

SOMATIC DIALOGUE®

LEVEL 1: THE EXPERIENCE OF EMBODIMENT

COMPREHENSIVE ONE-YEAR PROGRAM
FOLLOWED BY ADVANCED STUDIES IN LEVELS 2 AND 3.



JANUARY – DECEMBER 2026
TOTAL TRAINING HOURS: 138

This foundational one-year training introduces participants to the core principles and practices of Somatic Dialogue®, guiding them through deep personal inquiry, physical expression, and creative exploration.

Level 1 offers a grounded, experiential journey through the body, designed to enrich personal and professional pathways across the creative, therapeutic, and educational fields.

MODULE 1: “The Experience”

January – June 2026

In this first module, you will be introduced to the foundational principles of Somatic Dialogue through guided movement practices and somatic inquiry. You'll develop tools for deep listening, embodied awareness, and relational presence—laying the groundwork for understanding the body as a source of insight, communication, and connection.

Workshop 1: The Initiation

January 17–19, 2026 | Limpid Works Studio, Prague

- 3-day intensive workshop
- 6 hours of physical practice + 1 hour Q&A daily
- Total: 21 hours
- Includes lunch and snacks (accommodation and travel not included)

Topics:

- The Connection
- Floorwork
- Introduction to foundational Somatic Dialogue exercises

Online Classes — Part 1

January 22, 29 | February 5, 12, 26 | March 5, 12, 26 | April 2

- Live online sessions (weekly)
- Time: 18:00–20:00 CET
- Format: 75 minutes guided movement + 25 minutes analysis & Q&A

Topics:

- Core movement principles of Somatic Dialogue
- Tools for movement research
- Embodiment of foundational movement dynamics

Guided Journaling Period

March 24 – April 22

Participants will be supported in solo reflection through guided journaling—deepening the connection between movement practice and inner inquiry.

Online Classes — Part 2

April 23, 30 | May 7, 14, 21, 28 | June 4, 11, 18

- Live online sessions (weekly)
- Time: 18:00–20:00 CET

Topics:

- Improvisation with Somatic Dialogue principles
- Developing inner body awareness (proprioception, interoception, exteroception)

Connecting to personal movement qualities and creative resources

Workshop 2: Accompaniment & Listening

June 27–29, 2026 | Limpid Works Studio, Prague

- 3-day intensive workshop
- 6 hours of physical practice + 1 hour Q&A daily
- Total: 21 hours
- Includes lunch and snacks (accommodation and travel not included)

Topics:

- Witnessing and being witnessed
- Partner work in Somatic Dialogue
- Listening through the body

Summer Integration Break

During the summer break, participants are encouraged to continue self-practice using recorded exercises and curated music playlists. Journaling and embodiment tasks will help maintain connection to the process.



MODULE 2: “Improvisation & Embodiment”

September – December 2026

In the second module, participants deepen their engagement with improvisation and embodiment. This module emphasizes reflective integration, helping you recognize what has become embodied and how it relates to your personal and professional identity.

You'll explore how your experiences translate into your creative and professional language.

Pre-Module Zoom Gathering

A live Zoom session will reconnect the group and introduce the flow of Module 2.

Workshop 3: The Art of Improvisation

September 12-14, 2026 | Limpid Works Studio, Prague

- 3-day intensive workshop
- 6 hours of physical practice + 1 hour Q&A daily
- Total: 21 hours
- Includes lunch and snacks (accommodation and travel not included)

Topics:

- Repetition as a tool for creative freedom
- Liberating expression
- Partner improvisation and group tuning

Online Classes – Part 3

October 1, 8, 15, 22 | November 5, 12, 19, 26

- Live online sessions (weekly)
- Time: 18:00–20:00 CET

Topics:

- Phases of repetition and transformation
- Developing improvisational skills and routines
- Creating embodied rituals
- Integration of movement into expressive contexts

Workshop 4: Integration & Closure

December 12-14, 2026 | Limpid Works Studio, Prague

- 3-day intensive workshop
- 6 hours of physical practice + 1 hour Q&A daily
- Total: 21 hours
- Includes lunch and snacks (accommodation and travel not included)

Topics:

- Revisiting and embodying all learned principles
- Dialogue through movement
- Practicing closure, transitions, and new beginnings
- Tuning and togetherness

Mentorship and Support

Participants are accompanied throughout the program with tailored mentorship:

- Module 1: 1 group mentoring sessions in little groups of 3 or 4 for more in-depth feedback on the process
- Module 2: 1 group mentoring session + 1 individual session per participant
- Optional: A post-training mentorship package (10 sessions) is available for participants wishing to develop their creative expression within their professional field.

Mentorship and Support

Participants are accompanied throughout the program with tailored mentorship:

- Module 1: 1 group mentoring sessions in little groups of 3 or 4 for more in-depth feedback on the process
- Module 2: 1 group mentoring session + 1 individual session per participant
- Optional: A post-training mentorship package (10 sessions) is available for participants wishing to develop their creative expression within their professional field.

Additional Details

- Delivery Format: In-person workshops + live online sessions
- Language: English (additional support available in Turkish, German, French and Czech is given if needed)

Prerequisites: Open to professionals across creative, therapeutic, and pedagogical fields.

Looking Ahead...

The full Somatic Dialogue® training includes three levels:

- Level 1: The Experience (2026)
- Level 2: The Touch (To be announced – Winter 2026)
- Level 3: Certification in Facilitation (To be announced – Winter 2026)

Each level offers a separate certificate with defined criteria and pathways for progression.