

A vibrant, magical forest scene. In the center, a large, ornate golden mandala is filled with a dense arrangement of red and yellow flowers. The text "SCI-MAA" is written in white, bold, sans-serif capital letters across the middle of this mandala. Below the mandala, a group of people are depicted in various dynamic poses, suggesting movement and dance. They are surrounded by lush greenery, including ferns, palm trees, and various flowers like bird of paradise and orchids. There are also two coconuts in the lower left. The scene is illuminated by soft, golden light filtering through the trees, with some areas appearing to have glowing particles or water splashes, creating a dreamlike atmosphere.

SCI-MAA

Somatic Semantics In Movement
Awakening Awareness

DETAILED OUTLINE

SCI-MAA COURSES

2024-2025



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WHAT IS SCI-MAA?

SCI-MAA is a guided dance practice that helps individuals, known as "healers," bypass their conscious mind and access self-awareness through self-expression.



THREE PATHWAYS FOR EXPLORATION

1. Sacred Ceremonial Structure (traditional and structured)
2. Group Workshop (dynamic and adaptive)
3. One-to-One Session (personalized and intimate)



THREE LEVELS OF PRACTICE

1. Level 01: Simple ceremonial structures for self-awareness
2. Level 02: Complex structures for balance and connection
3. Level 03: Advanced structures for transcendence and full awareness

DISCOVERING THE UNIVERSAL LANGUAGE

SCI-MAA reveals the body's ancient tongue, a universal language that transcends words, time, and space. This language is comprised of:

- Four thematic pillars
- Five primary blocks of dance movements
- Three levels of proficiency:
 - Level 01: Beginner (foundations)
 - Level 02: Intermediate (deepening understanding)
 - Level 03: Advanced (mastering the language)





SOMATIC SEMANTICS IN MOVEMENT AWAKENING AWARENESS

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BENEFITS

- Access self-awareness and inner connection
- Develop meditation practices
- Transcend limited beliefs and stories
- Embody wisdom of the soul
- Experience the universal language of the body





TWO OFFERED COURSES

1. SCI-MAA Guide including three levels of proficiency.
2. SCI-MAA Guardian

SCI-MAA GUIDE: THE FEMININE ENERGY AT SERVICE

“The earliest known evidence of shamanic practice found by archaeologists, dating from more than 30,000 years ago, indicated that the shaman was a woman”.

Women healers: from ancient female shamans to 21st-century doulas, By Leah Kinthaert (insights.taylorandfrancis.com).

WHAT IS THE SCI-MAA GUIDE'S ROLE?

The SCI-MAA Guide's role is to assist participants or SCI-MAA healers in connecting with their inner selves through sacred linguistic movement, enhancing their self-awareness, and tapping into the nurturing energy of the sacred feminine. A SCI-MAA Guide is akin to a Shamanka or Shamanesse.

MINIMUM REQUIREMENTS TO QUALIFY FOR THE TRAINING

To qualify for the training, applicants must fulfil the following criteria:

1. SCI-MAA Ceremonies: Attend a minimum of 3 SCI-MAA Ceremonies (e.g., during the Playfest Retreat).
2. Workshop Attendance: Participate in at least 3 SCI-MAA Workshops.
3. Understanding of the Practice: Show a solid comprehension of SCI-MAA.
4. Training in Meditation, Counselling, Naturopathy, or any Energy Healing modality: Possess a certification or completed training in one of the mentioned modalities.
5. Enjoy dancing, meditating and performing art.
5. Gender Requirement: Identify as a biological woman or feel a connection to the Sacred Feminine Energy (this certification program is specifically tailored for those who identify as women).





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TRAINING LEVELS – SCI-MAA GUIDE

****LEVEL 01: NOVICE****

(60 hours compulsory and 40 hours CPD) –

A minimum of 60 hours and a maximum of 2 years of training.

WHAT WILL YOU LEARN?

- An introduction to the foundational blocks and themes of SCI-MAA linguistic dance movement.
- An overview of Meditation and the principles of SCI-MAA Meditation.
 - An introduction to Energy Healing and the principles of SCI-MAA Energy Healing.
 - A basic understanding of Sacred Geometry.
 - An introduction to SCI-MAA Ceremonies, Workshops, and one-on-one sessions.
- Practical training in the linguistic dance movements.
- Discovering and embracing your personal “Call.”
- Exploring your connection with Nature.
- Guidance in examining your limiting beliefs and challenging various perceptions of reality, thoughts, and beliefs.
- Familiarization with traditional knowledge and practices related to healing and meditation from other cultures.



This training promotes body-mind-spirit self-work, encouraging participants to confront and transcend limiting belief systems to fully embrace their true nature.

HOW DO YOU LEARN?

- Participate in 7 hours of online theoretical training.
- Engage in 6 hours of home study.
- Assist a SCI-MAA Level 03 for 15 minutes at 4 SCI-MAA Workshops and/or Ceremonies.
- Attend 2 weekend training sessions totaling 40 hours.
- Conduct a SCI-MAA Ceremony trial and receive feedback (4 hours).
- Participate and guide in 1 SCI-MAA Women Retreat (1 hour).
- Lead 1 SCI-MAA Workshop and/or Ceremony at a public event or festival.
- Experience various one-on-one meditation sessions (gazing, body scans, and “disconnect-connect-let it go” SCI-MAA Meditation and counseling) with a SCI-MAA Level 03 Guide for personal healing.

WHAT IS THE OUTCOME?

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By completing the 60 hours of training, you will achieve a heightened level of self-awareness and confidence in leading a SCI-MAA Workshop or Ceremony. As a SCI-MAA Guide, you will gain sacred knowledge and principles from the practices, fostering a deep sense of spiritual growth and empowerment. You will be equipped to conduct SCI-MAA Ceremonies, workshops, and one-on-one sessions at level 01. As a SCI-MAA Guide, you will create inclusive well-being spaces that enhance individual and community health.

NEXT TRAINING?

Currently, no training is available. The next session is scheduled for 2025.





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****LEVEL 02: PRACTITIONER****

(60 hours compulsory and 40 hours CPD) – A minimum of 60 hours and a maximum of 2 years of training.

WHAT WILL YOU LEARN?



- Deepening your understanding of sacred linguistic dance movements and your calls.
- Learning the dynamic arrangement of structured spaces.
- Exploring advanced practices in Energy healing and Guided meditation.
- Discovering the “Language of the Water” to enhance the complexity of your calls.
- Facilitating awareness practices for others.
- Connecting with Gaia, her fauna, and her flora.

- Exploring Performing Art by practicing mirroring and emotional expression, practicing singing "your own story", voice activities, and improvisation to develop fusion performances and guidances (singing-acting-guiding at once).

HOW DO YOU LEARN?

- Participate in 7 hours of online theoretical training.
- Engage in 6 hours of home learning.
- Attend 2 weekend training sessions (40 hours, including SCI-MAA Hand Energy Healing techniques).
- Participate in various one-on-one discussions and feedback sessions regarding your practice.
- Complete 5.5 hours of practical Level 02 training, where the Guide conducts trial ceremonies to gather feedback from the Level 03 Guide.
- Conduct a 1.5-hour SCI-MAA Level 02 Ceremony.



WHAT IS THE OUTCOME?

By the end of the 60 hours of training, you will be equipped to conduct a complex structured

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SCI-MAA Level 02 ceremony, where healers will dynamically practice sacred dance movements in a complex and sacred space. Your calls will become more intricate, and your meditation guidance will rely more on “raw” sounds rather than words, helping healers disconnect, connect, and release what they no longer need. You will feel completely comfortable inviting Nature into the circle. You will be able to integrate performing arts through facial expression, singing, talking , and acting while guiding.

NEXT TRAINING?

Currently, no training is offered.





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****LEVEL 03: EXPERT****

A minimum of 140 hours is required.

At Level 03, the SCI-MAA Guide is expected to achieve mastery in the SCI-MAA linguistic dance at advanced levels (technical and structured space and performing art). The Level 03 Certification is awarded once the SCI-MAA Guide completes one of the following accreditations, either through an accredited SCI-MAA Level 03 Guide or any accredited School Provider, along with 30 hours of mentorship with a Level 03 SCI-MAA Guide to explore various topics related to the practice.

- Accredited Meditation Teacher (e.g., Accredited Meditation Teacher from the Australian Association of Meditation).
- Accredited Counsellor (e.g., Accredited Counselor from ARCAP).
- Accredited Naturopath (e.g., African Naturopathic Medicine at the [African College of Naturopathy](#)).



WHAT IS THE OUTCOME?

By the conclusion of the Expert training, the SCI-MAA Guide will be a professional expert in the SCI-MAA Practice, capable of conducting complex SCI-MAA ceremonies and workshops, practicing hand healing, and teaching beginners. The SCI-MAA Guide will also become a SCI-MAA Teacher, possessing extensive knowledge in meditation, counselling, or naturopathic practices, and will serve as an Ambassador of the practice.

NEXT TRAINING?

Currently, no training is available.





SCI-MAA GUARDIAN: THE MASCULINE ENERGY AT SERVICE

WHAT IS THE ROLE OF THE SCI-MAA GUARDIAN?

The SCI-MAA Guardian serves as a healing practitioner with a diverse range of responsibilities, including creating sacred spaces, providing protection, grounding, and sharing wisdom. He ensures the safety of the community, offers stability, and works alongside female guides to enhance feminine energy. As a ceremonial leader, he embodies masculine principles, balances energies, and pays tribute to male ancestors. Through mentorship and storytelling, he helps preserve cultural heritage and spiritual traditions. With empathy, respect for feminine wisdom, and a strong sense of duty, the male Guardian fosters emotional release and growth, playing a vital role in Animist healing and promoting unity within the community.

MINIMUM REQUIREMENTS TO QUALIFY FOR THE TRAINING

To be eligible for the training, applicants must meet the following requirements:

1. SCI-MAA Ceremonies: Attend at least 3 SCI-MAA Ceremonies (e.g., during the [Playfest Retreat](#)).
2. Workshop Participation: Engage in a minimum of 3 SCI-MAA Workshops.
3. Practice Understanding: Demonstrate a strong understanding of SCI-MAA.
4. Training Background: Any training in Meditation, Breathwork, Mindfulness, Counseling, Naturopathy, Energy Healing modalities, or personal development is encouraged.
5. Musical Skills: Knowledge of drumming or playing instruments is a plus.
6. Experience in infrastructure installation (sound systems for ceremonies) is a plus.
7. Experience in structural support (designing and building sacred spaces) is also a plus.
8. Gender Requirement: Applicants must identify as a biological man or feel a connection to the Sacred Masculine Energy (this certification program is specifically designed for those who identify as men.)





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ONE SINGLE LEVEL TRAINING

(60 hours compulsory and 40 hours CPD) –

A minimum of 60 hours and a maximum of 2 years of training.

WHAT WILL YOU LEARN?

- An overview of Meditation and the principles of SCI-MAA Meditation.
- Learning to assist SCI-MAA Guide in designing sacred spaces for rituals and healing.
- Learning to set up comfortable seating and meditation areas.
- Learning to provide a safe space for both men and women to practice and share their SCI-MAA experiences.
- Learning to establish a comfortable and safe environment for both women and men's SCI-MAA experiences and sharing.
- Learning to establish and maintain a safe space for vulnerable sharing or anyone experience a challenging moment during a Ceremony.
- Utilizing digital tools for communication and community building (External Provider - Optional).
- Installing sound systems for ceremonies and healing (External Provider -Optional).
- Playing musical instrument or drums to support SCI-MAA guide to guide (External Provider - Optional).
- Discovering and embracing your personal “Call.”
- Learning to encourage mentorship and peer support with Men (External Provider -Optional).
- Exploring your connection with Nature and the Sacred Feminine by participating in a SCI-MAA Men Initiation Weekend Retreat.
- Exploring your connection with the Sacred Masculine (External Provider -Optional)
- Receiving guidance in examining your limiting beliefs and challenging various perceptions of reality, thoughts, and beliefs.
- Familiarisation with traditional knowledge and practices related to healing and meditation from other cultures.

WHAT IS THE OUTCOME?

Upon completing the SCI-MAA Guardian training, men will become catalysts for growth, creating a supportive ecosystem where men and women can explore the practice safely. With leadership, organizational prowess, and emotional intelligence, they will safeguard the well-being of Guides and Healers. As teachers, mentors, and storytellers, they will hold sacred spaces for vulnerable sharing and feminine expression, fostering respect, harmony, and balance. By empowering both men and women, SCI-MAA Guardians will propel the practice's evolution, honoring the sacred feminine and promoting collective growth.

NEXT TRAINING?

Training sessions will be scheduled depending on the number of interested participants.

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CERTIFICATION: COSTS AND BENEFITS

WHAT IS THE COST OF THE TRAINING?

It's free.

The SCI-MAA training program provides a distinctive and traditional approach at no cost for those aspiring to become a SCI-MAA Guide or Guardian. However, selection by a SCI-MAA Level 03 is highly competitive, requiring a demonstrated interest, ongoing engagement, commitment, and a profound understanding of animism's philosophical principles. Participants benefit from extensive mentorship, delving into the belief that all entities have a soul and spiritual essence. To qualify as a SCI-MAA Guide, individuals must show self-growth, curiosity, and a readiness to challenge limiting beliefs. The teaching style mirrors the Socratic method, promoting continuous dialogue and exploration. By enrolling in the program, students commit to the [SCI-MAA Code of Conduct and Ethics, Non-Disclosure Agreement](#), and Waivers, highlighting the significance of dedication over financial investment.

WHAT ARE THE ADVANTAGES OF THE TRAINING?

Becoming a certified SCI-MAA Guide or Guardian brings a wealth of benefits, enhancing your credibility and visibility in the community. You'll gain access to greater earning potential, exclusive resources, and valuable networking opportunities both within and beyond the SCI-MAA Tribe. On an emotional and spiritual level, you'll undergo significant growth, strengthening your bond with Nature and nurturing gratitude. With the support of a community of Healers, Guides, and Guardians, you'll be inspired to share your knowledge as a Teacher.

Certification provides you with a recognized **license to be renewed every two years** (SCI-MAA CPD) to be able to practice, promoting humility and personal development.

Join the SCI-MAA Tribe and embark on a transformative journey of self-discovery and service.

