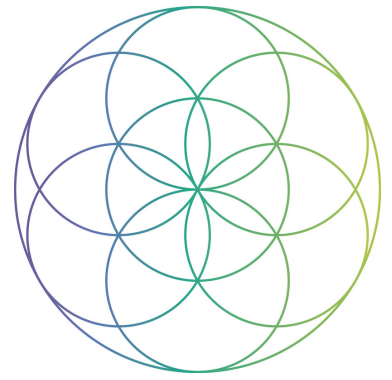




Louisa White
SOMATICS



Sherborne Developmental Movement

A 2-DAY INTRODUCTORY COURSE SUMMER 2024

Experience the effective, research backed Sherborne Developmental Movement

Explore how to nurture Physical Literacy in yourself and in others through working with the body, space, relationship and effort.

Gain an experiential understanding of how movement play can be used to build pupils', students' and clients' communication skills and support them to develop strong, confident, and resilient bodies.

When- Sessions 1-2 Monday 10th June and 3-4 Monday 8th July 2024

9:45am - 4:15pm - Registration from 9.30am

Where- The Studio Theatre, The Point Eastleigh,
Leigh Road, Eastleigh, Southampton, SO50 9DE

Cost- £300 for all 4 sessions discounts available for multiple bookings,
concessions available, please enquire.

Who is this course for?

Anyone wanting to experience the fundamentals of movement with a view to use this knowledge to support and enhance others' movement experiences.

Please wear comfortable clothes that you can easily move on the floor in. Come prepared to work in bare feet and sometimes in close proximity with others, though always within your own comfort zone. The course will include both theory and practical sessions.

Please bring lunch and a refillable water bottle

Course Leader: Louisa White SDM IQCL, Dip IBMT, RSMT, BA Hons
www.louisawhitesomatics.com www.sherbornemovementuk.org
Contact Louisa.white@sherbornemovementuk.org 07530 895404

Sherborne Developmental Movement

A 2-Day Introductory Course

Sherborne Developmental Movement (SDM) is an approach to teaching and working with movement that is both accessible, especially by people with minimal movement experience, and yet relevant at a very sophisticated level. In this introductory course you will explore the importance of awareness of self and others through movement, in order that individuals can develop physical and emotional self-esteem and confidence. And, through relationship play to build trust in self and other to build positive relationships.

Sherborne practitioners can expect to see the following benefits in the people 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.

"The Course will be held by International Sherborne Developmental Movement Course Leader and Movement Therapist Louisa White. Louisa has implemented the work of Veronica Sherborne in her community dance work in Schools, SEN Schools, Early years Settings and colleges, Community centres, care homes and hospitals for over 20 years. Louisa's dynamic and person-centred approach enables engagement with a broad spectrum of individuals; she is a passionate Yogi, somatic practitioner, therapist, and dancer who brings experience, sensitivity and humour to the movement training space."

Feedback from my last course:

Thank you again for an amazing day yesterday, I feel inspired! I have PPA this afternoon and intend on planning some sessions! Samantha- Teacher @ Springwell School

I thoroughly enjoyed the training. I have so many new ideas and have literally been falling asleep thinking about Sherborne! I had a particularly lovely session with a PMLD group where the focus and connections between staff and students were amazing and the movements were purposeful and creative. It was lovely! I am so excited to continue this with them. - Joanne- Teacher @ Victoria School