

Sherborne Developmental Movement (SDM)

Outline of Level 1 Course

Basic introductory course in Sherborne Developmental Movement
Certificate of Attendance

Entering criteria – Open to anyone who has an interest in the work of Veronica Sherborne

Aim - To give participants an overview of SDM and its use.

Content -

1. Brief biographical background – Sherborne – Laban
2. Basic awareness of Laban's theory of movement
3. Practical experience (main focus)

Activities to give experience of :-

a. 'Feeling at home in one's own body'

- i) Body Awareness
- ii) Spatial Awareness
- iii) Effort/movement quality

b. Relationship with :-

- i) The Floor
- ii) Others

c. Being and feeling creative through :-

- i) Listening to own body
- ii) Exploring ways of moving the body
- iii) Exploring relationships with others

d. Sensitivity Through :-

- i) 'Listening to' and 'responding to' others
- ii) Awareness of safe/appropriate handling.

a/b/c/d offered through a range of movement experiences

Organisation - minimum requirement 6 hours.