

SECTION 1 | Foundational Elements of Embodied Presence

Lesson 1

Opening Video
Welcome and New Beginnings
Ground
Perspectives on the Classroom
Learning Agreements
Preparation and Assignments for S1 – Zoom Class 1

Lesson 2

Opening Video
Roots
The Role of Attention
A Model for Whole-Person Education
How to Format and Submit Written Assignments
Preparation and Assignments for S1 – Zoom Class 2

Lesson 3

Hokusai Says
Somatics, Embodiment and Presence
Embodied Presence: The Self
Vision, Mission, Commitment, Declaration and Action Steps
Preparation and Assignments for S1 – Zoom Class 3

Lesson 4

Three Somatic Dimensions
Introduction to Presentation Skills
Attention Training as Foundation for Observation Skills
Preparation and Assignments for S1 – Zoom Class 4

Lesson 5

Introduction to Creating a Course Syllabus
The Change Process: Conditioned Tendencies, New Patterns
Introduction to Archetypes: Themes and Corresponding Presentations
Preparation and Assignments for S1 – Zoom Class 5

SECTION 2 | Community of Belonging: Inclusivity, Diversity and Dignity in the Learning Environment

Lesson 1

Section 2 Overview
Sky
Poems about Sky
Environmental Design 1: Creating a Mindful Learning Environment
The Flower of Compassion
Review of The Warrior: Themes and Corresponding Presentations
Preparation and Assignments for S2 – Zoom Class 1

Lesson 2

Opening Video – Sky (S2-L2)
Course Syllabus Review and Intro to Course Objectives
Embodied Presence and Meaningful Connection
Presentation Skills - Part 2
Preparation and Assignments for S2 – Zoom Class 2

Lesson 3

Five Diagrams – Foundational Elements of Embodied Education
Boundaries and Leadership
Push Hands Demonstration Video
Review of Presentation Skills – Part 2
Preparation and Assignments for S2 – Zoom Class 3

Lesson 4

Opening Video - Boundaries (S2-L4)
Introduction to Creating a Course Curriculum
Model for Communicating Boundaries
Preparation and Assignments for S2 – Zoom Class 4

Lesson 5

Introduction to Multiple Intelligences
Teaching any Subject Eight Different Ways
The Healer: Themes and Corresponding Presentations
Preparation and Assignments for S2 – Zoom Class 5

SECTION 3 | Cycles of Learning: Education as a Heroic Journey

Lesson 1

Opening Video (S3-L1)
The 7-Step Kata
Belonging as Healing
Developing your own Course Syllabus and Curriculum
Preparation and Assignments for S3 – Zoom Class 1

Lesson 2

Considerations for Creating a Lesson Plan
Writing a Lesson Plan – Part 1
The Four Acknowledgements
Preparation and Assignments for S3 – Zoom Class 2

Lesson 3

Tending to the Heart
Principle of Reciprocity: Giving and Receiving
Presentation Skills – Part 3
Preparation and Assignments for S3 – Zoom Class 3

Lesson 4

Lesson Plan Writing Part 2: Lesson Presentation
Somatic Practices Review
Preparation and Assignments for S3 – Zoom Class 4

Lesson 5

Cycles of Learning: The Rhythm of Excitement
Healer Archetype and the Arms of Love
The Visionary: Themes and Corresponding Presentations
Preparation and Assignments for S3 – Zoom Class 5

SECTION 4 | Imagination and Creativity as Resources for Instructional Design

Lesson 1

Overview of Section 4
Observation Skills; Ways of Seeing and the Power of Practice
Observation Story and Exercise
Environmental Design 2: Presence and Participation
Preparation and Assignments for S4 – Zoom Class 1

Lesson 2

In the Presence of Kindness
Lesson Plan Writing Part 3: Learning Objectives
Preparation and Assignments for S4 – Zoom Class 2

Lesson 3

Presentation Skills – Part 4
Lesson Plan Writing Part 4: Bloom's Taxonomy and Developmental Learning
Preparation and Assignments for S4 – Zoom Class 3

Lesson 4

Video: Imagination and the Creative Process
Model for Making Repair
Poems about Blessings and Forgiveness
Preparation and Assignments for S4 – Zoom Class 4

Lesson 5

The Art and Craft of Giving Effective Feedback
The Teacher: Themes and Corresponding Presentations
Preparation and Assignments for S4 – Zoom Class 5

SECTION 5 | Wise and Skillful Action as Ground for Professional Sustainability

Lesson 1

Overview of Section 5
Poems about Water
Environmental Design 3: Integration and Creation
Observation Theory and Techniques: the Sensorial Observer
Review of The Teacher: Themes and Corresponding Presentation
Preparation and Assignments for S5 – Zoom Class 1

Lesson 2

Self-Assessment: Teaching and the Classroom Experience
Five Stages of Projection
Multiple Aspects of Communication Skills
Preparation and Assignments for S5 – Zoom Class 2

Lesson 3

Allies and Enemies of Learning
Review of Considerations for Creating a Lesson Plan
Using the Four-Fold Way Archetypes
Preparation and Assignments for S5 – Zoom Class 3

Lesson 4

Review of Vision, Mission, Commitment, Declaration, Action Steps
Integration and Review of Whole-Person Education Model
Categories of Teaching and Review of Program Elements
Student Evaluation of Zoom Classes and Home Study Platform
Preparation and Assignments for S5 – Zoom Class 4

Lesson 5

Completion: Arriving at the Far Shore
Completion: The End of the Heroic Journey
Final Thoughts
Preparation and Assignments for S5 – Zoom Class 5

Additional Resources: on following page:

Lesson Plan Writing 5: Bloom's Taxonomy – Psychomotor and Affective Domains

Quotes used in Zoom Classes

Original Artwork used in Title and Quote Slides

Music in Zoom Classes

Recommended Books

Home Study Reading Assignments