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.

Although courses for the Certificate in Somatic Studies are listed in the Dance program at Washington University, somatic practices do not require dance training and are not aimed at public performance skills associated with such artistic disciplines or practices.

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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
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<tbody>
<tr>
<td>Dance 104</td>
<td>Body Conditioning</td>
<td>2</td>
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<tr>
<td>Dance 106</td>
<td>Introduction to Dance as a Contemporary Art Form</td>
<td>2</td>
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<tr>
<td>Dance 110</td>
<td>Topics in Dance: The Alexander Technique</td>
<td>2</td>
</tr>
<tr>
<td>Dance 115</td>
<td>Beginning Tai Chi Ch’uan</td>
<td>2</td>
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<tr>
<td>Dance 116</td>
<td>Beginning Tai Chi Ch’uan II</td>
<td>2</td>
</tr>
<tr>
<td>Dance 119</td>
<td>Body-Mind Balance</td>
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<tr>
<td>Dance 120</td>
<td>Yoga and Relaxation Techniques</td>
<td>2</td>
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<tr>
<td>Dance 157</td>
<td>Dance Workshop</td>
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<tr>
<td>Dance 176</td>
<td>Intro to Authentic Movement &amp; Body-Mind Integration</td>
<td>2</td>
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<tr>
<td>Dance 177</td>
<td>Languages of Movement Expression</td>
<td>2</td>
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<tr>
<td>Dance 208</td>
<td>Introduction to Pilates</td>
<td>2</td>
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<tr>
<td>Dance 209</td>
<td>Awareness Through Movement: The Feldenkrais Method</td>
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<td>Dance 212</td>
<td>Contact Improvisation</td>
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<tr>
<td>Dance 217</td>
<td>The Experiential Body</td>
<td>2</td>
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<tr>
<td>Dance 220</td>
<td>Intermediate Yoga</td>
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<tr>
<td>Dance 221</td>
<td>Mind Body Movement: Yoga and Pilates</td>
<td>2</td>
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<tr>
<td>Dance 285</td>
<td>Introduction to Somatic Practices (Required)</td>
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<td>Dance 290</td>
<td>Movement For Writers</td>
<td>2</td>
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<td>Dance 324</td>
<td>Creative Dance Movement for Grades K-5</td>
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<tr>
<td>Dance 385</td>
<td>Special Studies in Somatics</td>
<td>max 3</td>
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<tr>
<td>Dance 386</td>
<td>Ecological Perspectives Through Somatic Education</td>
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<tr>
<td>Dance 423</td>
<td>Topics in Dance: Dance Movement Therapy</td>
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<tr>
<td>Dance 430</td>
<td>Applied Anatomy for the Performing Artist</td>
<td>2</td>
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<tr>
<td>Dance 433</td>
<td>Somatic Awareness Approaches</td>
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<tr>
<td>Dance 436</td>
<td>Somatic Awareness Approaches II: Methodology</td>
<td>3</td>
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