



SPIRAL MOVEMENT CENTER

Advanced Studies Registration Form

The Spiral Movement Center (SMC) is devoted to helping people learn about the potentialities of the human bodymind through the process of Spiral Praxis. The Spiral Praxis process involves the use of a person's innate awareness to: (1) release physical blocks; (2) re-educate new patterns of Flow within the bodymind; (3) expand one's range of growth in many diverse areas of human functioning; (4) reach states of holistic resonance between conscious and unconscious states. The contemporary learning techniques in Spiral Praxis represent a new paradigm in bodymind exploration and are not taught anywhere else in the world.

The Spiral Praxis Advanced Studies program is a 2 year program split into four 10-week quarters in fall, winter, spring and summer. By entering into this program, participants agree to satisfy the core weekly requirements of study by attending: (1) a 3 hour Foundational Theory weekend workshop; (2) and two 2 hour Advanced Studies classes during the weekdays. Participants are also encouraged to attend other Spiral Praxis classes provided by SMC (these classes are included in the admission fee). Participants agree to schedule make-up sessions for missed classes barring unforeseen circumstances (i.e. family, medical emergencies). Missing an excessive number of core sessions will result in a participant's dismissal from the Advanced Studies Program (see section II below for further course prerequisites information).

I. PERSONAL INFORMATION

participant's name: _____

date of birth _____

education: _____

home address: _____

email: _____

phone: _____

Who can be contacted should an emergency arise?

Name _____ Relationship _____ Phone# _____

Name _____ Relationship _____ Phone# _____

Additional Contact #'s such as cell phones and such can be listed below if need be.

Please describe any special medical concerns (i.e. Seizures, medications, food allergies, other?)

II. CURRICULAR PROGRAMMING & FEES

Prerequisites: Applicants must have taken a minimum of 40 hours of instruction for a year at the Spiral Movement Center prior to enrolling in the advanced studies program. Special allowances will be made to applicants who have previous bodymind training.

Course Format: Participants in the SMC Advanced Studies Program have a unique opportunity to learn cutting-edge hands-on practices in the young and up-coming field of Somatics. The program's paramount goal is help participants attain their highest bodymind potential both physically and mentally. All courses will be taught by Stephanie Gottlob & Yuji Oka, the founders of Spiral Praxis.

The SMC Advanced Studies program consists of weekday and evening sessions. These sessions will consist of a combination of lectures, experiential activities, and creative explorations. Sessions will be directed in large part by individual needs and discoveries; therefore, discussion and feedback during sessions will play a crucial role in the learning process. Students will be required to have a strong home practice and bring personal observations of their successes and difficulties to the sessions.

In addition to the core courses, participants will also be encouraged to take other SMC courses (covered in the admission fee). Teaching opportunities will also be made available for those who want practical experience in instructing Spiral Praxis to others.

Syllabus: The SMC Advanced Studies Program is a two year program which will prepare participants to learn the fundamentals of bodymind re-education. The first year of classes will consist of a general introduction to the theories and methods of Spiral Praxis. Completion of these classes will give participants the necessary skills to use Spiral Praxis for self-development and to train people in meditation, yoga, fitness, movement re-education and other bodymind activities.

The second year of the Advanced Studies Program will focus on externalizing the skills that participants have learned during the first year. Completion of this phase of study will give participants the necessary skill to teach advanced bodymind classes, do mentoring and counselling, and serve as a life coach (course descriptions, dates and times will be available next year).

Evaluation: Students will be evaluated daily on attendance and group participation. Every month students will also be evaluated on their understanding of the techniques (viz. aptitude in yoga asanas, breathing exercises, and other concrete benchmarks) as well as knowledge of bodymind theory/practices and it's effective application to their personal lives. Students will also be evaluated on their ability to co-teach (with Gottlob and Oka) a small group of students.

Fees & Attendance Policy: The tuition for the Advanced Studies Program must be paid in 1 (pre-registration) or 2 installments (due in at the beginning and middle of the study year). If the participant decides not to continue with the program he/she will be reimbursed for money provided that notice is given before the half-way mark of the school year. Two week advanced notice is required for cancellation. Prices are subject to change at the beginning of each school year.

Participants are required to attend all classes. If a class is missed due to an emergency those hours, must be made up within a week of the absence. 24 hour notice is required if the participant cannot make the class.

III. PHOTO/VIDEO RELEASE

I am aware and give consent for Spiral Movement Center to take photographs and videotape sessions during the program for advertising and documentation purposes.

YES NO

Signature: _____ Date: _____

IV. PARTICIPANT WAIVER

SMC offers safe, effective, down-to-earth bodymind techniques which are designed to increase the sense of health and well-being of its participants. In order to maintain this standard safety and health, participants at SMC agree and acknowledge the following tenets:

- I agree to discharge SMC of any liabilities, suits or claims that may arise from participation in class activities except those due to gross negligence
- I agree to strive for a holistic and balanced disposition during class sessions
- I agree to take the bodymind skills I learn at SMC into a regular home practice
- I agree to support and treat every participant at SMC with respect
- I agree to continually communicate all observations, positive or negative, of my progress
- I agree to refrain from using negative or inappropriate language in my communications with my peers—there is zero tolerance violent or destructive behaviors
- I agree to keep confidentiality for any personal information given by my colleagues/clients

If the participant fails to uphold any of these tenets, a warning will be issued. Please note that SMC reserves the right to dismiss participants who fail to respond to repeated warnings. In these cases, if a student is expelled, SMC will reimburse the participant for unused class hours; however, if the expulsion happens after the halfway point of the school year then no refund will be issued. Every measure will be taken to work with the participant and his/her family before this severe action is taken.

V. GRIEVANCE POLICY

The safety and rights of every student is a priority in the SPASP program. If a student feels they have been mistreated or harassed, they have the right to schedule a timely meeting with the administration of the SPASP program to air their grievances. If a solution cannot be found internally, then the matter will be escalated to the ISMETA board of directors, and a suitable agreement can be settled there.

Signature: _____ Date: _____

V. *PERSONAL ESSAY*

Please write about what you hope to achieve in the SMC Advanced Studies program and what part of it is most important to you. Personal history, personal goals and previous experiences with Spiral Praxis are all welcome.

