



*Dear friends and colleagues,*

I am very excited to announce that the 2025-2026 **Somatic Movement Teacher Training Program** is now open and accepting applications!

Since 2019, the nourishing exchanges with our community have informed me and other co-workers that the seeds of sharing are spreading, and many of you are ready to become excellent movement teachers. We are, too, ready to facilitate you in entering this next phase of your practice!

At this crucial transitional period in your life, we wish to accompany and support part of your journey. We will explore, practice, and discuss how to become a teacher in the field of Somatics, guiding your path as you will guide others in the future. This program integrates essential **practical and theoretical knowledge** and seeks to cultivate an **integrated approach** for teaching, while fostering your **personal development**. These three facets will support you in becoming a grounded and mature teacher, and deepen your sense of service to the community.



Jessica Lu  
Educational Director

Becoming a somatic movement teacher  
cultivates physical intelligence, clarity of  
intention, creative and aesthetic potency,  
reflection and self-healing.



Artensunst  
**Somatic  
Movement  
Teacher  
Training**

## 01 Overview

The study of “soma” is based on embodiment, through the exploration of kinesthetic movement. “To understand is to under-stand, take it under my stance. (*Suprpto Suryodarmo*)” Therefore the process of learning somatics is gaining direct experience through bodily movement. This program is packed with **immersive workshops**, making the 1-year experience a highly valuable opportunity for deepening your understanding about the work and about yourself.

The program delves into the various **philosophical and historical contexts** of Somatics, while surveying **different forms of somatic practices**, including those informed by Eastern and Western cultures, moving or still, and those that focus on different aspects of our being; You will learn how these different frameworks relate to one another in a broader perspective, and most importantly, what are the **basic ideas** that weave through the field of Somatics. You will also gain a basic understanding of how the academic fields of experiential anatomy, neuroscience, philosophy and psychology are embedded in somatic practices. This 1-year program will help you establish **an inclusive and fundamental framework**, which will continue to serve you in the years to come.

Through **supervised teaching practices** and ongoing support and feedback from your mentors, you will find your way and your voice as a teacher. As a student of this program, you will learn to share your embodied knowledge to the public by honing the craft of **linguaging** and conveying a deeper sense of well-being. You will develop skills to teach somatic movement practices in group settings both online and in-person. You will also become familiar with sensing and shaping the atmosphere of a practice site and start to develop your own intuitive sense as a teacher. The program is dedicated to facilitate you in becoming a responsive, sensitive, and precise teacher in movement practices.

Last but not least, sustainability is very important to us. We want to help you find a path for continuous self-evolution. Therefore, the **private session** hours are when dedicated mentors can work with you in solving current obstacles and planning the next steps of your growth. The **round-table meetings** are when experienced leaders in the field of Somatics share and discuss how to build a supportive community. You will start to see how becoming a somatic movement teacher can be both spiritually and financially rewarding.

We are excited to spend 2025-2026 with you and witness your blossoming!

*\*Somatic Movement teachers work in diverse fields such as physical therapy, education, art, literature, theater, dance, music, wellness, psychology, ergonomics and sports performance.*

## 02 The Training Process

### ○ Curriculum and Pedagogical Approach

- Immersive Movement Workshops
- Private Sessions
- Small Group Processes
- Lectures by Guest Faculty

### ○ Round Table Meetings

- Community Building and Service-Oriented Philosophy
- The Logistics of Becoming a Teacher

### ○ Evaluation and Graduation Process

- Teaching Supervision
- Crystallization Sharing and Reflection

### ○ Extracurricular Happenings

- Recommended Readings and Resources
- Complimentary Workshops offered by *Aftersunset* throughout the year of 2025
  - Poetic Entry, Amerta Movement based practice (free)
  - Sumarah Meditation (free)
  - Other offerings by our teachers (50% discounted)

## 03 Program Highlights

- The Somatic Movement Teacher Training Program draws together a group of highly experienced practitioners who have been actively teaching for decades.
- 200 plus hours of immersive workshop segments both online and in-person will cultivate a strong sense of grounding and embodied presence for teachers-to-be.
- Long-term inter-disciplinary and cross-cultural fieldwork give birth to this integrated curriculum, passing on embodied knowledge through basic vocabularies (a phenomenological approach), providing an inclusive framework for teaching Somatics (and beyond).



- Team teaching provides diverse perspectives, lifestyles, and teaching philosophies that will create a rich dialogue for the students.
- Longer-than-usual continuity of supervision and support throughout the year and after graduation.
- Participants will be led step-by-step to build their own community that will continue to nourish their personal and professional growth.

## **Q & A**

### ***How large will the training group be?***

The total number of participants will not exceed 30 people. Small-size groups are used to foster your learning with the training staff in an intimate and personalized context. For example, in teaching supervisions, members of the small group will individually facilitate and receive feedback as a collective. This allows the follow-up discussions to be more diverse, and creating opportunities for people to see more possibilities and facets of the facilitation process.

We are committed to creating a constructive atmosphere, where all students can speak and be heard. We want to expand beyond the idea of being in a group and learning individually to create a process of learning with a group and as a group. By drawing on the different skills and background that each participant brings, the training will be a place for collaborative interaction and cooperative learning.

### ***What is the student evaluation process?***

In an ongoing process, faculty members will evaluate each student by witnessing and supervising their teaching practices. Self-evaluation halfway through the program via written reflections will envision future steps for growth. All students will also share their “crystallization” project to the community at the end of the year. The progress and learning of each student in the training program will be closely supported, guided and followed throughout.

### ***Why online and in-person hybrid format?***

The Somatic Movement Teacher Training uses a hybrid online and in-person format. This allows for a great deal of flexibility and a lot of possibilities that don't exist when a training is limited to in-person learning only. Primary among these is the ability to meet more frequently without raising the expense for students. In fact, it reduces costs considerably. Some may wonder whether the online format sacrifices quality for this convenience. We believe that, in fact, the

online structure, when used intentionally, actually raises the standard of the training program in several ways.

Both online and in-person learning formats have benefits. Our training format takes full advantage of the opportunities that they each afford. The current schedule allows for 32 days of online learning and 18 days of in-person learning over the course of the training program.

The opportunity to meet more often at less expense will allow students to maintain the continuity of learning and also integrate what is learned practically in daily life. A typical in-person training segment meets over 6 days and includes 6 hours of class time each day. Online segments are 4 days and each day is about 3 hours. This hybrid format also creates opportunity to address people's different interests in developing their teaching. All training recordings will be available indefinitely for students to rewatch in the future.

We know that video conferencing present particular challenges. However, due to the nature of our work, this has not been a significant issue. This is largely because a very significant portion of the training is dedicated to movement where the students do not need to be at the computer but instead are moving in space. The video feed allows the instructors to observe, but there is no need for students to look at the screen for a large portion of an online training day.

### ***Who is the program for?***

This program is for practitioners who already have **some** experience in bodywork, movement, or meditation practices. More importantly, it is for those who are deeply impacted by somatic practices and sincerely wish to facilitate other people on their journeys of self-inquiry.

In this program, participants will gain a basic blueprint that provides the constellation of inter-related ideas, and will be able to expand and recreate this framework based on their own background and prospect.

This framework allows practitioners to understand the essential knowledge common to various systems of somatic practices, substantially reducing the time and resources needed to pursue each individual disciplines. Graduates from this program will have an integrative and fundamental understanding of their own and other people's embodiment processes.

## 04 Schedule (China Timezone) *\*Subject to Change*

### **Application Opens**

October 1st, 2024

### **Application Ends**

November 20th, 2024

### **Notification of Admission**

December 1st, 2024

### **Curriculum**

**Segment 1:** 01/30 - 02/02, 2025

**Segment 2:** 02/27 - 03/02, 2025

*Round Table 1: 03/15, 2025*

**Segment 3:** 04/01 - 04/06, 2025

(In Person, Dali)

*Guest Lecture: 05/10, 2025*

**Segment 4:** 05/29 - 06/01, 2025

*Round Table 2: 06/28. 2025*

**Segment 5:** 07/10 - 07/13, 2025

*Round Table 3: 07/26, 2025*

**Segment 6:** 08/04 -08/09, 2025

(In Person, TBD)

*Round Table 4: 09/06, 2025*

*Guest Lecture: 09/07, 2025*

**Segment 7:** 10/02 - 10/05, 2025

**Segment 8:** 10/30 - 11/02, 2025

*Round Table 5: 12/13, 2025*

### **Evaluation and Graduation**

**Segment 9:** 12/23 - 12/28, 2025

(In Person, Hainan)

### **Reflections & Closing**

Closing Ceremony: 01/18, 2026

Each Online Segment day is 3 hours, 9:00 - 12:00

Each In-Person Segment day is 6 hours, 9:00 - 12:00 and 2:00 - 5:00

Each Round Table Meeting / Guest Lecture is 2 hours, 10:00 - 12:00

## 05 Meet the Team



**Jessica Lu**  
Educational Director

**Jessica Lu** is a somatic scholar and movement educator. Her professional training background includes Amerta Movement, Feldenkrais ATM, Body Mind Centering, Gaga, and various forms of contemplative practices.

Jessica is the co-founder of Aftersunset Somatic Arts community (2019-present). She was the residential artist at 3331 Tokyo, and guest teacher at the AME Program of the School of Intermedia Art, China Academy of Art.

She currently serves as the Co-Curator for Amerta in Hawaii Residency Program, and Educational Director for Somatic Movement Teacher Training Program. She works and lives in Holualoa, Hawaii.

Pronouns: She/Her/Hers



**Margit Galanter**  
Core Faculty

**Margit Galanter** supports creative life practice through movement. Shx is a dance poet, movement educator, and cultural instigator living on Huchiun, the unceded Ohlone land now called California, East Bay. Margit's syncretic approach is based on decades of practice in movement/art lineages such as Suprpto Suryodarmo's Amerta Movement, the Feldenkrais Method, Lisa Nelson's "tuning" scores, Wild Goose qigong, Taoist healing arts, dance, somatics, and composition. These forms are the basis for a mosaic of inquiries, encounters, and offerings and are assembled through **the vivid grove** — a live art school for moving, learning, creative evolution, and collective liberatory practices.

Margit collaborates with queer, feminist, and critical race studies, as well as earth-erotics, intercultural dialogue, neurophenomenology, sacred landscapes, and poetics.

In art, Margit has developed longterm projects such as **Cave Forms**, an exploration in performance, fecundity, and the environment, and **Tuning Culture/T4A**, a collaborative inquiry that utilizes Tuning practices to decolonize dance. Shx has co-created large-scale cultural projects, festivals, choreography, writings, and co-edited [Embodied Lives: Reflections on the Influence of Suprpto Suryodarmo and Amerta Movement](#). Margit studied with numerous dancers, improvisers and mavericks and teachers over decades. Shx shares hir work internationally, throughout the States, and locally in a wide range of studios, museums, parks, and community-based settings.

In somatics and movement arts, Margit trained in the late Dennis Leri's [Semiophysics Professional Feldenkrais](#) program, and became a Guild Certified Practitioner in 2000. Margit has practiced Chinese energetics and qigong since 1999 with hir primary teachers the late [Dr. Bingkun Hu](#) and [Micheline Bogey](#), as well as with the late [Liu Ming](#)/Da Yuan Circle, through The Acupressure and [Chi Nei Tsang Institutes](#) in Berkeley CA. Margit earned an MA in Movement Research and Practice from New York University's Gallatin School and has also studied [Focusing](#), Philosophy of the Implicit, and [Thinking at the Edge](#) with Eugene Gendlin and others. She continues to study and create learning collective learning contexts.

Pronouns shx/hir & they/them

[www.vividgrove.org](http://www.vividgrove.org)



**Mary Ganzon**  
Core Faculty

**Mary Ganzon** is a biodynamic craniosacral therapy practitioner, movement artist and teacher.

The study and experience of stillness and movement inform Mary's work. Her foundation came from different forms including improvisation (group and solo), Feldenkrais ATM, Body-Mind Centering®, Continuum, 3D-Workout™ (based on Bartenieff fundamentals), qi gong and tai chi, dance and performance, as well as biomechanical approaches as Pilates and osteopathic exercises such as ELDOA. The depth of this foundation led her to even more subtle work in biodynamic craniosacral therapy, leading to inquiries into the relational field.

All of this deepens her practice in Tibetan Buddhism and cultivation of lived Dharma.

Mary has taught and practiced in various cities in the United States and Canada. She was a seminal figure in bringing Pilates to Singapore, building several studios.

Mary lives and practices on Gabriola Island, Canada with her partner where they are groundskeepers on the land they live on.

Pronouns: She/Her/Hers



**James-Amutabi  
Connie Haines**  
Core Faculty

**James-Amutabi Connis Haines** is BaltimorePiscataway born and OaklandOhlone raised.

They are a multimodal artist who uses performance, facilitation, dance, music and writing as parts of their process. They are committed to creating art and opportunities that inspire people into using creative expression, their bodies, their experiences of pleasure and possibility to emphasize abolitionist sensibilities for visioning beyond the edge of their discovered imagination.

They enjoy the way somatic practices, movement, and mindfulness call them into appreciating the dynamic ways we have chosen to choreograph our humanity.

They are committed to restor(y)ing their life through vulnerability, courage and a mindset that honors the ancient, the present and our potential futures. They are grateful for their ancestors who have walked in dignity through the complexities of this world, demonstrating what is possible, both in light and shadow, many blessings.

Pronouns: They/He



**Michael Dick**  
**Private Session Faculty**

**Michael Dick** is an Amerta Movement practitioner and appointed pribadi art teacher. Professional life includes experience as an actor, director and performance artist. Lecturer for elementary teachings and practice of performing arts. Practitioner and guide for Sumarah-Meditation and longterm student of the Ridhwan School and its Diamond Approach.

Pronouns: He/Him/His



**David Leung**  
**Private Session Faculty**

**David Leung** has 30 years of teaching experience with different groups of participants with different physical abilities, and has studied and practiced the structure, anatomy and mechanics of bodily movement for many years.

In 1999, he became one of the first Pilates and Gyro educators in Hong Kong, studying under Juliu Horvath, the founder of Gyro.

In 2002, he began to study “Sui Yi Kung” with Mr. Ho Chung Tai.

He studied with Dr. Ruthy Alon, one of the thirteen wonders of the first cohort of teacher training in 2002 under Moshe Feldenkrais.

Over the past ten years, he has practiced various bodyworks and therapies, including sports massage, myofascial releasing techniques, and Traditional Chinese Medicine (TCM) Tui Na. In recent months, he has been studying Structural Therapy Manipulation class with Mr. Liang-Chuan Lin, one of the leading orthopedic surgeons in Taiwan. David has been invited by different organizations and festivals around the world to give lectures and share his experience. He was a guest lecturer for the School of Dance of the Hong Kong University.

In 2023, David and Hongyi Liu founded Somalign, a platform dedicated to spreading the idea of “bringing the body back to its natural alignment through playful and relaxing movement exploration”.

Pronoun: He/Him/His



**Carol Swann**  
Guest Faculty

**Carol Swann** is a teacher, private practitioner, facilitator, co-director, performer and activist. Her work is focused on contributing to a more socially just and inter-connected world. She is a co-founder (with Martha Eddy), director/faculty of Moving On Center-School of Participatory Arts and Somatic Research, bridging Somatics and the Performing Arts for Social Change (1994-current). She was Admin. Director/Curator for Movement Research (N.Y.) from 83'-86'.

Carol has been teaching and performing Contact improvisation, movement improvisation and vocal related work for over 40 years in the U.S., Latin America, Russia, Israel and Europe. She has extensive studies in Body Mind Centering, Laban/Bartenieff Movement Studies, Roy Hart Theater, Theater of the Oppressed and Social Somatics which informs everything she does. She maintains a private practice in Somatic therapy, (based in Hakomi Method, Somatic Experiencing Trauma Training & Process Work/Arnold Mindell), Alexander Technique (NASTAT), teaches Voice, Social Somatics, Authentic Movement, Improvisation, Group Process and Conflict facilitation. For three years she curated/facilitated a monthly series "Somatics In Action" featuring professionals in every field in Somatics and currently continue to co-teach with various faculty, workshops in the "Socially Conscious Body".

Pronouns: She/Her/Hers

<http://www.movingoncenter.org>



**Salty Xi Jie Ng**  
Guest Faculty

**Salty Xi Jie Ng 黄晞竭** is an artist, educator, and diasporic body from the tropical metropolis of Singapore, with ancestry tracing to coastal Southern China. Serving an enchanted process guided by the noumenal and oracular, her transdisciplinary practice is an alchemical site in collaboration with people's lives, individual and shared dream imaginaries, within the interdimensional, intimate vernacular. In hopes of uncovering hidden selves and histories in kinship with the other-than-human, she tends to the erotic, ancestry, ageing, the inner worlds of older women, the end-of-life, and relationships with the departed and spirit worlds, while examining artists' lives and what gets to be called art. The work she has developed across cultures and contexts, locally and internationally, manifests in diverse forms from ritual-gathering, co-created meals, community space and durational site-specific project, to one-on-one encounter, performance, video, installation, conversation, publication, painting, and writing. Xi Jie is an akashic records practitioner and studies Qigong, Butoh and Hokkien, her ancestral tongue. She created the Ancestor Dream Visitation Repository 托夢庫, has an MFA in art and social practice from Portland State University, and is the 2024 winner of the Chamberlain Award for social practice artists.

Pronouns: she/her

[saltythunder.net](http://saltythunder.net)

[baibairesearch.art](http://baibairesearch.art)

## 06 Submit Your Application

### Deadline for year 2025-2026: November 20th, 2024

Our application cycle for the year 2025-2026 is now open. Please follow the guidelines below to submit your application.

Your application should include the following materials:

- 1) A 500-word self introduction and letter of intention OR a video introduction less than 5 minutes. Please introduce yourself here and share any relevant information we need to know!
- 2) An updated resume / CV.
- 3) Contact Sheet. ([Download Here](#))
- 4) A 500-word recommendation letter from a person who is familiar with your practice. We would love to know how your practice has made an impact on you and your community.

Please email all required materials in PDF or MP4 format to [jessicalusijia@gmail.com](mailto:jessicalusijia@gmail.com), or send to Jessica by adding her WeChat: Jessicalusijia.

- \* Please be aware that some mainland China mailboxes are unable to send to gmail accounts.
- \* Admission notifications will be sent out to all applicants by the 1st of December 2024. The training program begins in January, 2025.

## 07 Tuition

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Deposit	165 USD
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Tuition	4800 USD
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Total Amount	4965 USD
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Payment plans will be available for admitted students:

- Pay in 4 separate installments (quarterly).
- Pay in 12 installments (Monthly).

We will help you set up a payment plan suitable for you.

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This program is unique in that it is not based on one specific somatic practice or underlining the distinctions between different ones, rather it opens up a common field, where our shared human experience is without categories.

It represents a new and exciting edge in the field of movement and Somatics.



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