

## **BODYMIND DANCING® CERTIFICATION PROCESS AND TUITION**

**Designed and Directed by Dr. Martha Eddy  
(RSMT, CMA, Ed.D, and Licensed Teacher of Body-Mind Centering®)**

*Deepen your dance intelligence through theories of Somatic Education  
Enhance your knowledge of anatomy and physiology through touch & movement  
Explore Laban/Bartenieff principles of efficient movement functioning while dancing  
Apply Body-Mind Centering® & Laban/Bartenieff studies to technique and improvisation  
Assess and respond to your student's use of alignment, dynamics,  
sequencing, space, and embodiment*

**BODYMIND DANCING® TEACHER CERTIFICATION** authorizes you to combine phrases and teaching strategies from BodyMind Dancing® with your own creativity and dance ability. The training teaches you to integrate skilled touch and movement principles from Dynamic Embodiment (a unique synthesis of Body-Mind Centering® and Laban Movement Analysis/Bartenieff Fundamentals) as well as compassionate community building. You will combine the best of these modalities as a BMD® teacher, whether you work with professional dancers or with the general public or anyone in between! One of the first somatic dance systems BodyMind Dancing has been part of conferences and festivals internationally, taught in universities and in open studios since 1986. Certified Teacher Trainee of BMD attend classes and workshops in BodyMind Dancing and other related somatic disciplines, after which you will receive numerous online video links to begin practice. Once you have attended an BMD Pedagogy Intensive, you may begin to be referred to as a BMD Associate. As an Associate you may be invited on occasion to assist BMD classes in various capacities (partner teaching, answering questions, representing BMD at events, leading warm-ups and substituting for classes at a reduced teaching rate, bringing in students and if appropriate follow-up with private classes). Along with a cohort of students of CTBMD, you will train with Dr. Eddy and faculty from September - June, graduating at your own pace (usually between 10 months to 2 years).

### **ELIGIBILITY:**

People who want to teach dance using the life-sustaining concepts of somatic education.  
People who are committed to the transformative nature of somatic movement and dance and want to gain fuller understanding in how to teach BodyMind Dancing. These individuals should have prior experience or strong interest in movement and somatic education. The training is expedited and discounted for the Dynamic Embodiment Practitioners, BMC® certified practitioners, CMAs, and CLMAs who have experience teaching. Prior in somatic dance, or other somatic movement certifications, and/or experience with BodyMind Dancing® or Moving For Life DanceExercise for Health® results in expediting your training and discounts. All movement enthusiasts and professionals excited about leading carefully tailored and healthy dance experiences are welcome to apply. It is advantageous especially if you seek a faster graduation if you have already completed the prerequisites before matriculation. We generally accept students who have at least 2 theory courses under their belt. However, it is possible to

### **FOR CONSULTATIONS, INQUIRIES AND REGISTRATION INFO:**

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study the prerequisite subject areas concurrently with your BodyMind Dancing Teacher Training, depending on background experience and commitment.

### **THE 4-PART CERTIFICATION PROCESS:**

1. Completing the required Somatic Theory Courses: Laban Movement Analysis, Bartenieff Fundamentals, Embodied Physiology/Body-Mind Centering Body Systems, Neurodevelopmental Movement (a Body-Mind Centering approach) and Socially Conscious Body. (Experiential Anatomy is strongly encouraged as is prior movement teaching experience.)
2. Attending a minimum of 36 hours of BodyMind Dancing classes
3. Attending 28-34 hours of Body-Mind Dancing pedagogy intensives with Dr. Martha Eddy
4. Completing Instructor assessments (usually by August of graduating Year) - practical and written

### **STRUCTURE AND SCHEDULE:**

You are expected to communicate with Martha clearly about your availability so the schedule can be tailored to accommodate all the CTBMD students, who are often in various time zones. The schedule in terms of time and date varies each year depending on the students; however overall it looks like:

- 2 to 4 one-hour BodyMind Dancing Classes are offered regularly each week, with a few more offered during intensives. You are expected to attend at least 36 of these. Spread out over a year, this can be about 3 a month.
- BodyMind Dancing Pedagogy Intensives are offered in 3-6 hour blocks, approximately every 1-2 months. A few more are offered during week-long intensives. You are expected to attend most of these, tracking your hours. They are usually on the weekend and sometimes in the evening.
- Theory Courses: Martha will offer some Theory Courses depending on the students needs. These are usually 12 hour workshops spread out over the course of a month (3 hour sessions on the weekend). You are also responsible for completing these on your own through the organizations we recommend which offer them, in a similar structure or in weekend or week-day 3-4 day intensives.
- Sept, November, March/April, June and August (and sometimes Jan and July) are when there are usually CTBMD intensives with BMD Pedagogy offerings and other lessons.
- Record your attendance in the document called: CTBMD Student Educational Tracker

Applicants who apply by mid-July can begin the program in July or August. Others begin in September. Every workshop and class is available online via Zoom or another platform to accommodate international students or those who are unable to be present in person due to Covid-19 or any other reason. The schedule is fluid and reflects student and faculty availability: most of our students have full or part-time jobs. The program schedule is as follows: Most people attend a BodyMind Dancing class at least once a week. They select from those pedagogy workshops that work best with their schedules. Frequency of offerings: various 3 hour workshops during Martha Eddy's Dynamic Embodiment Nov, April and summer intensives. 3-hour workshops every few months.

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## APPLICATION AND ENROLLMENT:

- Recommended: attend a BodyMind Dancing class or schedule a meeting with Dr. Martha Eddy to get a taste of BMD and Martha's work.
- Submit an application here: <https://docs.google.com/forms/d/e/1FAIp>
- (also available via [www.DynamicEmbodiment.org](http://www.DynamicEmbodiment.org))
- Upon acceptance into the program:
  - pay \$400 deposit by check, Paypal or Zelle [drmarthaeddy@gmail.com](mailto:drmarthaeddy@gmail.com)
  - If necessary, submit a pre-requisite transcript.
  - Return the acceptance letter with signed enrollment and payment plan to [officeofmarthaeddy@gmail.com](mailto:officeofmarthaeddy@gmail.com)
- payment Deadline: Early Bird Deadline (\$200 discount) August 1, 2021. All other applications must be submitted by September 1, 2021.

## TUITION:

\$1800 tuition includes:

- 20 hours of BodyMind Dancing classes
- Minimum of 28 hours of Pedagogy Workshops & Materials
- Final Assessment
- Course materials, Online access to classes and workshop recordings (video library), personal feedback,

The \$1800 tuition **does not include Pre-Requisite Theory Courses, or all required BMD classes**. Deposit: \$400. Discounts available for previous certification. A signed financial agreement upon acceptance with your course of payment is required to enroll. Payments: one-time payment, quarterly and monthly payment options are available. We will work with you to develop a payment plan that works best, and Work-Exchange options are sometimes available. More details for tuition are on page 8. As a BMD student, you are invited to Dynamic Embodiment and BodyMind Dancing community workshops and events such as the Anti-Racist Social Forum (fulfills theory course requirement), and discounted prices during Dynamic Embodiment intensives.

## CLASS DESCRIPTION:

BodyMind Dancing™ (BMD) is woven with improvisational structures, classic BodyMind Dancing phrases that address the emergent themes (e.g. a blend of students requests such as grounding, lightheartedness, neck pain, loosening up joints, desire for connection or pre-set themes from Dynamic Embodiment - for example mobilizing weight shifts using the hips/center of weight using Developmental Movement; experiencing holistic fitness through Bartenieff Fundamentals). Class may be organized completely with structured improvisations or more in line with traditional technique classes. Class follows the interest, capabilities and needs of the group. As an example in our one hour drop-in classes in New York City with less than 20 people, each person states what they would like to feel by the end of class. We begin with this check-in to get a pulse on what people are feeling - body sensations and emotional well-being- and then the teacher selects concepts and dance experiences to meet these needs. In large group settings with 30 - 100 participants classes begin with easy to

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follow group movement using images from early childhood development, or anatomical imagery.

Warm-ups may be standing (engaging with the different fluids of the body) or lying down (relaxing into gravity and activating different body parts) or something in between. Phrase work and improvisation are intertwined with the use of Body-Mind Centering® developmental principles, Laban Movement Analysis use of space, shaping and dynamics, and/or Bartienieff (Susan Klein & Colette Barry related) sequences, as well as Contact Improvisation and other improvisational instructions. The class ends with slowing down and self reflection using a choice of BMD's CoolDown phrase, or a somatization- a guided review of the class through improv, and a final check in including appreciations and/or questions & answers about the experience.

The goal is for everyone to be free to explore their bodily sensations and expression in a comfortable relaxed setting while also gaining new skills and developing greater personal authority based on internal awareness.

### **TESTIMONIALS:**

"Martha is a genius, and I learn something profound from her every time I am with her.

Her BMD system teaches how to engage all the fluid, tissue, organ, skeletal, and energetic structural systems which support full-bodied dancing. I leave her class feeling fuller, more present, and confident in my movement expression. I love how she shifts between exploratory sensory experiences and formal exercises that create shapes in space. These transitions help teach how to combine both inner and outer experience into a cohesive expression. These are incredible skills for all dancers to learn in support of their long term health and performance."

#### **Tanya Calamoneri, CTBMD, PhD**

Artistic Director, Company SoGoNo

<http://www.sogono.org/About.html>

Project Manager, DanceMotion USA, BAM

"I've had considerable experience of varied approaches to conscious movement practices over the past ten years. Because I'm an older adult, I approach new practices with some caution because of my injury and repair history. When I came to my first BodyMind Dancing class I was concerned that my vulnerable right shoulder might give me trouble if I threw myself into the experience. However, I found the BodyMind Dancing sequence of gradually loosening up and extending movement encourages self-nurturing and gentle experimentation with one's limits under Martha Eddy's skillful facilitation. Working with classmates was invigorating and fun. At the end of class my troublesome knees felt secure and my vulnerable right shoulder free and less bothersome. I was ready for more!"

#### **Philip M. Brown, Ph.D.**

Fellow, Center for Applied Psychology, Rutgers University

Immediate Past-President, NJ Alliance for Social, Emotional  
and Character Development

Senior Consultant, National School Climate Center

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[215.736.9338](tel:215.736.9338)[pmbrown@rci.rutgers.edu](mailto:pmbrown@rci.rutgers.edu)**DR. MARTHA EDDY'S BIOGRAPHY:**

Founder and Director of Dynamic Embodiment Somatic Movement Therapy Training ([www.DynamicEmbodiment.org](http://www.DynamicEmbodiment.org)), Martha Eddy is a dance educator and Registered Somatic Movement Therapist in private practice with pre-natal women, infants, children, adults, and seniors. Martha created Body Mind Dancing© in the mid-80s and MOVING FOR LIFE DanceExercise for Health® Moving for Life Dance Exercise for Cancer Recovery ([www.MovingforLife.org](http://www.MovingforLife.org)) in 1999. She co-created GlobalWaterDances.org with a team of five Laban Movement Analysts coordinating performances in 60 countries on June 25, 2011, and growing to over 100 in 2019. Dr. Eddy taught in the Dance Therapy programs of NYU and Antioch New England from 1984 - 1991, and then on the Dance & Dance Education program of Teachers College, Columbia University for the next 10 years. At present she is the Geraldine Ferraro Fellow of Social Justice and Dance at Marymount Manhattan College where much of her dance and somatic education teaching is affiliated. She has run similar programs with SUNY-Empire State College Graduate Center. She has taught BodyMind Dancing© at Bates Summer Dance Festival, Kestenberg Movement Profile Conference, MindBodySpirit conference, National Dance Education Organization conference, Seattle Festival of Dance Improv, TanzFabrik in Berlin, White Mountain Summer Dance Festival, and dance centers in Amsterdam, Bogota, Cologne, Lima, Mexico City, Rio, Taipei, Zurich, and throughout the USA & Canada, as well as a full semester BodyMind Dancing courses at numerous colleges and universities. She has published extensively on the role of dance in the growth and development of Somatic Education and Somatic Dance. At the American Dance Festival she taught aspects of BodyMind Dancing as part of her special workshop on Dance Somatics and Visual Perception. She is the author of *Mindful Movement - The Evolution of the Somatic Arts and Conscious Action* with numerous other books in contract.

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**BODYMIND DANCING® AND/OR MOVING FOR LIFE® TEACHER CERTIFICATION 4-PART PROCESS & FEES\***

1. Completing the required Somatic Theory Courses: Laban Movement Analysis, Bartenieff Fundamentals, Embodied Physiology/Body-Mind Centering Body Systems, Neurodevelopmental Movement (a Body-Mind Centering approach) and Socially Conscious Body. (Experiential Anatomy is strongly encouraged as is prior movement teaching experience). **(not included in tuition)**
2. Attending a minimum of 30 hours of BodyMind Dancing classes **(20 hours included in tuition)**
3. Attending 28-34 hours of Body-Mind Dancing pedagogy intensives with Dr. Martha Eddy
4. Completing Instructor assessments (usually by August of graduating Year) - practical and written

**PART 1. COMPLETE THEORY COURSES IN 5 SUBJECT AREAS (600 HRS MINIMUM) BY FALL 2021**

Students are generally not accepted without at least 2 theory courses completed, as they are foundational to BMD knowledge and completing the program will take much longer  
 See the [2021 Theory Course Opportunities Guide](#) for theory course descriptions and offerings.

Cost is not included in CTBMD tuition. Total Averages: \$1400 (varies by instructor who you pay - you may study online with us or in your local area.)

Subject Areas to Prepare You	Required Hours	Approx. Cost
BMC Body Systems (Embodied Physiology/Somatic Anatomy)	12-20 hrs	\$275 - \$400
Bartenieff Fundamentals (BF)	12-20 hrs	\$275 - \$400
BMC Developmental Movement	12-20 hrs	\$275 - \$400
Laban Movement Analysis (LMA)	12-20 hrs	\$275 - \$400
Socially Conscious Body	8 hrs	Free - \$400
<b>Total:</b>	60 hrs (minimum)	\$750 - \$2000

**Part 2. Attend BodyMind Dancing or Moving For Life Classes (36 hrs minimum)**

Attending BodyMind Dancing Classes is an important part of understanding what it means to teach BodyMind Dancing. You will learn from Certified Teachers and better understand BodyMind Dancing from the student/learner perspective.

**BodyMind Dancing (BMD) Classes & MFL in NYC are accessible virtually via Zoom. As about other locations See classes at: <http://desmtt.movingoncenter.org/classes.html> or**

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[drmartheddy.com/calendar](http://drmartheddy.com/calendar)

**\*\*20 BMD classes (hosted by Martha/Dynamic Embodiment Platform) included in CTBMD tuition. Total approximate additional cost: \$150-\$200 Usual price is 1/\$20 or 3/\$20 but for CTBMD students after your first 20 classes the price is 4/\$50. We encourage the 10 final classes to be taken with other teachers and at other locations.**

**BodyMind Dancing Class Schedule October-November 2021 (EST)**

Venue/Location	Day/Time	CTBMD Instructor
More TBD	TBD	TBD

**Part 3. Enroll in 28-34 hours of BMD Pedagogy Workshops: you choose which within 3 and 6 hour segments you will take over 2 years)**

The goal of BodyMind Pedagogy is to learn the teaching philosophy of BodyMind Dancing and how to lead at least 6 phrases and several dance improvisations in your own way.  
**Included in CTBMD tuition.**

Workshop	Hours	Location	Date/Time
1	Up to 21 hours	Online Recording	Select access - contact Martha
2	3 hours	Virtual	May 20 6-9pm EDT
3	2 hours	Virtual	June 14, 8-10am EDT
4	3 hours	Virtual	July 1 6-9pm EDT
4	6-14 hrs	Greece	circa August 19 - 28, 2021
5	6 - 14 hrs	New York	Fall 2021 TBA

**Part 4. Schedule BMD Assessments (through August 2022)**

- Present an hour long class that a BMD faculty member observes (can be in 30 minute parts) or send a videotape for review which demonstrates a good understanding and modeling of all components of a BMD class.
- Submit writing:
  - State a Dynamic embodiment Principle and describe how you would lead an improvisation to teach it.
  - Describe how you would build community in your class.
  - Design a strong lesson plan. Teach it to a faculty member or your BMD cohort, or create a video with an additional written statement about the teaching experience.
  - Design a second variation of a strong lesson for an alternative audience with feedback from faculty on the first lesson plan.

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- Demonstrate movement proficiency in the various theoretical domains - Developmental Movement, Embodied Physiology/BMC: Body Systems, Bartenieff Fundamentals and embodiment of Laban concepts and principles.

**TUITION INCLUDES:**

- 20 hours of BodyMind Dancing classes
- 28-34 hours of Pedagogy Workshops & Materials
- Final Assessment
- Course materials and Online access

Full Price: \$1,800

(See details about each section above)

**Payment Schedule**

Date of Enrollment	Deposit Due Date	Annual Tuition (includes deposit)	Biannual Payments (not including deposit)	Quarterly Payments (not including deposit)	Monthly Payments (not including deposit)	Discounted Pay in Full (PIF) tuition (includes deposit)
On or before 8/1 2021 (early bird deadline)	\$400 by 8/1 2021	\$1600 (\$200 discount applied)	\$1200/2 = \$600	\$1200/4 = \$300	\$1200/12 = \$100	\$1400 (\$200 early bird discount, \$200 PIF discount applied)
8/1 - 9/1 2021	\$400 by 9/15 2021	\$1800	\$1400/2 = \$700	\$1400/4 = \$350	\$1400/12+ \$4 monthly processing fee= \$120	\$1600 (PIF discount applied)

See the BMD Payment Schedule Document for Payment Due Dates.

*The BMD team will help you work to find a payment plan that works for you; biannual payments are also a common option. We understand many people’s financial situation is unstable due to the Covid-19 pandemic and we will work with you to establish a longer course of payment if needed.*

*Some discounts are available for those with previous certification/enrollment in CTBMD, MOC, BMC, LMA/BF, or UNCG-MADE/MSU/MMC and St Mary’s MFA, Somatic Academie student/grad, or Dance for Parkinson’s Certification. Work Exchange is also an option for covering some tuition. Please make sure to note all previous certifications in your application.*

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## SOMATIC INSTRUCTOR CONTACTS/ORGANIZATIONS

Instructor/Organization	Location:	Email	Telephone/Cell
<a href="#">Dynamic Embodiment/ BodyMind Dancing</a>	ONLINE	<a href="mailto:officeofmarthaeddy@gmail.com">officeofmarthaeddy@gmail.com</a>	(212) 864-5188
<a href="#">Somatic Anatomy</a> Lissa Michalak	ONLINE	<a href="mailto:lmichalak@gmail.com">lmichalak@gmail.com</a>	
<a href="#">Eureka Wellness</a>	Colts Neck, NJ & ONLINE	<a href="mailto:Sherry@Eurekamoves.org">Sherry@Eurekamoves.org</a>	(732) 252-6906
<a href="#">Moving For Life</a> classes - credit is given for up to 3 MFL classes	Multiple sites & ONLINE	<a href="mailto:info@movingforlife.org">info@movingforlife.org</a>	(212) 222-1351
<a href="#">Laban/Bartenieff Institute Movement Studies</a>	Brooklyn, NY & ONLINE	<a href="mailto:connect@labaninstitute.org">connect@labaninstitute.org</a>	(212) 643-8888
<a href="#">Moving on Center: School for Participatory Arts &amp; Somatic Research</a>	Berkeley, CA & ONLINE	<a href="mailto:info@movingoncenter.org">info@movingoncenter.org</a>	(510) 524-5013

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