

BODYMIND DANCING® CERTIFICATION PROCESS & TUITION

CTBMD PROGRAM OVERVIEW & ELIGIBILITY GUIDELINES

Designed and Directed by Dr. Martha Eddy
(MSMT, 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 /respond to your student's use of alignment, dynamics, sequencing, space & embodiment.

BODYMIND DANCING® TEACHER CERTIFICATION authorizes you to teach BodyMind Dancing®. You will be able to combine phrases and teaching strategies from BodyMind Dancing® with your own creativity and dance ability to create classes that are tailored to you and your students. This certification program teaches you movement principles from Dynamic Embodiment - a unique synthesis of: Body-Mind Centering®, Laban Movement Analysis & Bartenieff Fundamentals, integrated with strategies for compassionate community building. As a BMD® teacher, you will be trained in how to work with a wide range of students - from professional dancers to non-dancers and even for special populations such as elderly folks, injured people, children and people with limited mobility.

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. As a BMD Teacher Trainee, you will train with Dr. Eddy and her faculty for 18 months. During this time, you will be part of an intimate cohort group. During this time you will: attend classes in BodyMind Dancing, take workshops in other supportive somatic disciplines, take BMD Pedagogy classes and receive online video links for practice. Once you have attended a BMD Pedagogy Intensive, you may then become a “BMD Associate”. As an Associate you may be invited to assist BMD classes in various capacities (assistant teaching, answering student questions, leading warm-ups, substitute teaching, etc.).

ELIGIBILITY:

You are eligible to apply to CTBMD if you:

- 1) Want to teach dance using the life-sustaining concepts of somatic education.
- 2) Are committed to the transformative nature of somatic movement and dance.
- 3) Want to gain a deep understanding of how to teach and practice BodyMind Dancing.

Before you apply... You should have:

- 1) Already taken at least one BodyMind Dancing class prior to signing up in the certification program - to make sure the program is a good match for you.
- 2) Prior experience or strong interest in movement and somatic education.
- 3) 2 of the 5 Prerequisite Courses completed before beginning the certification program.

FOR CONSULTATIONS, INQUIRIES AND REGISTRATION INFO:

Office of Dr. Martha Eddy officeofdrmarthaeddy@gmail.com 212.864.5188
www.dynamicembodiment.org www.movingforlife.org www.drmarthaeddy.com

The CTBMD training program is expedited and discounted for:

- 1) Dynamic Embodiment Practitioners
- 2) Moving For Life DanceExercise for Health® Practitioners
- 3) BMC® certified practitioners
- 4) CMAs & CLMAs who have experience teaching
- 5) Those with other Somatic Movement Certifications (subject to Director's approval)

All movement enthusiasts and professionals excited about leading carefully tailored and healthy dance experiences are welcome to apply!

Please note that it is possible to begin the program if you have taken at least 2 prerequisite courses before the program begins and you are willing to take the remaining prerequisite courses concurrently with your BodyMind Dancing Teacher Training. It is advantageous (especially if you seek a timely graduation) if you have completed the A-D Prerequisite Courses BEFORE matriculation. However, we generally accept students who have at least 2 prerequisite courses under their belt at the time of application.

THE 4-PART CERTIFICATION PROCESS:

1. Complete all required Somatic Theory Pre-Requisite Courses (A-E):
 - A. Laban Movement Analysis
 - B. Bartenieff Fundamentals
 - C. Embodied Physiology/Body-Mind Centering Body Systems
 - D. Neurodevelopmental Movement (a Body-Mind Centering approach)
 - E. Socially Conscious Body
 - F. *Experiential Anatomy* - is not required but strongly encouraged along with prior movement, fitness or dance teaching experience.
2. Attend a minimum of 36 hours of BodyMind Dancing Classes (36 Classes).
3. Attend a minimum of 26 hours of Body-Mind Dancing Pedagogy Workshops with Dr. Martha Eddy or her faculty.
4. Complete Instructor Assessments and Write-ups (before graduation).

STRUCTURE AND SCHEDULE:

You are expected to communicate with the BMD Coordinator clearly and in advance about your availability so that the schedule can be tailored to accommodate all 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:

- BodyMind Dancing Classes are offered regularly each week. We offer at least 2 classes per week, often up to 5 classes per week, and each class is generally one hour in length. You are expected to attend at least 36 BMD Classes. Spread out over 18 months, this averages out to 2 classes per month.
- BodyMind Dancing Pedagogy Workshops are offered monthly. We offer approximately 1-2 pedagogy workshops each month. The pedagogy workshops are between 1.5-2

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hours long. There are also BMD Pedagogy Intensives that can be from 3 to 6 hours long. You are expected to attend a minimum of 26 hours of pedagogy and track your hours in a special tracking document that we provide. These classes are offered at a variety of times. Currently on Friday afternoons and Tuesday evenings or Saturday or Sunday between 12- 4pm EST. If many students come from Asia and Australia we will consider early morning classes as well. You may pick whichever workshops work for your schedule knowing that you must complete 26 hours from amongst the choices in the 18 month period.

- **Prerequisite Courses:** Dynamic Embodiment offers each of the 5 Somatic Theory Pre-requisite Courses at least once a year, depending on the current students' needs. These are usually 15 hour workshops spread out over the course of a month (3 hour sessions on the weekend) or if in person - one full weekend. If the timing is not good for you, you are expected to complete these courses on your own through the partnering organizations that we recommend (listed below) or other RSMT/E faculty you know locally or online that teach a similar syllabus. Please check in with the [BMD Coordinator](#).
- Occasionally as part of Dynamic Embodiment intensives there are optional CTBMD BMD Pedagogy offerings and other somatic dance related lessons. This is another chance to get more of your required in-class time and a chance to meet others involved with diverse uses of somatic movement.
- You are required to record your attendance (logging all BMD dance classes, BMD Pedagogy classes and BMD Intensive hours attended). This tracking document is called: "CTBMD Student Educational Tracker".

"Early Bird" applicants who apply by the EARLY BIRD DEADLINE (see below for dates) can begin the program by taking classes as soon as they pay their deposit and have completed at least 2 prerequisite courses. All other applicants will begin in September (see exact program start date below). Workshops and classes are hybrid and available in-person or online via Zoom (or other online learning platforms). The schedule is fluid and reflects student and faculty availability: most of our students have full or part-time jobs.

The program requirements can be scheduled as follows:

- Aim to attend 2-3 BodyMind Dancing classes per month - submitting a write up at least once a month
- Select from pedagogy workshops that work best for your schedule.
- Practice with others in your cohort in self-created study groups
- Spend time with the online Dashboard reviewing the schedule, watching videos, and doing reading.
- Make your payments regularly

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APPLICATION AND ENROLLMENT PROCESS:

1. Begin with attending a BodyMind Dancing class taught by Dr. Martha Eddy.
2. Then, submit your application by the deadline: August 1, 2023: [APPLICATION](#)
(also available via www.DynamicEmbodiment.org).
Receive your Acceptance Letter & Financial and Enrollment Agreement.
3. Submit your signed Financial and Enrollment Agreement & Pay your Deposit.
 - a. email documents to: officeofmarthaeddy@gmail.com
 - b. Pay your \$450 deposit by CC Link, Zelle or Check (see payment info. below)
4. Take Pre-Requisite Courses (Must take 2 before the official start date in September)
5. Begin CTBMD Program in September 2023!

IMPORTANT: Applicants who are accepted and ready to pay their deposit by June 15, 2023, receive a special discount and are eligible to begin the Socially Conscious Somatics Forum and may be invited to special workshops at a discounted rate or for free. Also any classes taken in the summer count toward your required certification hours.

TUITION:

CTBMD TUITION = \$1,950

This Tuition includes:

- \$450 Deposit (Required to complete your enrollment and to join classes)
- 26 Hours of Pedagogy Workshops & Intensives - (you may take any and all of the Pedagogy workshops offered during your 18 month program - take as many as you like or repeat workshops - as long as it is within the 18 months.)
- 18 BodyMind Dancing classes
 - These 18 classes must be taken in the first 12 months through Dynamic Embodiment taught by Dr. Martha Eddy and her faculty.
 - Please note that the \$1,950 Tuition Fee DOES NOT INCLUDE all 36 required BMD Classes. There are 36 classes required in total - you will have the first 18 class packet included with your tuition and then if you haven't found other "outside BMD classes" taught by a CTBMD that you attend" you will be billed for the second 18 class packet in month #12 of the 18 month program. Smaller increments can be arranged.
- Course Materials & CTBMD Manual
- Access to Video Library & Learning Platform (Classes, Workshops, BMD Phrases)
- Personal Guidance & Feedback
- Access to our Community Board & Community Chat Rooms
- Final Assessments
- Please note that the \$1,950 does not include the 5 Pre-Requisite Somatic Movement Theory Courses. If you have no prior training in somatic movement education then the program is approximately \$4,000 in total.

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DEPOSIT

The deposit is due upon acceptance into the program. The \$450 Deposit is included in the program tuition total. You will also submit your signed financial agreement at this time and return a signed copy of your acceptance letter.

DISCOUNTS & FEES (only one discount can be applied at a time)

- Early Bird Discount = \$100 OFF = \$1,850 TOTAL Tuition
Must Apply by June 1, 2023 & pay Deposit by June 15, 2023
- Pay In-Full Discount = \$100 OFF = \$1,850 TOTAL Tuition
Must Apply by: August 1, 2023 & pay deposit by August 15, 2023 & Pay Remainder by September 15, 2023
- Somatic Circle Discount = \$100 OFF = \$1,850 TOTAL Tuition
Application Deadline August 1, 2023 & Deposit Due by August 15, 2023
(Valid for previous certifications in: BMC, LMA, CMA, MFL or DE-SMTT)
- Regular Application = \$1,950 TOTAL Tuition
Must Apply by: August 1, 2023 & pay deposit by August 15, 2023
- Late Fee = +\$100 (Applications received after September 1, 2023) = \$2,050 TOTAL Tuition
- Extension Fee = Amount TBD. If you can not finish the program within 18 months there will be a fee charged to extend your time in the program (please let us know if you need more time or if a major life event prevents you from being able to finish the program in a timely manner.)

PAYMENT PLAN OPTIONS - CHOOSE FROM ONE OF THESE PAYMENT PLANS:

___Early Bird = Pay Deposit of \$450 by June 15, 2023 [Pay Deposit For CTBMD Program HERE](#)
Then pay the remaining \$1,400 by July 15, 2023 [Early Bird PAY HERE](#)

___Pay In-Full = Pay Deposit of \$450 by August 15, 2023 [Pay Deposit For CTBMD Program HERE](#)
Then pay the remaining \$1,400 by September 15, 2023 [In-Full PAY HERE](#)

___3 Payments = Pay Deposit of \$450 by August 15, 2023 [Pay Deposit For CTBMD Program HERE](#)
Pay 2nd Payment of \$750 by September 15, 2023 [Year One PAY HERE](#)
Pay 3rd and Final Payment of \$750 February 15, 2024 [Year Two PAY HERE](#)

___Monthly Paymnts = Pay Deposit \$450 by Aug. 15, 2023 [Pay Deposit For CTBMD Program HERE](#)
Pay \$100 on 15th of month, every month: September 15, 2023 - February 15, 2025 [Monthly PAY HERE](#)
(Please note there is an administration fee attached to the monthly payment plan option)

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Payment Methods:**Zelle** to: drmarthaeddy@gmail.com (**our preferred payment option**)**Check** to: Martha Eddy mail to: 509 West 122nd Street #14, NY, NY 10027**CC:** [Pay CTBMD Deposit by CC HERE](#)

- [Early Bird PAY HERE](#)
- [In-Full PAY HERE](#)
- [Year One PAY HERE](#) / [Year Two PAY HERE](#)
- [Monthly PAY HERE](#)

IMPORTANT: Please put your name with “CTBMD” in the NOTES section for ALL FORMS OF PAYMENT so that we can credit the payment to your account. Thank you!Alternate method: Paypal to: drmarthaeddy@gmail.com NOT PREFERRED

- Inquire with the office about Work-Exchange opportunities.
- Inquire about our “Somatic Circle Discounts” if you have previous certification/enrollment in any of the following: 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.
- As a BMD student, you are invited to Dynamic Embodiment and BodyMind Dancing community workshops and events such as the Socially Conscious Somatic Forum (fulfills theory course requirement), and discounted prices during Dynamic Embodiment intensives. You can take as many BodyMind Dancing Pedagogy workshops as you like within your 18 month program. You are encouraged to track all of your hours, even beyond the required hours, as they can support you in future studies and certifications with Dr. Martha Eddy.

CANCELLATION & REFUND POLICY:

Withdraw By September 15, 2023: 100% Refund on Amount Paid (less \$100)

Withdraw September 16 - October 15, 2023 : 100% Refund on Amount Paid (less \$250)

Withdraw October 16 - November 15, 2023: 100% Refund on Amount Paid (less \$450)

Withdraw November 16 - December 15, 2023: 100% Refund on Amount Paid (less \$650)

Withdraw December 16 - February 15, 2024: 100% Refund on Amount Paid (less \$850)

Withdraw February 16 - April 15, 2024: 100% Refund on Amount Paid (less \$1050)

Withdraw April 16 - June 15, 2024: 100% Refund on Amount Paid (less \$1250)

Withdraw June 16 - August 15, 2024: 100% Refund on Amount Paid (less \$1450)

Withdraw after August 15, 2024: NO REFUNDS

*In extenuating circumstances such as a death in the family or serious illness, etc. it is possible to extend the program, please write to us if you need to “pause” your learning and then “rejoin” the group at a later date.

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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). Classes 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 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 Bartenieff (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

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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
[215.736.9338](tel:215.736.9338)
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DR. MARTHA EDDY'S BIOGRAPHY:

Founder and Director of Dynamic Embodiment Somatic Movement Therapy Training (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) in 1999. She co-creates GlobalWaterDances.org annually with a team of five Laban Movement Analysts coordinating performances in 60 countries on June 25, 2011, and growing to over 200 in 2023. Dr. Eddy has taught in the Dance Therapy programs of NYU and Antioch New England (1984 - 1991), and then with the Dance & Dance Education program of Teachers College, Columbia University for the next 10 years. She has taught at Princeton and numerous smaller liberal arts colleges and graduate schools. She served as 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, St Mary's College, UNC-Greensboro and with Montclair State College.. 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 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* as well as co-author with Shakti Smith of Dynamic Embodiment of the Sun Salutation.

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4 PART CERTIFICATION PROCESS IN DETAIL

1. PRE-REQUISITES: COMPLETE THESE 5 SOMATIC THEORY COURSES

You must complete these Somatic Theory Pre-Requisite Courses before beginning your pedagogy workshops. If you have at least 2 pre-req courses completed beforehand, you may be allowed to take the other 3 courses concurrently with your pedagogy workshops.

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
Total:	68 hrs (minimum)	\$750 - \$2000

*Cost is not included in CTBMD tuition. Total Averages: \$1400
 It is assumed you have studied Anatomy. If not see below

PLACES THAT OFFER THE PRE-REQUISITE SOMATIC THEORY COURSES

Instructor/Organization	Location:	Contact	Courses Offered
Dynamic Embodiment/ BodyMind Dancing	ONLINE	officeofmarthaeddy@gmail.com (212) 864-5188	Laban & Bartenieff BMC Socially Conscious Body
Somatic Anatomy Lissa Michalak	ONLINE	lmichalak@gmail.com	Anatomy
Eureka Wellness Sherry Greenspan	Colts Neck, NJ & ONLINE	Sherry@Eurekamoves.org (732) 252-6906	Workshops and classes
Moving For Life classes - credit is given for up to 3 MFL classes	Multiple sites & ONLINE	info@movingforlife.org (212) 222-1351	Offers some pre-reqs and its own Teacher Training developed by Martha Eddy
Laban/Bartenieff Institute Movement Studies	Brooklyn, NY & ONLINE	connect@labaninstitute.org (212) 643-8888	Laban/ Bartenieff Movement Studies and other special workshops
Moving on Center: School for Participatory Arts &	Berkeley, CA & Currently on pause	info@movingoncenter.org (510) 524-5013	Has offered all the prerequisites in the past as well as Director Carol

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Somatic Research			Swann being the forerunner of the Socially Somatic Body
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2. BodyMind Dancing Classes (36 hours of classes minimum)

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

18 BMD classes (hosted by Martha/Dynamic Embodiment Platform) are included in your CTBMD tuition. Total approximate additional class cost will be approximately: \$250 - We encourage you to take your first 18 classes with Martha and her core faculty and for the second 18 classes, we encourage you to try to take classes from as many different and diverse teachers as possible. (Some classes are on a sliding fee scale \$5-\$25). If this is not possible we will bill you for an additional 18 class package so you have access to continued training with our CORE faculty.

BodyMind Dancing (BMD) Classes are available world-wide in person as well as accessible virtually via Zoom. We try to accommodate as many time zones as possible as our students are from across the globe. **See BMD Class Schedule:** dynamicembodiment.org/calendar or drmarthedy.com/calendar

3. BMD Pedagogy Workshops: Enroll in 26 hours of Workshops (you choose which 3 and 6 hour segments you will take)

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, always with freedom to style the class in your own way. You may integrate the dance forms that you are most comfortable with. If calling the class BMD you need to include at least 3 signature phrases/or concepts.

All Pedagogy Workshops and Intensives are Included in your CTBMD tuition.

4. Assessments - Schedule Your BMD Assessments

- During the first year, you are asked to reflect in writing on at least 10 classes
- As you get closer to finishing the program you will be ask to submit written assessments:
 - 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 for a 1-hour class. Teach it to a faculty member or your BMD cohort, or submit a video clip (see above practical assessment).
 - Design a second variation of a strong lesson for below alternative audience with feedback from faculty on the first lesson plan, and write about how you would create a positive community climate with this group.
- You will present a class portion as part of the “Practical Assessment”: Present an hour long class that a BMD faculty member observes. (If necessary we sometimes allow you to organize a class and invite our faculty or to submit a recorded session but send a video clip

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with an additional written statement about the teaching experience for review which demonstrates a good understanding and modeling of all components of a BMD class.)

BENEFITS & PERMISSIONS

Once you are a CTBMD you are able to teach classes on your own and set your own fees, or integrate the work in your current programs IF you state that this is BMD or the work of Martha Eddy. There are also periodic reunions and opportunities to engage with updating the work.

You will be asked to sign a Certification agreement that says the above and lists that if you are in good standing you may:

- Use the BMD logo
- Charge what you like
- Apply to teach classes for the BMD program
- Bring the work to festivals or other events of your choosing
- Be invited to teach at local or online opportunities that BMD discovers
- Be part of the presenters at the National Dance Education Org Conference
- Move toward Senior teacher to teach in the BMD training
- Apply to become a Registered Somatic Dance Educator with ISMETA.org
- Attend larger Dynamic embodiment community events for free - Socially Conscious Somatics Forum is still open for you for free
- Be involved with the ongoing graduate community forum
- Apply for our DE-SMTT Program to become a Dynamic Embodiment Practitioner and Somatic Movement Educator or Therapist

We are so glad you are considering joining this community!

Still not sure if the CTBMD training program is right for you?

We invite you to take a BodyMind Dancing class with Dr. Martha Eddy

✨ ✨ ✨ First class is FREE! ✨ ✨ ✨

See class schedule here - [BMD Class CALENDAR](#)

Email us: officeofmarthaeddy@gmail.com to claim your FREE Class!

OR Join us for an...

Upcoming CTBMD Q&A Session (FREE & Open to the Public):

Saturday, April 15 @11am EST

Tuesday, May 2 @2pm EST

Monday, May 8 @7:15pm EST

[REGISTER for Q&A Sessions on our CALENDAR!](#)

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