

## Criteria for Motion Theater Teacher Training Level One

The following criteria will be considered as a part of the certification process:

- Interest in and commitment to Motion Theater
- Completion of 100 class hours with a certified Motion Theater Teacher
- Previous teaching/leadership/facilitating experience, preferably specific to the creative process.
- Previous related arts experience including: dance, theater, vocal work, and/or musical experience.
- Experience in body or breath awareness practices.
- Commitment to a personal spiritual or meditation practice.
- Experience with psychotherapy as a client and/or therapist.

### Attendance

Attendance at all of the following sessions is a requirement for certification

- 6 weekend trainings
- 20 hour teaching practicum with supervision
- 5-day retreat and graduation ceremony

### Homework

Completion of all homework assignments is a requirement for certification.

### Core Competencies

Upon completion of the training, Motion Theater teachers are expected to be proficient in the following:

- Facility in your own Motion Theater ® practices-competence in solo, duet and ensembles
- Capacity to lead others into the forms with gentleness and clarity
- Confidence in speaking to a group
- Ability to articulate Motion Theater ® underlying principles and philosophy

### Movement

- Moving freely, responding freely to inner impulse
- Moving responsively with a partner in duet forms while staying connected to self
- Moving responsively to partners in ensemble forms while staying connected to self

### Sounding

- Having and modeling a developed sound vocabulary
- Modeling and using healthy sound production
- Teaching how to keep the voice open

### Narrative

- Use of detail in narrative development
- Understanding narrative elements of character, setting, time
- Knowing how to let a detail lead seamlessly into narrative

### Integration

- Integration of sound and movement
- Integration of language and movement
- Integration of sound and narrative

### Modeling/Communication

- Capacity to model solo, duet and ensemble forms within the context of MT 1-2 Capacity to lead others into forms with gentleness and clarity
- Ability to keep one's own personal dilemmas out of the room
- Ability to manage feelings that emerge in the room while staying centered and empathic
- Communication
- Non judgmental communication style
- Capacity for clear communication when issues arise
- Confidence in speaking to a group
- Feeling secure in front of the group
- Avoiding self apology i.e., "Sorry I'm not so good but I'm going to teach you anyway"

### Accountability

- Showing up on time
- Having keys, studio contracts, paying studio rent in a timely way
- Beginning and ending on time
- Handling finances in a skillful way
- Follow up with people who might need additional personal contact
- Proactive on potentially explosive issues in the group
- Dressing appropriately and professionally: not too revealing, hygienic
- Clear boundaries with students around sexuality and finances

### Benefits of Becoming a Motion Theater Teacher

- Be part of a community of Motion Theater® teachers • Inspire life-enhancing experiences in your students
- Awaken creativity in yourself and your students
- Train the mind to be spontaneous and expressive
- Increase energy, vitality and playful aliveness
- Receive support from a network of Motion teachers to further your teaching skills
- Develop your own leadership/teaching style
- Motion Theater Teacher's Association Membership

Motion Theater® teachers are required to pay an annual fee of \$250 to use the Motion Theater name and teach Motion Theater forms. With this Motion Theater licensing package, teachers will belong to the Motion Theater Teacher's Association. You will be asked to pay an annual fee for every year you want to keep your status as a current Motion Theater teacher. As a member of the Motion Theater Teacher's Network you get:

- Inclusion in the directory of certified Motion Theater TM teachers
- Links to MT teacher's websites will be included in the directory
- Online discussion forum for teachers
- Reduced rate for supervision from a Motion Theater Senior Teacher

Professional discounts: 10% for classes/workshops, books, and CD's