

# Holistic Studies in Human Anatomy

a unique interdisciplinary approach to the study of western science & anatomy

## Course Content 2019 – 2021

### YEAR 1

*exploring relationship to self, other & place through direct felt experience in the body*

#### **Module 1: Levels of organisation in the human body – cells to skin**

Introduction to the course and the practice of experiential anatomy including the Process of Embodiment from Body-Mind Centering leading into the study of cells, tissues, organs and body systems; culminating on the final day with the sense organ of touch; skin.

#### **Module 2: Skeleton: structure, support and organisation**

The study of one of the densest tissues in the human body & all vertebrates, bone - through movement, hands on touch and anatomical models and maps we will differentiate between the axial and appendicular skeleton, explore the connective tissue web of bone and explore the practice of bone tracing through hands on touch, bone histology, joint articulation and the ligamentous connectors.

#### **Module 3: Organs I: nourishment, breath, the heart brain and the kidneys**

Introduction to the organs of breath, circulation and filtration: the lungs, heart and kidneys through the study and practice of movement, hands-on-touch and anatomy models and maps. We will differentiate between our boney skeletal container and the contents within; our organic processes of life, and come to meet our heart brain as a sensory organ of perception, rhythm and relationship.

#### **Module 4: Fluids: the nature of transformation**

Introduction to the embodied anatomy of the fluids: blood, CSF, Lymph, cellular and interstitial fluids through hands-on-touch, movement and anatomical maps and images. Underlying presence and transformation the fluids maintain our sense of balance in tension & relaxation; in rest & action.

#### **Module 5: Graduation (Year 1) Presentations & Portfolio Review**

This module is a culmination of the learning journey from the first four modules when each student has one hour to present an aspect of their learning, research, interests and/or experiences from the year. The assessment approach is a process of self and peer review based on Reflective Practicum and Whole Person Learning explored throughout the course. The weekend also opens on the Friday morning and closes on the Sunday afternoon with a taught seminar. with student presentations and sharing of Portfolio's inbetween.

*My experience of the first year offered a real sense of homecoming, the chance to sense in – it also connected me back “out” and into nourishing relationships with others and the world. Life changing turning point but continuous without a sense of end*

Petra Söör 2017

## YEAR 2

*balancing between individuality & connectivity*

### **Module 1: Muscle & Skeleton: The matter of motion, tonus & proprioception**

An introduction to the muscular skeletal system and our felt sense of effort, tonus, elasticity and ease embodying the muscle system as a sense organ through the felt sensation of our proprioceptors (self receivers) in movement and hands-on-touch. Focusing on the intrinsic muscles of posture we will study the histology & characteristics of skeletal muscle tissue, the weave and weft of molecular structure and our somatic nervous system.

### **Module 2: Nervous System: Sensing & Movement, Neuroplasticity & the five special senses**

An introduction to the embodied anatomy of the major electrical governing system of the human body; the Nervous system. This module will include the study of the central and peripheral branches, the Autonomic Nervous system and the sense organs of movement & touch, sound and sight and the dynamic perception of self and world.

### **Module 3: Endocrine System: chemical system: glands, hormones, balance & our universal mind**

This module brings us into relationship with the chemical governing system of the body; the endocrine system, inherently linked with the nervous system. Through movement, hands-on-touch and sound we will work intimately and deeply with this integral, intelligent system of the glands and their secretions; hormones, and the maintenance of balance or homeostasis in the human body. Through this system we will explore our underlying sense of intuition and perception from a Body-Mind Centering® perspective embodying the crystallisation of energy into archetypal experiences.

### **Module 4: Organs II: The abdominal & pelvic regions, & our gut brain**

This second module in the study of the organ system of the body will build on our knowledge and practice from Organs I and integrate all aspects of the course as we explore the anatomy, physiology and expression of the second brain in our gut – the digestive system – our gut brain. Through movement, hands-on-touch, sound and the study of anatomy models and maps we will explore the organs of digestion and the enteric nervous system from mouth to anus culminating at the end of the weekend with the pelvic organs of reproduction.

### **Module 5: Graduation & Course Certification: Final Presentations & Portfolio Review**

The final module of the course is a celebration of our learning journey when each student again has one hour to present an aspect of their learning, research, interests and/or experiences from the second year alongside their final course portfolio. The module will open on the Friday morning and close on the Sunday afternoon with a taught seminar and an informal graduation at the end of the weekend.

*Under the caring and careful guidance of Ros Maynard as facilitator I have been helped to visualise and to connect at a deeper level with the multiple and intricate systems and processes in the body. Dr Pam Woods, Dance Artist & Academic, Exeter University 2016*

[www.tsoel.org.uk](http://www.tsoel.org.uk) / [info@tsoel.org.uk](mailto:info@tsoel.org.uk) / Dartington Devon