

The SPIRIT of LEARNING®

New Start Date
August 28, 2022

AN ONLINE PROGRAM of TEACHER TRAINING
and LEADERSHIP DEVELOPMENT for
EDUCATORS, PRACTITIONERS & COACHES

CREATED AND TAUGHT BY

Carey Elizabeth Smith

WITH

Melinda Hunt



P R E S E N T E D B Y

THE CENTER FOR EMBODIED EDUCATION

BODY THERAPY INSTITUTE | HAWAII & NORTH CAROLINA

The SPIRIT of LEARNING®

AN ONLINE PROGRAM OF TEACHER TRAINING AND LEADERSHIP DEVELOPMENT
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Taught by Carey Smith, *with* Melinda Hunt

❖ Our next training begins August 28, 2022 (*note revised date*) ❖

INTRODUCTION

The Spirit of Learning® explores the dynamic relationship between theory and technique in a model of **embodied education**. Our approach honors and integrates the cognitive, emotional, physical and spiritual aspects of the learning process. The program provides a transformative experience in which you will gain the knowledge, skills and confidence fundamental to effective and successful teaching.

Created by Carey Smith in 1998, *The Spirit of Learning*® features an innovative **110-hour curriculum**. It's designed for those who work in the somatic domains of massage therapy, bodywork, yoga, Pilates, and health-care – as well as those who are seeking to incorporate **bodily wisdom** in their teaching, coaching or private practices. Instructors and CE providers will gain greater ease, creativity and connection with their students. Practitioners will be able to include more of an educational component in their work with clients.

Whether you are standing in front of a classroom, working with an individual client, hosting a video conference, supervising or collaborating with a team – skillful teaching and leadership deepen the capacity for others to experience dignity, a sense of contribution, and belonging. Through this training, **we unite the passionate, life-giving nature of the spirit with the art and craft of teaching.**

EDUCATIONAL PHILOSOPHY and LEARNING OBJECTIVES

Being an educator and leader requires a particular combination of awareness and skills in order to effectively assist others in navigating complex, challenging and intimate processes of learning and change. When teachers bring forth the vitality and authenticity of **embodied presence**, the curriculum comes alive – and an environment of respect, trust and compassion is nurtured.

The program includes the following specific teaching skills, methods and strategies:

- Developing a mindful, confident and embodied presence
- Fostering a classroom dynamic of inclusivity and dignity
- Delivering meaningful and engaging presentations
- Designing creative syllabi, curricula and lesson plans
- Utilizing non-judgmental communication skills
- Establishing clear boundaries to build respectful relationships within a diverse population

The Spirit of Learning provided a powerful, unique experience for me. The curriculum was exceedingly well-developed and the teaching was exceptional. I stepped into the program with great curiosity about how the wisdom of my body could inform and enhance my life.

Having completed the training, I now carry a rich variety of tools, strategies and somatic exercises that have truly added great value to my personal and professional life.

Linda Duda, MSW, PCC
Past Instructor, Integrative Health
Coach Professional Training Program
at Duke Integrative Medicine

In testament to The Spirit of Learning's long-term impact, it has been ten years since my training – yet daily I continue to draw from those methods and practices to shape my classes. The program is definitely the learning experience that keeps on teaching!

Phil Comstock, LMT
Educator and Therapist
Cincinnati, Ohio

- Creating an inspiring learning or therapeutic environment
- Implementing observation techniques to develop new ways of seeing and delivering effective feedback
- Working with learning styles and multiple intelligences
- Navigating and resolving ethical challenges
- Incorporating somatic movement practices

The program explores four cross-cultural archetypes and 12 universal themes that promote the development of greater self-awareness and mastery, as well as insight into and respect for the diversity of others:

WARRIOR	HEALER	VISIONARY	TEACHER
Courage	Faith	Form	Solitude
Compassion	Doubt	Creativity	Community
Leadership	Determination	Discipline	Service

Through this study, you will also have the opportunity to reassess and update historical habits and patterns that will enable you to respond more effectively and creatively to challenges in your professional domain.

A UNIQUE TRAINING EXPERIENCE

This program is presented primarily through live videoconferencing classes, which will include: lectures on educational philosophy and teaching methods, somatic practices, observation exercises, student presentations, group discussions, opportunities for quiet reflection, and conversation among colleagues.

In addition, there are ongoing home study lessons creatively designed so that you can explore and integrate the learning material through a variety of modes: video, audio, essay, images, experiential exercises and journaling.

This union of philosophy, diverse teaching methods and practices deepens the meaning and level of satisfaction so that education truly becomes a life-enriching journey toward wholeness.

Enrollment is limited to 16 students to ensure a high level of group interaction and attention on individual development.



Learn ways to achieve more successful outcomes... develop greater compassion and self-awareness... provide an inspirational learning environment for your students or clients

The Spirit of Learning helped me remember why I teach, and what it is that I have to share. I have remembered how much fun it is to be challenged by students, and to have the freedom for us to learn together in the classroom. Thank you for helping me rediscover my creativity and my passion for teaching.

Sheila Cook, LMT
 Massage Therapy Educator
 Birmingham, Alabama

Through The Spirit of Learning, I changed what I feared doing into what I loved doing. Each class was invigorating as I was able to learn how to talk to people, and learn how to teach anything I have come to know – to others. The greatest thing that the program prepared me for was developing compassion for the process of change.

Victoria R. Hackworth, LMBT
 Massage Therapist
 Durham, North Carolina

Graduates and faculty of a past Spirit of Learning program

DETAILS for the 2022-23 ONLINE PROGRAM

Overview: The 110-hour curriculum consists of:

- 75 hours of live classes held online using Zoom, the interactive videoconferencing platform; and
- 35 hours of home study, accessed through the Center's online learning platform that contains all class materials and program information.
- **Enrollment is limited to 16 students.**

Schedule:

- The live classes will begin Sunday, August 28, 2022 and end May 28, 2023.
- All classes will be 3 hours in length, held from 3:00–6:00pm Eastern Time. See program calendar below.

Cost: Tuition for The Spirit of Learning® is **\$2150**. After the \$200 deposit is paid, the balance of \$1950 is due by August 1, 2022, or may be paid in four monthly installments of \$497.50 or eight monthly installments of \$253.75 beginning on August 1, 2022.

Enrollment Policy: Admission to the program is by application only, and is at the discretion of Body Therapy Institute and the Center for Embodied Education. Once accepted, the student shall sign and return the Contract of Enrollment with a \$200 non-refundable tuition deposit.

Professional Recognition: Body Therapy Institute is designated by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a Board Approved Continuing Education Provider.

Attendance and Missed Class Make-up Work:

Attendance is required at all live videoconferencing classes. If a student is unable to attend a class, make-up work will be assigned, and a recording will be available. If a student misses more than five classes, a meeting with the Director will be required.

Technical Requirements: Students will need a desktop computer, laptop or tablet with at least 11-inch screen size for both live videoconferencing sessions and the offline home study work. You'll also need access to a printer. Given the nature of this interactive virtual classroom, participation with a smartphone is not suitable to the learning format.

Completion and CE Credit: Students who successfully complete all course requirements – which include attendance of all online classes and completion of home study assignments – shall receive a certificate of completion from BTI and the Center for Embodied Education and documentation of 110 hours of continuing education credit.

Refund Policy: A student who withdraws from the program on or before Nov. 1, 2022 shall receive a 75% tuition refund; withdrawal before January 5, 2023: 50% refund. For withdrawal after January 5, there shall be no refunds given. Refunds are made within 30 days of withdrawal or dismissal.

Books: A list of required textbooks will be sent with notice of acceptance into the program.

2022-23 PROGRAM CALENDAR

ALL SESSIONS MEET FROM 3:00-6:00PM EASTERN TIME:

Sunday, August 28, 2022

Sunday, September 11

Saturday & Sunday, September 24-25

Sunday, October 9

Sunday, October 23

Sunday, November 6

Saturday & Sunday, November 19-20

Sunday, December 4

Sunday, January 8, 2023

Sunday, January 22

Saturday & Sunday, February 4-5

Sunday, February 19

Sunday, March 5

Sunday, March 19

Friday, Saturday, Sunday, March 31-April 2

Sunday, April 16

Sunday, April 30

Saturday, May 13

Saturday & Sunday, May 27-28

PERSPECTIVES from our GRADS

My time in The Spirit of Learning began an amazing journey of personal transformation and professional discovery. The program led me to begin a new chapter in my career, teaching massage therapy. Being an educator was an idea I hadn't explored prior to attending, but has become a vital part of my identity and integral to my ongoing professional success. I am forever grateful for this wonderful training.

Sarah DeBerardinis, LMBT
Educator and Therapist, Chapel Hill, North Carolina
Co-founder, Integrity Trainings

The Spirit of Learning teaches the foundations of being human within the context of education. This curriculum offers a blend of models, principles and tools for both personal and professional growth.

Cathy Brooksie Edwards, MA, LPC, LMBT
Executive Director, heart2heart
Pittsboro, North Carolina

I felt strongly about becoming an educator in the massage field. Having completed The Spirit of Learning, I can proudly say that I am now a massage instructor, as well as lead therapist at two clinic locations in my community. Learning somatic practices has been most beneficial in developing confidence. I go to work every day with my head held up high. The program taught me to breathe, slow down, stay grounded, and keep an open heart.

Vickie Lynn Sladen, LMT
Educator, Chester Career College, Chester, Virginia

Learning what I did through The Spirit of Learning was life changing. Not for a weekend, a month or a year, but is now embedded in my bones... is woven throughout my soul. I learned to trust and to love again.

Emily Bauler, LMT
Educator and Therapist, Norwalk, Iowa

The program has broadened the teaching experience for me, and helped me see things in my students that I was missing before. I took The Spirit of Learning because of problems I was having in the classroom. It helped me solve those, but more, it opened my eyes to the possibilities of teaching as a true calling. If you take the craft of teaching seriously, this is a course you should take.

Eric Munn, LMT, PTA
Former Massage Program Director and Lead Instructor
Fortis Institute, Wayne, New Jersey

The program is profoundly rich, deep and awe-inspiring for teachers and all humans. I found The Spirit of Learning to be life-changing and brings deep appreciation, awareness of the simple, yet complex magical world we live in.

Juul Bruin, MA, RN, LMBT
Educator and Massage Therapist
Wilmington, North Carolina



As a war veteran of Vietnam and current massage therapist and triathlon coach, the training I received in Spirit of Learning has given me trust and hope within myself to teach in a way our society desperately needs to survive and thrive. Thank you for the most timely and heartfelt teaching I have ever experienced.

Dan McLaughlin, USN SEAL, USAT Coach, LMBT
Chatham, Virginia

The Spirit of Learning has helped me return to a more balanced way of being. The somatic practices are my ally – my go-to remedy to ground and center, navigate and adapt to the unexpected, listen deeply to my clients, and communicate more effectively. Possibly the greatest surprise is, that as time passes, I'm aware that the teachings continue to operate deep within me, nudging my best self to emerge and bringing a new richness to my work.

Rosemary Hill, LMBT
Massage Therapist, Cary Orthopaedic Physical Therapy
Apex, North Carolina



The Center for EMBODIED EDUCATION

DIRECTED by CAREY ELIZABETH SMITH

ABOUT the CENTER

The Center offers opportunities for teacher training and educational leadership that are grounded in the wisdom of bodily experience and the dignity of each individual. We recognize the value and contribution of diverse perspectives to enrich the learning environment. Faculty members honor the unique history, skills, gifts, challenges and talents of each student.

Whether you are a practitioner or coach who wants to learn how to better educate your clients; a beginning teacher; a seasoned instructor in a school of massage or somatic therapies; a provider of continuing education seminars; or a healthcare educator – the Center will help you **become more skillful, effective and satisfied** in your work.

Our whole-person approach to learning focuses on:

- Developing the **mind** – to make sound decisions
- Developing the **emotions** – to communicate what you care about
- Developing the **spirit** – to bring your dreams and visions into form
- Developing the **body** – to take effective action

Carey Smith is the **Founder and Director** of the Center, and Co-owner of the Body Therapy Institute. She is a master teacher, somatic coach and creator of *The Spirit of Learning*® with four decades of experience in body-oriented education.

She earned her certification in Montessori education from the American Montessori Society, has a bachelors degree in romance languages and literature from the University of Michigan, is a BTI graduate, and a Master Somatic Coach from Strozzi Institute.

As BTI's Co-director from 1992-2017, Carey was responsible for faculty and staff development, design and review of the massage program curriculum, and oversight of student academic progress. She is the recipient of AMTA's 2009 National Teacher of the Year Award, and is a 2011 inductee into the Massage Therapy Hall of Fame. She is a contributing author to *Teaching Massage: Foundational Principles in Adult Education for Massage Program Instructors*.

Carey is also an artist and writer who is actively engaged in the exploration of body, earth and imagination – the interplay between somatics, ecology and the creative process. Her first book, entitled *Awakening Wisdom: Exploring the Confluence Between Learning, Healing and Creativity* speaks to the restorative capacity of the natural world.

She lives on the Big Island of Hawaii where she oversees the Center, teaches in the Program, and presents advanced training opportunities for Spirit of Learning graduates. Carey also offers somatic coaching sessions that focus on developing an embodied presence in both personal and professional domains. Sessions are available by phone, or in person for those who travel to the Big Island.





Melinda Hunt is a trainer for the Center and a former teaching assistant for BTI in Myofascial Massage. She has a bachelor's degree in Business Management from Keene State College (New Hampshire), is a BTI Graduate, Spirit of Learning graduate, NC Licensed Massage & Bodywork Therapist, Registered Yoga Teacher through the Yoga Alliance, and has a private practice in Durham, NC. Melinda owns and directs Durham Community Bodywork, an organization that is broadening access to massage therapy and increasing support for massage therapists through innovative community massage clinics and a collaborative treatment space. She is currently enrolled in the Masters of Social Work program at the University of North Carolina at Chapel Hill.



Sahana S. Braswell is a teaching assistant for the Center. She is a BTI Graduate, Spirit of Learning graduate, NC Licensed Massage & Bodywork Therapist, and a NC Licensed Esthetician. She owns and directs Indiva Spa & Wellness in Cary, NC, which specializes in "Beauty from the Inside Out". Before launching her own business, she provided massage therapy and esthetics services for Skin Sense Day Spa in Raleigh, and has received training from The Body Shop and Sephora. She is also a Certified Esthetics Instructor and a Business Development Coach. Sahana brings a deep commitment to models of learning and teaching that open doors to integrity, clear and respectful communication, and appreciation for the authenticity of self and others.



Shakira Bethea serves as the Zoom host for our live online class sessions. She is a BTI Graduate, Spirit of Learning graduate, NC Licensed Massage & Bodywork Therapist, and has Yoga Teacher Training Certifications from Heart of Yoga School and Skill in Action. She has a bachelors degree in psychology from the University of North Carolina at Chapel Hill. Shakira owns Rhythmic Bloom, a private practice in Durham, NC that offers massage and movement therapies along with wellness mentoring. Her focus is on the confluence between wellness and social justice – holding a healing space for those most removed from power and privilege – to allow clients to experience comfort in their authenticity and bodies.



Rick Rosen manages the online home study platform for The Spirit of Learning, and assists Carey in the design of inspiring content for the live Zoom classes. He is the Founder and Co-owner of Body Therapy Institute, and has served a wide variety of roles in the massage therapy profession over his four-decade-long career. He has a bachelors degree from the College of Journalism and Communications at the University of Florida, and a masters degree in humanistic psychology from West Georgia College. An award-winning photojournalist from his college days, Rick is also an experienced graphic designer who is always up for a new learning challenge.

APPLICATION PROCESS FOR *The SPIRIT of LEARNING*®

- Admission to The Spirit of Learning® is by application only, and is at the discretion of Body Therapy Institute and the Center for Embodied Education. Class size is limited to 16 students.
- **The application deadline is July 15, 2022.** Applications received after that date will be considered on a space-available basis.
- To access the new **ONLINE APPLICATION FORM**, click the orange button below which will take you to a page on the BTI Website.
- Alternatively, you can manually enter the URL in your browser:
www.bti.edu/application-form-spirit-of-learning
- On this page, you will complete the form, submit it, and pay the \$25.00 application fee.
- NOTE: As this online form does not allow you to save your work and complete it at a later time, we recommend that you compose your answers to the four main questions in a word processing document – then copy and paste it into the online form when you're ready to submit it.
- If you want to submit a resumé along with this application form, email it to <carey@bti.edu>. (This is optional.)

Spirit of Learning | Application Form





It's big what can occur when one is held in a safe learning container. Something in you can find expression and it changes one's world – forever. A part of you is free, no longer hidden. This was my experience in The Spirit of Learning. I say, don't hesitate... just step into the program. I promise you will experience transformation. These teachers are amazing.

Roxanne Hollander, DC | Chiropractor, Pittsboro, North Carolina



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