

# **SOMATIC DIALOGUE®**

## **LEVEL 1: EMBODIMENT THROUGH MOVEMENT**

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



OCTOBER 2026 - NOVEMBER 2027  
TOTAL TRAINING HOURS: 145

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”**

October 2026 – May 2027

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**

October 3–5, 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**

October 14, 21 | November 4, 11, 18, 25 | December 2, 9, 16

- 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**

January 5th, 2027– February 2nd

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

## Online Classes — Part 2

February 3, 10, 24 | March 3, 10, 24 | April 14, 21

- 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

May, 1–3, 2027 | 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

# **MODULE 2: “Improvisation & Embodiment”**

May – November 2027

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.

## **Online Classes – Part 3**

May 26 | June 2, 9, 16, 23

- 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

## **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.

## **Workshop 3: The Art of Improvisation**

September 18–20, 2027 | 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

September 29 | October 6, 13, 20 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

October 30, 2027– November 1, 2027 | Limpid Works Studio, Prague

- 3-day intensive workshop
- 6 hours of physical practice + 1 hour Q&A daily
- Last day closure 2 hours
- Total: 23hours
- 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 (7 hours in total)
- Optional: A post-training mentorship package (10 sessions) is available for participants wishing to develop their creative expression within their professional field. (Not included in the program fee)

## Looking Ahead...

### The full Somatic Dialogue Facilitator Training includes three levels:

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

Each level offers a separate certificate with defined criteria and pathways for progression. To participate in Level 3, participants are required to complete Level 1 and 2 with 90% attendance.