



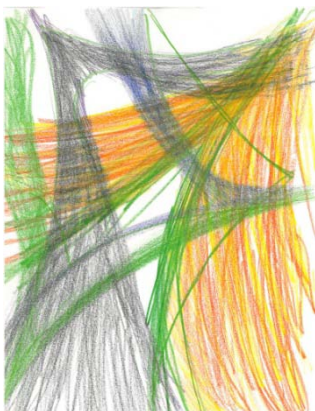
“The Moving Soma”

-By Janis Johnson

The Moving Soma

The soma is the body from its core to the outside of its outermost energetic reach or as the Greeks defined it the “living body”. It is a perception of self from the inside out, the “I” of an individual, that is an internally generated vision or understanding of self which incorporates all of the body’s senses. The International Professional School of Bodywork offers THE MOVING SOMA which is a course dedicated to the internal environment of the individual as it reaches outward in response to the environment outside of the body.

All learning comes through movement of and within the body. It is our bodies’ response to movement and its reaction to sensorial input that enables us to embody and process information and feelings, to bring emotion into mental concept and integrate it into the whole being. This class allows the student to learn to use movement to expand and increase their intimacy with themselves and improve the quality of their lives. The main intention of this class is assist the student to develop more self-awareness and to consciously enter the body in a creative relationship that is safe and empowering to the individual.



To acknowledge the body’s wisdom and create a deeper kinesthetic sense of self allows the student to reinforce what is nourishing and change what is destructive. This class nurtures and enhances that process and demands a new perspective, a more holistic sense of self from each participant.

As Anna Halprine states in her book, *Dance as a Healing Art* “...we need to give ourselves permission to be fully expressive of our true selves. Without this, we create unbearable stress and

pain in our lives.” This course seeks to achieve a congruency between the emotion of the body and the movement of the body to create somatic clarity of a deeper self-knowledge. The ultimate goal is to connect a broader outside to a deeper inside of the individual through the use of the self-facilitation tools of movement and drawing. This class is not about fine art or dance per se, but instead it is a safe release of deep experiences buried in the tissue of the body through kinesthetic and visual reflections without judgment by simple guided exercises. These reflections allow the student to see themselves more clearly and with a new judgment compassion for themselves and their histories.



Honor yourself, your soul, your personal history – move and express yourself within a safe and nourishing environment - COME JOIN US AND KEEP MOVING!!!!!! THE MOVING SOMA is offered in the fall, winter and spring quarters at the International Professional School of Bodywork.

Janis Johnson, M.A., B.A., HHP, holds a Master’s degree in Education and a Bachelor’s degree in History and Theater. She is also certified in Expressive Arts Therapy. Ms. Johnson has been teaching at the university level since 1975, and is a faculty member of the International Professional School of Bodywork (IPSB) where she teaches the Moving Soma, deep tissue sculpting, Jin Shin Acutouch, and advanced deep tissue techniques. The college offers certificate and degree programs in massage therapy and holistic health. For more information on the profession or to enroll, call (858) 505-1100 or visit www.ipsb.edu.