular system based on anatomical observation.
- Locate the different muscle groups through palpation, tracing the muscle from origin to insertion, using the muscles for specific movement.
- Name and memorize the different muscle groups.

Anatomy and Physiology

11 days, 80 hours

You can take a course combining anatomy and physiology or take them separately. The courses have to be of college level or the equivalent (medicine schools, massage schools, acupuncture schools, osteopathy schools, etc, correspondence or home study courses). The themes studied should include: biology and cell division, histology, anatomy and physiology of the skeletal, muscular, endocrine, cardio-vascular, urinary, digestive, immune and reproductive system.

Objectives for this course:

- Acquire the fundamental notions for each system of the body through theory, possibly completed by functional and practical applications.

Counselling Skills

7 days, 50 hours

Is only required in the fourth year of your practitioner training in order to become a certified practitioner of Body Mind Centering®. These skills provide you with tools to verbally approach personal issues that might arise during a session. You can choose any approach that suits you as long as it provides you with practical techniques and principles to deal with the issues. The type of course you choose, should cover basic verbal skills.

Objectives for this course:

- Acquire the skills to verbally address personal questions that might occur during a personal session.