

Course Description

This 110-hour online program explores the dynamic relationship between educational philosophy and teaching methods in a body-oriented curriculum. The Spirit of Learning® embraces and integrates the cognitive, emotional, physical and transformational dimensions of the learning process. This training unites the passionate, life-giving nature of the spirit with the art and craft of grounded, skillful teaching. 75 hours live videoconferencing; 35 hours home study.

Course Learning Objectives

Upon completion of The Spirit of Learning® program, the student will be able to:

- Develop an embodied presence by increasing self-awareness, self-regulation and self-expression through somatic practices
- Define, explain and implement the foundational elements of embodied education
- Design, communicate and maintain guidelines, ground rules and boundaries
- Articulate and implement the essential components for creating and maintaining a respectful learning environment
- Implement teaching methods and lesson plans that incorporate the multiple intelligences
- Design course syllabi, curricula, and lesson plans that inspire and motivate students
- Utilize non-judgmental communication skills that support meaningful and effective interactions with self and others
- Foster a learning community of inclusivity, diversity and dignity
- Practice and refine presentation skills that engage students' attention and participation
- Investigate, study and integrate observation theory and techniques
- Deliver assessments and feedback to students that are effective, supportive and generate new patterns for success
- Write and implement a mission statement, commitments and action steps for sustainable and enjoyable teaching
- Clarify, assess and address ethical issues; make repair as needed
- Participate in generative practices that support self-care

2022-23 Zoom Class Calendar

All Zoom Classes meet live from 3:00-6:00pm Eastern time:

Sunday, August 28, 2022

Sunday, September 11

Saturday-Sunday, September 24-25

Sunday, October 9

Sunday, October 23

Sunday, November 6
Saturday-Sunday, November 19-20
Sunday, December 4
Sunday, January 8, 2023
Sunday, January 22
Saturday-Sunday, February 4-5
Sunday, February 19
Sunday, March 5
Sunday, March 19
Friday-Saturday-Sunday, March 31-April 2
Sunday, April 16
Sunday, April 30
Saturday, May 13
Saturday-Sunday, May 27-28

Required Books and Other Resources

The Anatomy of Change by Richard Strozzi-Heckler

The Four-Fold Way by Angeles Arrien

The Courage to Teach by Parker Palmer

Desktop computer, laptop or tablet with at least 11-inch screen size for live videoconferencing

Access to a printer

Assignments

Journaling

Teaching Methods Assignments

Observation Assignments

Development and Delivery of Presentations

Somatic Practices

Syllabus, Curriculum and Lesson Plan development and writing

Evaluation Methods

Completion of home study assignments

Completion of live online presentations and assignments

Participation in small and large group discussions

Participation in somatic exercises and embodied practices

Standards for Completion

Satisfactory completion of the following:

Attendance - 85% of classes and completion of all assigned missed class work

All home study and live online assignments

Online participation in Zoom Classes

Professional conduct