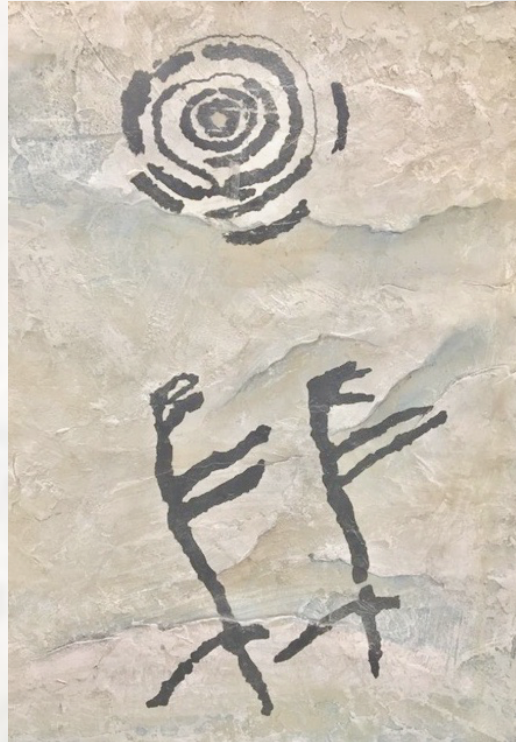


HAPTIC GAMMA EMBODIMENT

Touch, Movement and Perception for Self-Regulation and Co-Regulation



Why we call this work Haptic Gamma Embodiment

Haptic is defined as a quality, when kinesthesia and sensoriality are used together in a touch, creating a palpatory sense.

In a clinical perspective not only the sense of touch, but all the senses are integrated with kinesthesia, which extends the concept of the haptic system.

Every movement of the body, that is an expression of kinesthesia can protect us from a sensation, or can seek a sensation. This creates a dynamic relationship that we may call haptic.

At all times the body tonus is modulated by expressiveness (as I manifest my presence from the inside out in relation to the other) and by impressiveness (as I receive and perceive the presence of the other from the outside in).

The haptic system can be dissociated, where the emotional defense system is organized through inhibitions and where there is no relation of fluidity and continuity. Then we will see blockages and constrictions, fixations of attitude and perception.

Gamma refers to the neurological pathway where emotion and spatial orientation can be modulated. It is through this pathway that we can create new forms of expression and coordination.

We can increase our capacity for orientation, self-regulation and co-regulation, when we expand the haptic engagement with space through a state of receptive presence (Gamma).

What is the purpose of this work?

This process allows us to find better stability and fluidity in our ability to make change, renewing our habitual and attitudinal dynamics.

In developing self-regulation and co-regulation, we invite new emotional responses in the present moment in order to create balance through better quality of embodiment. For that we use touch, movement and perception to develop and improve the dynamics between impressiveness and expressiveness.

This work improves the somatic sense of self, allows for better regulation of tonus in the body and thereby provides stronger/better resilience in the face of life's challenges.

What can you learn?

- How to do a body reading.
- Identify holdings and fixations in posture and movement
- Identify inhibitions of perception and space orientation
- How to bring balance to the autonomic nervous system
- How to work and create a more free and dynamic flow throughout body and mind as a psychobiological process.

This approach is a somatic process from the phenomenological and neurophysiological perspectives on the quality of human presence and attitude.

Being an exploratory process, it is a skill in the sense of developing and improving the continuous and dynamic flow between gravity, space-time and energy in the human dimension of life.

Who can learn and benefit from this work?

Because this relationship is implicit in all human contexts, the proposed explorations in this work can be used as tools in the most diverse fields of knowledge, including education, psychology, bodywork, trauma work, dance and movement, music and art.

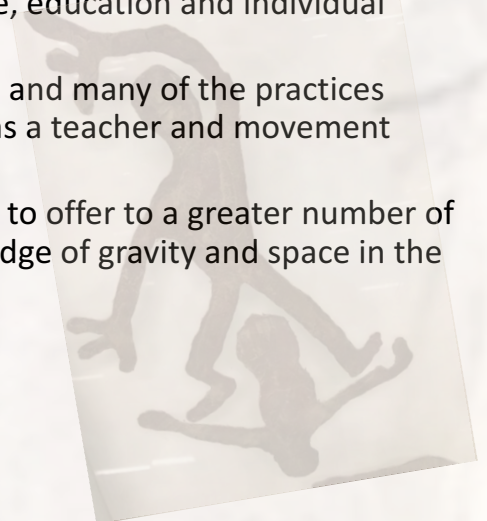
Therefore, professionals in these areas can integrate the skills developed in this process into their respective practices.

The process is presented in five four-day workshops with experiential and theoretical content (see program below).

This work was organized by Marcelo Muniz from his experience as a somatic therapist and movement educator, through 30 years of clinical experience, education and individual research in various fields of knowledge.

The basic concepts, theoretical fundamentals, original vision, and many of the practices presented in this work, come from Hubert Godard's work, as a teacher and movement researcher.

Marcelo organized and systematized this approach in order to offer to a greater number of professionals a useful and creative way of using the knowledge of gravity and space in the perspective of a phenomenological process.





Marcelo Muniz

Has been an advanced Rolfer™ and movement teacher for 30 years. He is a Rolwing® Instructor and Rolf Movement™ Teacher. He is also a Cranio-Sacral therapist and a Somatic Experience practitioner. He has studied with Hubert Godard in various trainings of movement education and perception in the last 18 years. These studies have been a remarkable influence in his working style as a somatic practitioner and educator.

Hubert Godard is a French researcher, reference in the field of human movement analysis, who works in the areas of expertise like dance, somatic techniques and medical research. Godard is a dancer, Rolf Movement™ Instructor and was Maitre de Conférences of the Paris Université 8.

In partnership with Odile Rouquet, Godard introduced in the official training of dance teachers in France, the "Functional Analysis of the Body in the Dance Movement" (AFCMD). Godard has a renowned study in the fields of dance, movement and rehabilitation. He is also the creator of the Tonic Function Model, which is used in the teaching of Rolwing®, Structural Integration and Rolf Movement™ all over the world.

In his latest and more innovating research, Hubert brought to the field of Somatic Education the integration of the Haptic System and Tonic Function, which together are one of the basis of Haptic Gamma Embodiment.

Marcelo Muniz is the co-creator of the Soma Embodiment Method, a somatic approach to emotional trauma resolution. He taught the Soma Method from 2011 to 2019 in Brazil, Switzerland, Austria, Germany, France, Portugal, Denmark, Poland and South Africa.

Since 2019 he has been teaching Haptic Gamma Embodiment in France and Germany. The quality of his presence and his emotional skills give the opportunity for a profound but also smooth learning.

As a Rolwing® and Movement teacher and S.E. practitioner, he brings to the context of healing trauma, fundamental elements in our organization regarding the gravitational field, which stabilizes and reinforces the adequate answer from the Autonomous Nervous System.

Marcelo's passion lies in the opening of the possibility for new emotional responses in the present time, responses that allow a personal empowerment for the future.

These answers are possible through a better embodiment quality and a change in the perception of yourself and the others.



Module 1

- Embryological development,
- Gravitational field and kinesthetic memory
- Inter and intra subjectivity
- The body as territory and the body as agent
- Alpha and gamma command
- Haptic system
- Quality of touch and resonance
- Phoric Function

Module 2

- The inner ear
- The haptic devoted to gravity
- Embodiment and core stability
- Natural engagement
- How to distinguish inhibition and restriction in perception
- Evoking support, stability and spatial orientation
- The core stability as a dynamic process
- Emotional defensive system: fear and holdings
- The first foundational articulation

Module 3

- The presence of the other
- Holding, grab and connect
- Interoception and exteroception
- Polyvagal theory
- Social engagement
- Breathing, support and space
- Breath and voice
- Arms and hands
- The structure of the limits
- The second foundational articulation

Module 4

- The Kinesphere and peripersonal space
- Subjectivity and projections
- The object of the relationship
- Vectors of inhibitions and expectations
- The contralateral movement
- The elasticity and the connection between me and the other
- New movement patterns reaching space
- The third foundational articulation

Module 5

- The phenomenology of space
- Vergence to expand perception
- The imaginary building the relationship to the world
- The subjective space and the black holes
- The kinesphere as a gradient of perspective
- Capacity for embodiment, perception of the other and orientation
- Integration in the vagal system
- Creating stability inside the flow
- Full potential for action
- The fourth foundational articulation



1Module 2

2020 December 4 – 7th

Module 2

2021 May 21-24th

Module 3

2021 September 17 – 20th

Module 4

2021 December 3 – 6th

Module 5

2022 March 4 – 7th

The price of each Module is: CHF 800.-

Early bird booking price for one
single module until
6 weeks before start:

CHF 750,-.

For each Module you will receive 3 elective credits from ERA



Training Location:

Yoga-Limmat, Hardturmstrasse 124, 8005 Zürich
Tram Nr 6, 8 and 17 - Stop: Fischerweg

Contact for Information & Registration

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