



Sensual Embodied Dance®
FACILITATOR TRAINING



HOLLY
WODETZKI

Sensual Embodied Dance®

FACILITATOR TRAINING

CURRICULUM OVERVIEW | MODULES 1-4

Module 1

DROP INS & WARM UPS

- Effectively opening the space
 - Guiding people into their body
 - Warm up movements & sequencing
- + spaciousness to get familiar with rhythm & delivery of the training



Module 2

EMBODIMENT FOUNDATIONS

- What is 'embodiment'?
- The Sensual Embodied Dance® methodology
- Philosophy & values
- Categories of embodiment practices
- Ways of modulating experience
- The 4 embodiment keys
- Misconceptions & pitfalls in the embodiment/sexuality/wellness industry.



Module 3

DEVOTIONAL EROTIC DANCE

- The purpose & benefits of DED
- How to facilitate DED
- Turning up/down the 'erotic' aspect for various groups.
- Complete movements list
- Creating your own sequences
- Verbal & non-verbal guidance



Module 4

YOU: THE INDIVIDUAL

- Cultivating self-awareness & self-regulation
- Cultivating embodied capacity
- Tendencies & habits: vocal and physical
- Personal edges exploration
- Your shadows & blindspots
- Your strengths & natural gifts



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CURRICULUM OVERVIEW | MODULES 5-8

Module 5

GROUP EMBODIMENT EXERCISES

For 12 different (awesome!) group embodiment exercises:

- see full class demonstrations,
- understand the purpose & learning outcomes,
- how to facilitate each,
- engagement considerations, variations & online adaptability.



Module 6

YOU: THE FACILITATOR

- Fundamental facilitation skills
- Clarifying your role & responsibilities
- Avoiding a 'facilitation hangover'
- External containment
- Internal containment
- 'Reading the room' - how & what to sense
- Regulating the room



Module 7

RELATIONAL PRACTICES

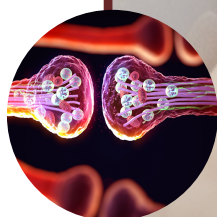
- Understand the purpose & learning outcomes of these powerful practices.
- Complementary opposites
- Polarity
- Creating context
- Types of relational practices
- How to facilitate relational practices effectively. Including what not to do!
- The power of transfiguration & unconditional positive regard



Module 8

THE NEUROSCIENCE OF TRANSFORMATION

- What is the nervous system (NS)? Understanding its purpose and functions.
- Understanding key neurochemicals.
- Neuroplasticity
- What is emotion?
- The physiological ingredients required for sustainable, long-term transformation.
- Accepting & navigating resistance
- Co-regulation
- 'Reading the room' in more detail
- Indirectly & specifically regulating the room



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CURRICULUM OVERVIEW | MODULES 9-12

Module 9

BEING DANCED METHODS

- The rapture of 'Being Danced' - defining the undefinable
- The dark side of peak experiences
- 'Creating the conditions' philosophy
- Cultivating the ripe conditions for ecstasy
- 'Flow': characteristics & triggers
- The value of Being Danced & Flow states
- Facilitating entry points
- Inspiring poetry



Module 10

TRAUMA INFORMED FACILITATION

- Why SED® is not therapy
- Dissociation and embodiment
- Trauma, threat detection and survival mechanisms.
- Renegotiating trauma. Emotional symptoms associated with trauma
- Re-enactment & re-traumatisation. Active trauma
- Moving with trauma
- Consent & clear boundaries
- Supporting without interference
- Facilitator-participant dynamics: power differentials, transference, counter-transference, projection, fawning, mirroring



Module 11

INTEGRATION PROCESSES

- The crucial importance of integration
- Harvesting the fruits of the practice
- 5 integration processes
- Facilitating group sharing & pro-active listening.
- Maintaining good containment & mitigating 'oversharing'
- Closing steps
- Follow up & after care



Module 12

PRACTICAL DETAILS

- Class planning
- Timing, assistants, music management, venues etc.
- Online delivery considerations
- Effective improvisation
- Answering questions gracefully
- Getting started offering classes



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DELIVERY

Teaching Calls

Live. Online. 2 hours.

Everyone together engaging in an embodiment exploration of the module topic.

Recorded & replay available.
Attendance counts towards your certification.

WEDNESDAY 10am-12pm AEST
in the first week/s of the module.

Practice Calls

Live. Online. 90mins.

Meeting in intimate pod groups with Holly or a member of teaching team. You practice facilitating each other through various exercises. Receive valuable feedback.

Not recorded so you're free to experiment & make mistakes. Attendance counts towards your certification.

Call time TBC dependent on your availability & preferences

Mentoring & hotseats

There are **three integration weeks** spread out through the training.

During these weeks you may choose to attend the 1-2 hour mentoring call.

You can use the call to receive **hotseat** attention. Engage in **Q&A. Catch-up** on missed practices. **Check in** and share your struggles, celebrate your wins, **connect with others**, be inspired, stay **engaged & accountable**.

Recorded & replay available. Attendance is optional.

Resources

All pre-recorded module content and demonstrations are available on **video & audio** in **Online Learning Portal** and **Mobile App**.

Three Facilitator Training Manuals contain written summaries of all the content, self-inquiry prompts and planning pages.

Homework practices support your personal integration of the module topic & preparation for the Practice Pod Call.

Playlists & further resources.

Community

The private Facebook group is the community home for **staying connected, engaged** and **inspired**.

Each module's homework includes short inquiry questions to elicit **juicy, engaging discussion** in the Facebook group.

Reach out to Holly or the community support team **anytime**.

Opportunity to arrange times for additional independent practice calls with other women in the training.

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EXTRAS

Bonus inclusions

Life-time **FREE** access to **all** of Holly's online Sensual Embodied Dance offerings.

FREE access to any of Holly's in-person Sensual Embodied Dance classes* during your training period.



Optional Add-ons

Residential retreat
5 day/4 night

18th - 22nd May 2024
Sunshine Coast Hinterland
Queensland, Australia

The retreat price is heavily discounted for SED facilitator trainees, to encourage you to deepen your personal & in-person experience. immersed in nature.



Ongoing professional development

- FREE** workshop on creating courses & structuring class series
- FREE** workshop business skills & social media management
- FREE** done-for-you signature 'Elements' SED course plan
- 2 x **FREE** follow up mentoring & hotseat calls post-training
- ADD-ON** done-for-you signature SED course plans

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FREQUENTLY ASKED QUESTIONS



WHEN IS THE FACILITATOR TRAINING?

The Sensual Embodied Dance facilitator training will run from **27 March – 6 November 2024**. It is **34 weeks** in total, including 3 integration weeks and a practicum preparation week where there are no calls you need to attend.

HOW MUCH TIME IS REQUIRED TO COMPLETE THE TRAINING?

Approximately 4-5 hours per week including time spent live on calls.



CAN I MIX THE SENSUAL EMBODIED DANCE WITH MY EXISTING SKILLS & MODALITIES?

Yes, absolutely. Make it yours.

Understanding the SED methodology will help you to structure any offerings for maximum transformational benefit.

WILL I BE ABLE TO FACILITATE SED ONLINE OR IN-PERSON AFTER THE TRAINING?

Both! There's huge benefits to both formats and you'll have transferrable skills for whatever you choose.



CAN I TAKE THE FACILITATOR TRAINING AS A PERSONAL JOURNEY?

Yes, definitely.

It's a powerful container for transformation whether you choose to certify at the end or not. The facilitation skills you'll learn are also applicable to also enhancing all human interactions.



WILL I BE ABLE TO FACILITATE SED ONLINE OR IN-PERSON AFTER THE TRAINING?

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CERTIFICATION CRITERIA

In order to receive your certification at the end of the training you need to meet **three requirements**:



1

Attendance & participation **at least 80% of the Teaching Calls and Practice Calls.**

There are 27 Teaching + Practice calls in total, which means **you can miss up to 6** and still certify.

There are also simple **ways to catch up** on missed calls and still receive the participation marks (outlined below).

2

Engage with **at least 80% of the homework tasks & discussion prompts** for each module in the Facebook group.

This requires about **10-30mins per module.**

These are short practices and discussion prompts designed to cultivate your understanding, elicit your unique insights & integrate each module.

3

Successfully complete the **Practicum Assessment.**

By the end of the training you will have already prepared & practiced facilitating every element required in your practicum assessment.

The practicum is a **1-2.5 hours** Sensual Embodied Dance class where you facilitate the whole methodology.

Catch up options

If you miss a Teaching Call you can still receive the participation marks by watching the call recording and demonstrating that you have engaged with the content via 500-word written personal reflection or 5min spoken video recording summarising the topic/practice.

If you miss a Practice Call you can still receive the participation marks by submitting a video recording of you facilitating that modules practice, or demonstrating the practice on a mentoring call (available during the integration weeks)



HEAR FROM PAST GRADUATES...

This training has been **one of the best things I've ever done**, not just for myself professionally, but personally.

It is facilitated at an **easeful pace but is rich in content and experience**

in both delivering and receiving the work so I can confidently facilitate SED as a fully integrated body of work.

The level of support and engagement from the facilitation team is incredible, and **I felt fully engaged in the training the whole time**, whilst experiencing **enough spaciousness to include it in my busy life**.

I cannot recommend this training more highly, for its mix of professional development and personal exploration (which is all relevant to delivering SED).

The **content is extremely thorough** and I really valued the **scientific and evidence-based style of teaching**, as I believe it is uncommon in this field of work.

As an **already experienced facilitator, I gained so much more** foundation and increased my skill set immensely.

If you are passionate about delivering **life-changing embodiment work**, the SED modality and training process is absolutely in a class of its own!

Jess MacLeish
2021 Graduate



One of the things that I love about Holly's teaching is her complete understanding of the content. It is **a lived visceral knowledge that she brings through with complete authority** but also with a crucial **yielding to dynamic truth**.

Christine Lloyd
2021 Graduate



The Sensual Embodied Dance facilitator training is **an initiation into a deeper, more loving and embodied relationship with yourself**.

Holly has masterfully put together the course material so that you go on a journey, unlocking a deeper connection to your sensuality and paving the way to experiencing flow states, greater self awareness and the ability to facilitate others to experience the same.

You will feel supported, encouraged, accepted and celebrated every step of the way!

I highly recommend this course to **anyone who wants to experience life more fully** and learn a step by step modality that will help others experience the same!

Alysia Cameron
2021 Graduate

I love how much was shared about the actual facilitation side of teaching and how important it is in addition to the embodiment practices.

I love that trauma-informed practices are included.

I love how detailed the breakdowns are – from the Devotional Erotic Dance videos to the scripts to sharing playlists.

Holly gave us the foundations to start with solid tools and the opportunity to then tweak and **shape to suit our own unique gifts and offerings and personality.**

Jackie Wallin
2021 Graduate





HEAR FROM PAST GRADUATES...

Sensual Embodied Dance FT has been **transformational** for me as a facilitator but, more importantly, as a woman and a human.

I feel **more embodied than ever before** having gone through this training, thanks to the **depths, creativity, and artistry woven into this curriculum.**

I have gained and am confident in facilitating so many powerful tools in embodiment and sensuality.

What is most amazing is the **joy, creativity, self-discovery, and courage I've experienced** and taken with me from this journey with Holly and an **incredible, diverse group of women.** The realms we visited in this training left me transformed as a woman and a facilitator.

To learn such **profound skills through movement, music, dance, and deep community** was so **much pleasure**, it is beyond words. I wholeheartedly recommend this training to any woman interested in cultivating more pleasure, embodied power, and liberation, connection, and joy for herself and for those in her presence.

Freya Wolf
2023 Graduate



I feel every woman should undergo this expansive training as a **gift to herself**, a reminder and lessons on how to **come home and truly inhabit her body**

Alessandra Massi
2022 Graduate

I deeply appreciated **Holly's devotion, humility, humour** in her facilitation and lightness she brings to the practice together with an **opportunity for such depth.**

I also enjoy how Holly demystifies embodiment, **making everyone feel welcome to practice and to the level at** which they're comfortable, without forcing but simply allowing.



Marania Bunton
2022 Graduate

I would recommend this training to every woman who is interested to **deepen her relationship with her body**, her **inner aliveness** and wants to **share this magic with other women.**

I loved the depth of the teachings and the **well thought through structure.** The container of women is **very supportive and uplifting.**

The course provides in-depth teachings in many facets of both the embodiment practices and the art of facilitation itself, which makes it a **very holistic course** where you walk away from with many tools in your hand.

Sara Thuben 2023 Graduate



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ENROLEMENT NEXT STEPS

Submit an application

Clarify your intentions to join the Facilitator Training whilst completing the application form. We'll respond with additional information for you to decide if you'd like enrol.

[Submit your application](#)

Arrange a call

Find a time for a free, friendly, no-strings-attached conversation:

[Arrange a call](#)

Email us

Send us your questions!

Let us know you're interested and we'll stay in touch.

hello@sensualembodieddance.com