



## **Somatic Movement Certification: The Kinēsa™ Process**

Feldenkrais®-Inspired Movement System for Pain Relief and Heightened Physical, Emotional & Spiritual Wellbeing

With Body Language Expert & Guild-Certified Feldenkrais® Teacher

**Lavinia Plonka, RSME**

### **Somatic Movement Teacher Training Certification**

The Kinēsa Process brings our awareness to every move we make, every action we take, and every word we utter. It will help you communicate more effectively, understand the source of your own pain, physical and emotional. And begin to address what's going on in your life with self-responsibility and self-care, as your spiritual practice evolves in ways you never thought possible. According to Lavinia, there is no more important time than now to cultivate these capacities, because the world is in such dire need of attention, clarity, ease, and elegance. For Lavinia, the most effective way to do that is to **achieve personal mastery**. This is where embodying the seven principles of Kinēsa can be essential. **The seven principles and how do they offer such potent transformation?**

- **Sensation:** The skills of proprioception the unconscious perception of movement
  - Spatial orientation arising from stimuli within the body.
  - Exteroception in the sensitivity to stimuli outside the body, and how you perceive your environment.
  - Interoception the felt experience of the internal workings of the body, such as digestion, breath regulation, emotions, etc.
- **Breath:** The gateway to the self and others
- **Perception:** The way we interpret and integrate our sensory experience

- **Choice:** The freedom to feel, think, and act
- **Power:** The strength and potency to achieve what you want
- **Balance:** Dynamic stability... physically, mentally, and emotionally
- **Presence:** Authenticity and curiosity

## **CLASS SESSIONS:**

**All Class Sessions are held Thursdays at 10:00 am Pacific Time (PT)**

**All Integration and Elective Sessions are held on Tuesdays at 10 am PT**

## **Unit 1: Your Physical Body: Discovering and Activating Your Personal GPS**

### **During Unit 1, you'll discover:**

- How to **develop grace and power** with simple, sophisticated movement sequences.
- A deeper understanding of both **inner and outer balance**
- Tools for **improving flexibility.**
- **Dexterity and precision** in movement and in life.
- The ability to **use your kinesthetic sense** to navigate your life journey.
- How to use **sensation as information** for improved vitality.
- The powerful connection between **sensation, perception and pain.**
- How to experience grounded presence without feeling weighed down.
- The meaning and power of experiential anatomy.

### **Your Unit 1 Class Titles:**

- **Class 1: How Do You Know Where You Are?**
- **Class 2: How Do You Know Where You're Going?**
- **Class 3: Why Do We Try Defying Gravity?**
- **Class 4: Which Comes First, Structure or Function?**

## **Unit 2: Your Emotional Body: How You Move Affects How You Feel & How You Feel Affects How You Move**

### **During Unit 2, you'll explore:**

- How to **become trauma aware.**

- **Easy access** to physical joy.
- Restorative strategies for **reducing stress**.
- More practice in **clearing an unwanted emotional pattern**.
- An introduction to the **Emotional Effector Patterns**.
- A deeper understanding of the **physical components** of emotions.
- How to recognize when your **habits sabotage your sense of wellbeing**.
- The connections between your **brain, nervous system and emotions**.
- Tools for **regulating emotions**

#### Your Unit 2 Class Titles:

- **Class 1: Who's in charge? How Your Central Nervous System Works**
- **Class 2: Introduction to the Emotional Effector Patterns**
  - **Breath, Posture and Face**
- **Class 3: Identifying Tension & Anxiety Patterns**
- **Class 4: Breath and The Relaxation & Pleasure Patterns**

### Unit 3: The Mental Body: Applying Movement Intelligence to Plans, Choices & Goals

#### During Unit 3, you'll explore:

- Using breath as support for **sequence, pacing and proportion of change**
- How your breath can **influence and improve your mental state**
- Strategies for **clarifying goals** and enhancing memory
- **Movement lessons** that refine planning and execution abilities
- How to develop greater **insight, hindsight and foresight**

#### Your Unit 3 Class Titles:

- **Class 1: Looking Backward: Memory, Hindsight & Learning to Access Imagination**
- **Class 2: Moving Forward: Planning, Foresight & Timing**
- **Class 3 : Recapitulation: How to Reflect on Your Plan and Move to a New Plan**

## Unit 4: The Creative Body: Spontaneity, Reversibility & Just Plain Old Ability

### During Unit 4, you'll discover:

- **Movement lessons** that explore the necessity of play and rest for nurturing creativity.
- How to create in the moment **without stress**.
- Strategies for **accessing your muse**.
- Ways to **enjoy the creative process without attachment** to the product.
- The fun of **being in the unknown**.
- The difference between **spontaneity and feeling scattered**.
- **How to be focused** without tunnel vision.

### Your Unit 4 Class Titles:

- **Class 1: Compulsion & WORK vs. Play & Permission**
- **Class 2: Improvisation**
  - **Applying Creative Solutions to Physical, Mental & Emotional Challenges**
- **Class 3: Rest & Presence**

## Unit 5: The Archetypal Body: Embodying the Four Meta Archetypes for Power, Compassion, Healing & Vision

### During Unit 5, you'll discover:

- The importance of understanding the **embodiment of archetypes**
- How movement activates the **Centers of Presence** of the Four Archetypes
- Strategies for **integrating and balancing** the archetypal energies.
- Skills for **employing the archetypal energies** for acting in the world: become the change you want to see.
- The **superpowers and kryptonites** of each archetype and how to use them with intention.
- **Awaken your power center**.
- **Soften your emotional armor** for more compassionate listening.
- The **healing energy** of your hands.

- Strategies for **envisioning your ideal goals.**

#### **Your Unit 5 Class Titles:**

- **Class 1: Introduction to the Archetypes/The Warrior**
- **Class 2: The Teacher**
- **Class 3: The Healer**
- **Class 4: The Visionary**

### **Unit 6: Your Energy Body: Prana, Chi, Spiritus, Ruach**

#### **During Unit 6, you'll discover:**

- Physical manifestation of the **energetic systems.**
- Movement lessons that restore the **full integrity of the seven chakras.**
- How to **relate the dantiens** to movement of energy.
- The link between **energy and creativity.**
- Identify the **sensory experience** of energy.

#### **Your Unit 6 Class Titles:**

- **Class 1: First & Second Chakra/Lower Dantian: Stand Strong & Generate New Power**
- **Class 2: Third & Fourth Chakra/Middle Dantian: Listen to Your Gut & Follow Your Heart**
- **Class 3: 5th & 6th Chakra/Upper Dantian: Think Clearly, Speak Your Truth**
- **Class 4: 7th Chakra: Open Your Crown & Connect**

### **Unit 7: Your Alchemical Body: Transforming Your Personal Lead Into Gold**

#### **During Unit 7, you'll discover:**

- How to **connect your roots** to your future possibilities.
- Strategies for **integrating the previous lessons** and connecting them to a higher purpose.
- How to **use your lead as ballast** rather than anchor movement as an **inner alchemical process.**
- **Movement Meditations** that unite your seven bodies
- Sacred movement that **unites spirit and self.**

- How to unify **inner and outer attention**

#### **Your Unit 7 Class Titles:**

- **Class 1: Fantastic Voyage: Going Inward to Find a New Relationship to Your Personal Obstacles**
- **Class 2: Re-membering Yourself: Impartiality, Serenity, and (W)holiness**
- **Class 3: Metamorphosis: Moving Through the Seven Bodies**

### **Unit 8: Presence, Prayer & Possibility: Linking Tradition & Neuroscience**

#### **During Unit 8, you'll discover:**

- Movement processes that challenge and improve your **inner and outer attention**.
- How to **use logic and intellect** to deepen your spiritual practice.
- Lessons that offer a **path toward inner freedom**.
- A deeper understanding of the **science behind various movement traditions**.
- How you can **integrate this learning** into your personal and professional practice.

#### **Your Unit 8 Class Titles:**

- **Class 1: As Above, So Below: Your Inner Life & Your Outer Circumstances**
- **Class 2: The Laws of three and seven in movement**
- **Class 3: Every Step is a Prayer: Embodied Movement as a Sacred Practice**
- **Class 4: Dynamics, Equilibrium, Rest & Surrender**

### **Unit 9: Emotional Fluency**

#### **During Unit 9, you'll discover:**

- The **breath, facial expressions, and postural patterns** of the six basic emotions.
- How **somatic movement** can support emotional fluency.

- **Movement lessons** that facilitate engaging in pleasurable emotional patterns.
- The benefit and power of **(seemingly) negative emotions**.
- The difference between **sensuality and eroticism**.
- How to have **compassion without pity**.
- Tools for **self-regulation**.

#### Your Unit 9 classes:

- **Class 1: The Six Basic Emotions: How Breath, Posture & Facial Expression Tell Our Story**
- **Class 2: Standing Your Ground & Getting Energized: The Power of Anger & Learning to Let Go**
- **Class 3: Safety, Sensuality, Threat and Recovery**
- **Class 4: Joy & Sorrow: Dealing With the Ups & Downs**

### Unit 10: The Art of Falling & Getting Up

#### During Unit 10, you'll discover:

- How to turn **challenge into opportunity**.
- **Strategies** for regaining equilibrium.
- Movement processes that teach **resilience and reversibility**.
- **Meditations** for recirculating your energy body.
- Powerful practices for **negotiating a challenge**.
- **Resources for moving forward** with courage, retreating with grace.
- How to **reframe failure**.

#### Your Unit 10 Class Titles:

- **Class 1: Gravity: It's the Law**
- **Class 2 : How to Survive a Crash Landing**
- **Class 3: What Are You Afraid Of?**
- **Class 4: You Do YOU!**

### Unit 11: The Kinēsa™ Process in Action: No Limits to Your Possibilities

#### During Unit 11, you'll discover:

- How to **apply the Kinēsa pillars** to daily practice.

- **Movement lessons** that illustrate the power of these seven principles for practical life purposes.
- Dynamic **problem solving sessions** that inform as they entertain.
- Tools for developing an enhanced sensitivity to subtle cues in relationships.
- How to **repair the past** to prepare for the future you want.
- How to use the Kinēsa pillars to address **physical, mental and emotional pain**.
- Strategies for **retaining the benefits** of an enhanced experience.
- The connection between **somatic intelligence and intuition**.

#### Your Unit 11 Class Titles:

- **Class 1: A Somatic Inner Journey**
- **Class 2: Your History, Your Biology & Your Possibilities**
- **Class 3: Less Pain, More Gain**
- **Class 4: Pillars of Wisdom: Your Relationship to the Kinēsa Principles**

## Unit 12: Stepping Up, Stepping Out

### Applying Kinēsa Strategies to Practical Life Situations

#### During Unit 12, you'll discover:

- **Powerful guidance** for realizing your personal and professional goals.
- **Use the movement lessons you've learned** to support your aim
- How to **turn obstacles** into opportunities.
- **Practical exercises** and activities for problem solving.
- **Practice deep listening to yourself and others** for resolving challenges.
- A process for **personalizing the learning** to your specific needs.

#### Your Unit 12 Class Titles:

- **Class 1: If You Think You've Found the Path, It's Probably the Wrong Path**
- **Class 2: Serious Play: Using Games to get out of your head and into right brain solutions**
- **Class 3: It's All About You: Creating a Personalized Plan of Action**
- **Class 4: Putting it All Together: Reflecting, Integrating & Rewarding**

## Unit 13: Practicum

### During Unit 13, you'll discover:

- **Powerful mentoring** to shepherd you towards your personal goals.
- Strategies for **integrating Kinēsa into your profession** and your life.
- **How to teach** Kinēsa movement lessons.
- **Marketing materials** and training.
- Resources for building **competence and confidence**.
- **Templates and guides** for writing and speaking.

### Your Unit 13 Class Titles:

- **Class 1: Meeting Clients & Students Where They Are**
- **Class 2: Anatomy of a Successful Lesson**
- **Class 3: You Own This, Tailoring Kinesa to Yourself & Your Audience**
- **Class 4: If You Build It They Will Come**