

Sherborne Developmental Movement
Sessions 1-4

Thursday 9th March and Thursday
23rd March 2023

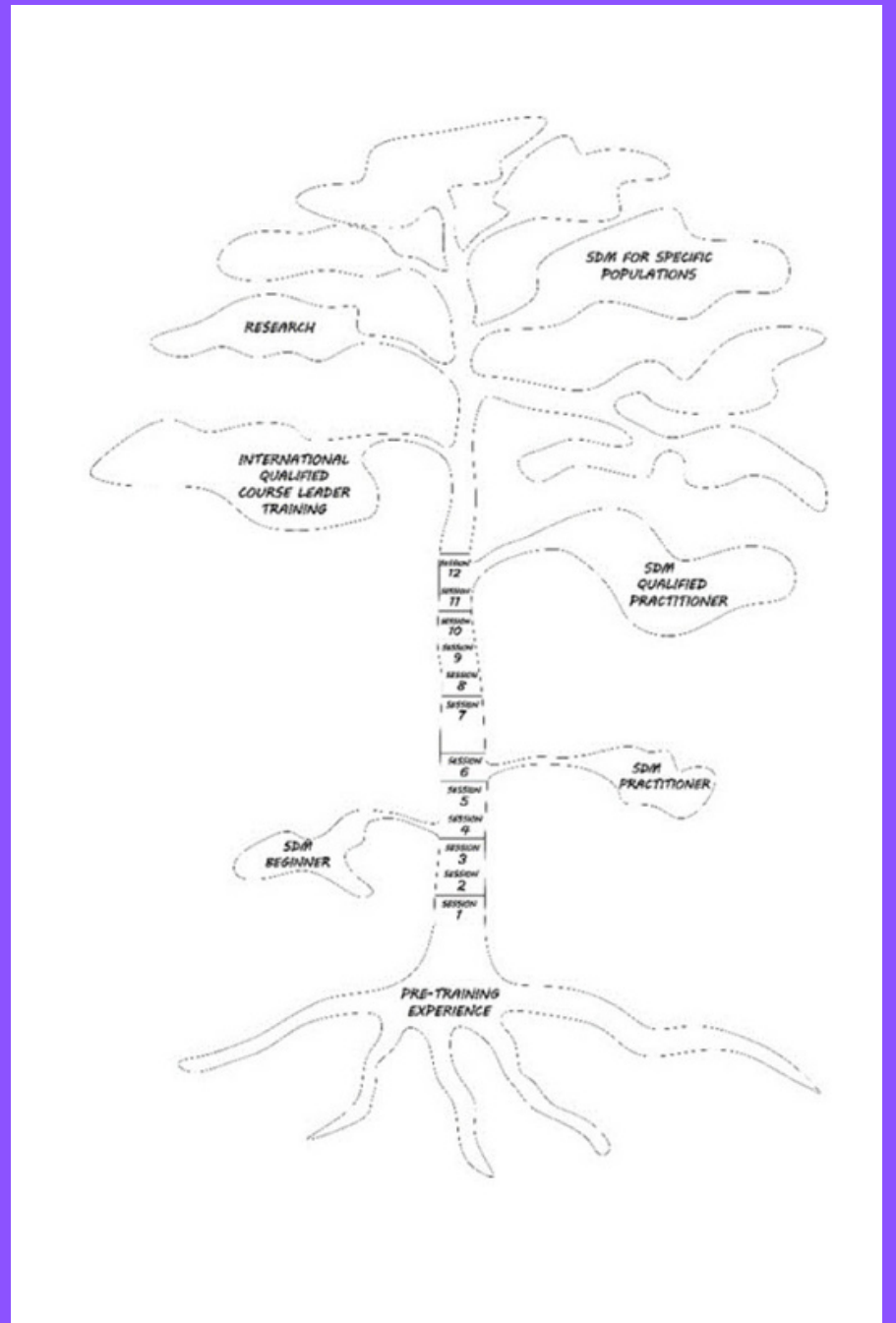


At Wythall Village
Hall, Wythall.

For further information please contact
Amy Fowler
amy.fowler@sherbornemovementuk.org

Structure of the New Courses

The new SDM training Tree – exemplifying how the new training is progressed. The motif of a tree was a starting point for creating the new course. The roots symbolise the variety of experiences participants bring to the training programme. The trunk symbolises the core knowledge, skills, understanding and experience all SDM practitioners should have. The branches symbolise how the knowledge base can be developed in specific and specialised settings, e.g., learning to become a course leader, research, special populations such as the elderly, people with dementia, autism, attachment, trauma etc.



12 three-hour sessions complete the initial training.

Sessions 1-4 are based on four aspects that are common to each session:

learning through movement experience, learning about the theory of SDM including Laban's principles of movement, learning to observe accurately, make assessments and plan ahead, developing the skills and knowledge required of a reflective practitioner. Sessions 1-4 focus on body awareness, spatial awareness,, relationships and movement qualities.

The intention in the first four sessions is to give course participants a strong foundation of personal movement experiences. Embedded in these experiences is guided reflection aimed at developing reflective practitioners. Throughout all the sessions there is awareness of both what is being taught and how it is being taught, so that the very particular nature of the SDM learning environment is emphasised.

Participants could leave the course at any point, but the first formal exit point will be after session 4 where the participants are given a Certificate.