



Sherborne Developmental Movement

3 days of training - Spring 2026

Over three days you will build your movement skills and awareness in fundamental movement principles of the Body, Relationship, Space and Effort and develop your skills to plan and deliver fulfilling SDM movement experiences.

When:



Sessions 1-2 Friday 6th February 2026 ,
Sessions 3-4 Friday 27th February 2026
Sessions 5-6 Friday 22nd March 2026
9:45- 4:15 Registration from 9:30am

Where: **Otter Room- Lakeside Country, ParkWide Lane, Eastleigh. SO50 5PE**

Investment: **£450 for 3 days training including training resources.**

Multiple bookings discounts available.

Experience the theory and practice of effective, research backed SDM

Explore how to nurture Physical Literacy in yourself and in others.

Gain an experiential understanding of how movement play can be used to build communication skills and support strong, confident & resilient bodies.

Sherborne practitioners can expect to see the following benefits in those they support and work with:

- **A positive self-esteem and self-image**
- **Self-confidence • A positive sense of self**
- **Trust in and confidence in self and others**
- **Altruism and sensitivity • Positive aspects of relationship • Emotional security • Creativity**
- **The opportunity for 'engagement' in a fun, relaxed, non-judgemental environment.**



Wear clothes suitable for movement, including floor work.

Be prepared to work in bare feet, sometimes in close proximity with others, though always within your own comfort zone.

Course Leader: Louisa White SDM IQCL, RSMT IMETA, Dip IBMT, BA Hons

www.louisawhitesomatics.com/movement-training

www.sherbornemovementuk.org

Book your place by 12/12/25 email: louisa.white@sherbornemovementuk.org