

SOMATIC MOVEMENT CENTER

SMC® CEI LEVEL 1 COURSE OUTLINE

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| Section 1 | Academic Material: Somatic Theory, History, and Principles of CSE;
and Teaching Principles of CSE
Exercises: Standing Awareness, Diaphragmatic breathing,
and Arch & Flatten |
| Section 2 | Academic Material: Professional Standards of CSE; Student Assessment;
and Red Light Reflex
Exercises: Arch & Curl and Upper Trapezius Releases |
| Section 3 | Academic Material: Green Light Reflex
Exercise: Back Lift |
| Section 4 | Academic Material: Trauma Reflex
Exercise: Side Curl |
| Section 5 | Academic Material: Muscle Memory and Sensorimotor Amnesia;
and Working With the Core of the Body
Exercises: One-Sided Arch & Curl and Diagonal Arch & Curl |
| Section 6 | Academic Material: Sensory Adaptation, Awareness, and Attention
Exercise: Iliopsoas Release |
| Section 7 | Academic Material: Pandiculation and the Stretch Reflex
Exercise: Hamstring Release |
| Section 8 | Academic Material: New Sensations
Exercise: Hip Rotator Releases |
| Section 9 | Academic Material: Proprioceptive Training
Exercise: Proprioceptive Exercise 1 |
| Section 10 | Academic Material: Teaching Individual Sessions
Exercise: Proprioceptive Exercise 2 |