

# Somatic Studies

Somatic practices promote integrated personal development by training students in processes for mindful, embodied living; they complement disciplines of inquiry and knowledge related to the human body and mind. Although these disciplines are relatively new to Western thought, somatic practices are recognized in numerous ancient and contemporary cultures not only as beneficial to physical health but also as methods for the cultivation of the mind and the discovery of knowledge. Such experience may inform and complement knowledge in such areas as biology, neuroscience, physics, psychology, philosophy, anthropology and religious studies. Somatic practices also have applied value in professions such as education, performing arts, athletics, medicine and physical therapy.

The **Certificate in Somatic Studies** offers a diverse spectrum of established movement processes aimed at self-development, with courses taught by certified instructors in their respective disciplines. With the coordinator's approval, a maximum of 3 units of course work from other disciplines may be applied to the Certificate in Somatic Studies.

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## Requirements

### Certificate in Somatic Studies

The Certificate in Somatic Studies is composed of a minimum of 15 credit units of course work. This includes the required 2-unit course Dance 285 Introduction to Somatic Practices, which is an introductory survey of a variety of practices offered in the program that is complemented by lectures on related disciplines such as biology, philosophy and psychology. Students choose an additional 13 units from the courses noted below according to their individual interests and goals. With the coordinator's approval, a maximum of 3 units of course work from related disciplines may be applied toward the Certificate in Somatic Studies.

**Note:** Courses that apply to the Certificate in Somatic Studies must be taken for a letter grade. If a course is offered as pass/fail only, certificate candidates should inform the instructor and contact the registrar to verify that they are registered for graded credit.

Code	Title	Units
Dance 104	Body Conditioning	2
Dance 106	Introduction to Dance as a Contemporary Art Form	2
Dance 110	Topics in Dance: The Alexander Technique	2
Dance 115	Beginning T'ai Chi Ch'uan	2
Dance 116	Beginning T'ai Chi Ch'uan II	2
Dance 119	Body-Mind Balance	2

Dance 120	Yoga and Relaxation Techniques	2
Dance 157	Dance Workshop	1
Dance 176	Intro to Authentic Movement & Body-Mind Integration	2
Dance 177	Languages of Movement Expression	2
Dance 208	Introduction to Pilates	2
Dance 209	Awareness Through Movement: The Feldenkrais Method	3
Dance 212	Contact Improvisation	1
Dance 217	The Experiential Body	2
Dance 220	Intermediate Yoga	1
Dance 221	Mind Body Movement: Yoga and Pilates	2
Dance 285	Introduction to Somatic Practices (Required)	2
Dance 290	Movement For Writers	2
Dance 324	Creative Dance Movement for Grades K-5	3
Dance 385	Special Studies in Somatics	max. 3
Dance 386	Ecological Perspectives Through Somatic Education	2
Dance 423	Topics in Dance: Dance Movement Therapy	2
Dance 430	Applied Anatomy for the Performing Artist	2
Dance 433	Somatic Awareness Approaches	3
Dance 436	Somatic Awareness Approaches II: Methodology	3