



Somatic Movement Center®  
Certified Exercise Instructor  
Level 1, 2 & 3

**Somatic Movement Center®**

SomaticMovementCenter.com

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# TABLE OF CONTENTS

Overview	3
SMC® CEI Level 1	3
SMC® CEI Level 2 & 3	3
Enrolling in the Level 1 Course	4
Prerequisites	4
Tuition	4
Level 1 Course Syllabus	5
Schedule	5
Required Reading	5
Academic Material	5
Exercises	6
Outcomes	6
Requirements for Level 1 Certification	7
Instructor	7

## OVERVIEW

This series of home-study courses teaches Clinical Somatic Education self-care exercises, principles and theory as developed by Thomas Hanna. The courses are designed for highly motivated, self-driven students who are comfortable with distance learning.

These courses are intended for health and movement professionals such as physical therapists, occupational therapists, yoga instructors, fitness instructors, and personal trainers. The courses teach health and movement professionals how to instruct Clinical Somatics self-care exercises, and incorporate the exercises into their current practice. Clinical Somatics exercises give health and movement professionals a highly effective way to help their clients and students who suffer from chronic muscle and joint pain, postural distortions, movement limitations, and many common musculoskeletal conditions.

If you have no background in movement or teaching, but are passionate about teaching Clinical Somatics, you are encouraged to enroll.

### **SMC® CEI Level 1**

SMC® CEI Level 1 teaches a series of eight Clinical Somatics floor exercises and two seated and standing proprioceptive exercises that address dysfunction in the core of the body. The course introduces students to the concepts of Somatic theory, teaching principles, and neurophysiology.

### **SMC® CEI Level 2 & 3**

SMC® CEI Level 2 & 3 teach advanced Clinical Somatics floor exercises and proprioceptive exercises that address dysfunction in both the core of the body and the extremities. The courses delve deeper into teaching principles, neurophysiology, and working with functional disorders.

## ENROLLING IN THE LEVEL 1 COURSE

Students may register for the SMC® CEI Level 1 course at [SomaticMovementCenter.com](http://SomaticMovementCenter.com). While the course is intended for health and movement professionals, anyone may enroll. When registering, you will be asked to describe your personal experience and practice with Clinical Somatics self-care exercises, as well as provide a personal statement explaining why you want to teach Clinical Somatics and in what setting you plan to teach.

### **Prerequisites**

Students enrolling in the SMC® CEI Level 1 course must have personal experience with Clinical Somatics self-care exercises as taught by a certified educator, and should be practicing the exercises on their own on a regular basis. It is highly recommended that students complete either the Somatic Movement Center Level One online course or the Full Body Pain Relief & Relaxation audio series, both available on [SomaticMovementCenter.com](http://SomaticMovementCenter.com).

### **Tuition**

Tuition for the SMC® CEI Level 1 course is \$475, payable online at time of registration.

# LEVEL 1 COURSE SYLLABUS

## Schedule

The SMC® CEI Level 1 course is taught in ten sections. The pace of the course is set, with a new section becoming available each week. Students may begin the first section of the course immediately upon registering. The entire course may be completed in ten weeks; however, students may take as long as they need to complete the course.

## Required Reading

Students are required to read *Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health* by Thomas Hanna.

Students are encouraged, but not required, to use *Trail Guide to the Body: How to Locate Muscles, Bones and More* by Andrew Biel as a reference.

## Academic Material

The following academic topics are covered in the SMC® CEI Level 1 course. Students will complete a quiz at the end of each section testing the comprehension of the academic material.

- History and principles of Clinical Somatic Education
- Teaching principles of Clinical Somatic Education
- Student assessment
- Theory and anatomy of the Green Light Reflex (action response), Red Light Reflex (withdrawal response), and Trauma Reflex (flexor reflex)
- Sensory-motor amnesia
- Sensory adaptation, awareness and attention
- Pandiculation
- The stretch reflex (myotatic reflex)
- Proprioception and teaching proprioceptive exercises
- How to instruct group classes, individual sessions, and home practice
- How to describe and market Clinical Somatic Education

## Exercises

The SMC® CEI Level 1 course teaches a series of eight Clinical Somatics floor exercises and two seated and standing proprioceptive exercises that address dysfunction in the core of the body. Students will learn how to instruct each exercise through video demonstrations, written explanations and instruction, and personal practice. The anatomy of each exercise, what conditions each exercise helps to alleviate, and common mistakes that students make when practicing the exercises are discussed. A sample script for each exercise is provided.

At the end of the course, students will submit four videos of themselves teaching a volunteer client four of the exercises that are taught in the course. The videos will show that students have a clear understanding of how to teach the exercises and how to work with a client. Feedback will be given on the videos, and if improvement is needed before certification can be granted, students may be asked to re-submit one or more of the videos.

## Outcomes

Somatic Movement Center expects Certified Exercise Instructors to uphold the highest level of instruction to their students and clients. Upon completion of the SMC® CEI Level 1 course, students should have a deep understanding of:

- The theory, principles, and neurophysiology of Clinical Somatic Education
- How to teach Clinical Somatics self-care exercises in a variety of settings while being true to Clinical Somatics teaching principles and best practices
- How to assess a client or student, and work with them in partnership to address their unique issues
- How to sequence a group class or individual session in order to address specific patterns of pain, dysfunction, or diagnosed musculoskeletal conditions
- How to instruct students to develop their own ongoing home practice

## REQUIREMENTS FOR LEVEL 1 CERTIFICATION

Successful completion of the SMC® CEI Level 1 course is dependent on:

1. Passing all quizzes on academic material
2. Submitting four videos demonstrating competent teaching of the exercises
3. Submitting a personal statement at the end of the course describing your personal experience with practicing the exercises, your experience in learning how to teach the exercises, and how you intend to move forward in teaching the exercises

### Certification

Once you have been approved for certification, you will receive a formal, signed certificate showing that you have completed the SMC® CEI Level 1 course. You will receive an electronic version of the certificate, and if you live within the contiguous 48 states of the U.S., you will receive a physical copy by mail.

You will also receive handouts that you may give to your students as tools that they can use to practice the exercises at home on their own. The handouts describe each exercise individually, as well as how to get the most out of practicing Clinical Somatics self-care exercises.

If you wish, your name, head shot, and contact information will be listed on the Certified Exercise Instructors page of [SomaticMovementCenter.com](http://SomaticMovementCenter.com).

### INSTRUCTOR

Sarah Warren St. Pierre is a Certified Clinical Somatic Educator, owner of Somatic Movement Center, and the author of the book *Why We're In Pain*. She was trained and certified at Somatic Systems Institute in Northampton, MA. Sarah has helped people with chronic muscle and joint pain, sciatica, scoliosis and many other musculoskeletal conditions become pain-free by practicing Thomas Hanna's groundbreaking method of Clinical Somatic Education. Sarah is passionate about empowering people to relieve their own pain, improve their posture and movement, and prevent recurring injuries and physical degeneration.