



**EMF 2024**  
**Foundations**  
**Class 3**  
**With Hana**



**The**  
**Movement Arc**

Somatic Education Centre

# Class 3 Description

## OVERVIEW OF EMF PROGRAM AND BASIC EMF PRINCIPLES

After a grounding movement warm-up experiential to release stress, we explore a working definition of **'Expressive Movement Facilitation'** and understand the **foundational principles of EMF** as taught at The Movement Arc.

We also experientially as well as didactically explore possible EMF methodologies and applications for wellness and expressivity.

Students then consider some of the roles the EMF facilitator is weaving in and out of while facilitating somatic movement, and introduce and experience the **7 Stage Process of EMF** for group movement facilitation.



## Warm Up

- Stress Release was our INTENTION
- Remembering the wave of energy and movement that can connect through the pathways of your body.
  - Resourcing in the out-breath, as well as in areas that feel good/loose/free...
  - Resourcing in playing with Freeing and Binding the Tension-flow in your muscles
  - Layering in cognitive and somatic awareness as we move.

## BASIC MOVEMENT ACTIONS ARE HOW WE CAN EXPRESS

- Yielding-Sensing Contact-Releasing Weight into earth/person
- Pushing - increasing pressure
- Reaching and..
- Grasping/taking hold
- Pulling in, through or in different directions



We can also add other movement actions/locomotion

# PAUSE (1:45-2pm)



# Small Group Talk

Questions:

What is **Expressive Movement Facilitation** to you?

What might it include?



# Group Brainstorm: Expressive Movement Facilitation

- Invitation to experience the felt sense of the body
- Guiding people back home to their bodies
- Tool to extend a sense of connection and togetherness
- Learning to be self-aware at any time in our bodies
- Processing and Attunement                      - Empowerment around knowing your own body as healer
- A different way of knowing                      - Reclaiming joy and playfulness
- Supporting the community and people around us
- Exploring more into self-acceptance, self-compassion through body
- Being a witness to people's journey
- Helping people to heal themselves by education.   - Creativity and its process: sharing authentically



## Expressive Movement Facilitation (Movement Arc definition)

Let's read it from Website: [www.themovementarc.com](http://www.themovementarc.com)

Key aspects: listen for them, see what comes alive for you, what interests you, how can you connect?



## What is Expressive Movement?

Expressive Movement is a wellness, self-connection, and relational/community practice that engages movement and creativity in a process-oriented approach. In this training we explore, using a somatic approach, the facilitation of dance, movement and embodiment for people of all ages and abilities through a developmental, physical, social-emotional and community lens. Whether you are a dance/movement facilitator, embodiment practitioner, yoga teacher, therapist or healthcare professional, this professional development training provides tools and skills to easily integrate into your practice.

In [Expressive Movement Facilitation](#) we help bridge what is 'inner' experience to 'outer' expression. Through this process, a person can increase their self-awareness, self-understanding, wellbeing and felt sense of connection to others.

What is "inner"? This could be creative ideas, sensations, feelings, thoughts, images, memories, longings, intuitions, life experiences/stories that seek expression through the moving body to support a person's wellbeing.

What is "outer"? This is creative self-expression brought into form, into some kind of crystallization; to be known, felt, seen, shared and celebrated in relationship with self and others.

Movement is universal, it is our first language, and its transformative power is key to our process!

# Facilitator Roles



You will find yourself wearing many hats and being in different roles as an Expressive and Somatic Movement Facilitator.

Knowing which role you are in and why, and what this helps to facilitate is key. This is what we will be learning about.



# EMF ROLES

1. Constructor/creator of movement and sensory experiences, designed for meeting needs and goals.
  2. Demonstrating movement.
  3. Moving FOR, WITH, BESIDE.
  4. Reflecting what you see: Witness.
  6. Dialoguing/Integrating.
  7. Narrating.
- Etc...many roles you might be in.



# Important Principles of EMF

1. **Support** (the felt sense of) precedes movement, and movement can provide support.
2. The body is **naturally intelligent** and bodily intelligence can be harnessed.
3. **Creativity** can be generated by and expressed through the body.
4. A felt sense of **embodied agency** is essential to well-being.
5. **Curiosity and discovery** is essential to process-oriented somatic inquiry.
6. **Relational attunement** is key to well-being (with self and with others).
7. **Belonging** - moving in community as part of the 'Collective Body' can support health.



# 7 Methodologies

- **Experiential Anatomy**
- **Kinetic Imaging**
- **Laban/Bartenieff Movement Studies**
- **Authentic Movement**
- **Creative Dance**
- **Expressive Arts**
- **Body-Mind Integration**



# Assignments



Watch *Breath Made Visible* Film (link for streaming/rental is in LearnDash).

Then arrange with partner to meet for 1/2hour to discuss your experience of the films, questions that came up, what was newly learned for you?

