

SENSORY TRAINER®

2 Year Diploma Program

Starting Every September | In Copenhagen, Denmark

The Sensory Training® Institute

In 2012, Martin Spang Olsen established the Sensory Training® Institute as a formal two-year diploma education. The first year qualifies a Practitioner Level, and during the second year, students are able to specialize in on one of three 'legs' of the system - namely art, pedagogy, or therapy. So far, the institute has no foreign branches.

Seminars, Tuition and Ceremonies

Outside the Sensory Training® Institute, Martin Spang Olsen offers open seminars (from one to three days of length), private tuition, healing ceremonies and rituals. Prices include food and snacks.

Upon request, international seminars and lectures in english, are available for booking now. Please contact us for your special offer.

Art - Health - Pedagogy - Therapy



Sensory Training® has proven to be one of the quickest ways to improve health, quality of life, learning ability, concentration and creativity. At the **Sensory Training® Institute**, we work with the latest research within the senses and emotions. Through a unique integration of **sound, feeling and physical movement**, all intelligences and senses are optimized simultaneously in a creative and musical flow. The result is a richer, deeper, healthier and more joyous life.

- Do you want to stay in a constant creative flow - physically, mentally and aurally?
- Do you want to work with the latest research within senses and emotions?
- And do you want to help others to train their senses, as a means of rejuvenation, learning ability and quality of life?

Then the Sensory Training® Program might be for you.

The System

Sensory Training® was developed into a formal system by MSO in 1998. The core of the system is an integration of sound expressions, feelings and physical movement. The goal is to develop a form of hyper-intelligence, merging all senses and intelligences into one.

Methods

Methods derive largely from Martin's extensive experience within styles such as song, dance, martial arts, stage combat, pictorial art, poetry, psychotherapy, meditation, healing work, contact impro, Yoga, Qi Gong, and massage.

Training

Basic training is done in a dance studio (with *Tatami* mats on the floor), but can actually take place anywhere. Intermediate training is often done directly in nature, mostly early in the morning, merging sound, feelings and body expressions with an awareness of The Now. Core of the training is sensitivity, intuition, compassion and *loving intelligence*.



Train Your Potential through Sensory Training®

The program is completely new and designed for anyone interested in creativity, art, play, learning, physique, therapy and health.

Give yourself a present, in which you:

- train your focus and your ability to perform.
- learn to use senses, feelings, sound, body and intuition as professional tools.
- create a breeding ground for new approaches to health, zest, well-being, therapy, art and learning.
- make a living on things you love.

There are endless resources - intellectually, physically, and spiritually - in optimized senses. Senses can be trained, and everyone can do it.

Professional relevance

Many groups of professionals make use the Sensory Training® methods. On the next page we have listed some obvious benefiteres of the two-year program.

Testimonial

"Sensory Training has provided a contact to my inner power, energy and poetry. I use elements from the training every day. I can wholeheartedly recommend Martin's training"

Ditte Hørmark
Actress, Consultant & Teacher
(SDS Graduate, 2000)



Testimonial

"A playful forum where ancient principles is given room, new life, and rise to creativity and body awareness. A lot of the teaching, I have implemented in the teaching I pass on today, at various institutions. The martial arts I had already trained, I learned to make use of in a new way. I experienced freedom in always trying new roads. The exercises weighted creativity rather than result - an important note in a very results-oriented world. Or rather the result was - creativity."

Adam Brix
Actor, Stuntman & Director
(SDS Graduate, 2000)



ART AND CULTURE

Singers, dancers, actors, directors, choreographers, among others, will be able to use the tools for enhanced creativity, immersion, improvisation, integration of sound, feeling and body as tools for enhanced artistic expression.

DIDACTICS AND PEDAGOGY

Primarily subject teachers and a number of specialized teachers will be able to use the didactic methods, optimizing learning ability, recognition of patterns, language development and social intelligence.

THERAPY

Especially body-therapists, healing-massage therapists, physiotherapists, and sound therapists will be able to use the tools for reading and addressing physical imbalances. The training also provides beneficial insight into massage-, healing- and rehabilitation-techniques.

COMBAT AND FITNESS-INSTRUCTORS

Especially within the more intuitive, improvised and relaxed fighting styles. Sensory Training® connects well with any of the so-called 'internal' martial arts, such as Tai Chi, Bagua and Xin Yi.

BUSINESS CONSULTING

Within the workplaces and HR-functions, Sensory Training® provides methods for innovation, well-being, health and zest. The techniques have been successfully tested in major organisations, such as SAS Airlines, Novo Nordisk, Aalborg University, Copenhagen University Hospital and the Municipality of Bornholm.



What will you learn?

The program is divided into two branches, which partially overlap, namely:

Contemplation
Coaching
Artistic basic training
Artistic expressions

and

Pedagogy
Therapy
Artistic communication

To the right you will find some of the elements included in the program.

Credit Transfer

If you completed a basic course on the SDS program, (Singing, Dancing and Fighting), then you have the opportunity to be admitted directly on the 2. year, the Sensory Trainer® Master Level.

Educational Composition

The program is privately funded and has a duration of two years. Below you will find some of the elements included in the two-year program:

1st Year: PRACTITIONER LEVEL (BASIC LEVEL)

Focus on Performance and Immersion

Please note that 1st year can be taken independently

The first year focuses on awakening, and refining the integration of senses, feelings and body, in all activities.

- You will learn basic principles of art, culture and creativity.
- You will become acquainted with many forms of creative expression, such as singing, drama, poetry, dance, martial arts, contact improvisation and massage.
- You will learn to express yourself from your most inner core.
- You will learn to involve improvisation, intuition and organic phrasing in all expressions.
- You will learn about meditation, visualization, focus and mindfulness.
- You will learn about body language, collaboration, co-creation and 'hidden' communication.

2nd Year: SENSORY TRAINER (MASTER LEVEL)

Focus on Pedagogy and Therapy

Please note that this requires a completed Basic Course

The second year focuses on developing educational and therapeutic skills within the principles of Sensory Training®.

- You will learn how to learn - and learn to pass on the principles.
- You will learn how to optimize your cognitive and intellectual abilities.
- You will learn about pedagogy, didactics, philosophy and learning techniques.
- You will learn to train your senses and to teach children of all ages.
- You will learn about health, lifestyle, diet, exercise, well-being and happiness.
- You will learn about massage techniques, stretching, acupressure, reflexology and body-therapy.

Testimonial

"The Sensory Training program has been incredibly stimulating to me. It manifested an extensive cleanup, competence and strength in me, as well as personal and spiritual growth. A very powerful tool for all challenges in life! I shall miss my sensory family, with whom I have shared and experienced the impossible become possible."

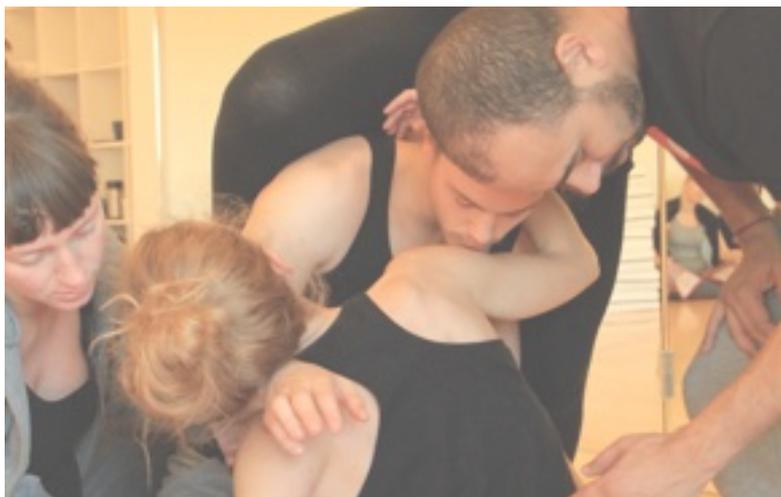
Monica Eikers
Material Innovation Researcher &
Sensory Trainer (Graduate, 2015)



Testimonial

"Sensory Training is for everyone. It should be, anyway. Sensory Training has optimized my life in so many ways, including creativity, compassion, pedagogy, intuition, awareness, pleasure, the now, the universe, the arts, family, nature, and music. To name but a few."

Katrine Ravn Lei
Artist, Project Manager &
Sensory Trainer (Graduate, 2015)



Practical Information

SIGNING UP

There are no formal requirements for entering the Sensory Training® program. However, it is recommended to have some experience within the realm of spirituality, creativity and physical expressions - such as meditation, Qi Gong, singing, dance, martial arts, spoken poetry, musical instruments, acting, stage combat, acrobatics, tumbling, or likewise. Senses and emotions are closely linked, so a basic knowledge of some form of mental training and therapy is of advantage, as well. To register, please go to our website, www.sensorytrainer.com-

NUMBER OF LESSONS

Each year is divided into two terms (fall and spring), each with four modules. Each module consists of 24 hours of training, spread out on four days, Thursdays through to Sunday, with six hours of training each day. This sums up to a total of 96 hours of teaching per term, i.e. 192 hours per year.

TIME & PLACE

Training hours are Thursdays and Fridays 4pm - 10pm, and Saturdays and Sundays 10am - 4pm. The location is the ManuVision House, Bernhard Bangs Allé 25 - 27, 2nd floor, DK - 2000 Frederiksberg, Denmark. Thursdays and Fridays are theory-based - starting in a class room, but later moving into our dance studio for training.

ACCOMODATION

If needed, we will assist arranging accommodation for foreign participants.

Testimonial

"I have rediscovered a playful enjoyment in physical expressions that have long been hibernating. The exercises have helped me access physical, mental and spiritual resources. Sensory Training helps develop the whole human being, and is simultaneously contributing to creating balance mentally and physically. It includes powerful techniques to maintain balance and prevent stress factors."

Nastasia Pedersen
Schoolteacher, Headmaster &
Sensory Trainer (Graduate, 2015)



Testimonial

"The program has changed my life radically in many aspects: My potential has been strengthened - career-wise, personally and spiritually. I am so grateful, and convinced that Sensory Training will make this world a better place."

Christa Waldorff
Actress, Vocal Soundhealer &
Sensory Trainer (Graduate, 2015)

FIELD TRIPS

Field trips are also included - typically in the modules of December, April and June. In these, classes take place in remote, rural areas and includes very early mornings with rituals and ceremonies in nature. We sleep, eat, train, massage, meditate and do everything, together.

DIPLOMA

Students are awarded a diploma after finishing each year's curriculum. First year students attain the Practitioner Level, and the second year certifies them as Sensory Trainers, allowing them to teach and in use the principles professionally.

FEE & ACCEPTANCE

The program cost is 182,30 DKK per hour, corresponding to 35.000,- DKK per year and 70,000,- DKK for the entire two-year program. Payment is done through Bank account. Students will get a receipt immediately after the deposit.

NUMBER OF PARTICIPANTS

Tuition is limited to 18 students per class. Minimum number of students for a class is 12.



Class 5 Calendar 1st Year

1st Semester - Fall 2017

Module 1: September 7 - 10

Module 2: October 5 - 8

Module 3: November 2 - 5

Module 4: November 30 -
December 3

(Please note: Field trip)

2nd Semester - Spring 2018

Module 1: March 8 - 11

Module 2: April 5 - 8

(Please note: Field trip)

Module 3: May 3 - 6

Module 4: June 7 - 10

(Please note: Field trip)

**CLASS 3 thus concludes
Practitioner Level
on June 10th, 2017**

Class 3 Calendar 2nd Year

3rd Semester - Fall 2018

Module 1: September 6 - 9

Module 2: October 1 - 4

Module 3: November 29 -
December 2

Module 4: November 30 -
December 2

(Please note: Field trip)

4th Semester - Spring 2018

Module 1: March 7 - 10

Module 2: April 4 - 7

(Please note: Field trip)

Module 3: May 2 - 5

Module 4: June 13 - 16

(Please note: Field trip)

**CLASS 3 thus concludes
Sensory Trainer
on June 16, 2017**

EARLY BIRD

If the entire tuition fee for one year is deposited well in advance, *Early Bird* discounts are available. These are as follows:

Deposit of the full fee done before:

February 1st, releases a discount of 5.000,- DKK.

March 1st, releases a discount of 4.000,- DKK.

April 1st, releases a discount of 3.000,- DKK.

May 1st, releases a discount of 2.000,- DKK.

June 1st, releases a discount of 1.000,- DKK.

HALF PRICE

If the training is appropriate for your workplace, you may get your employer to deduct the amount from your salary. That way you will only pay half price, because your employer can withdraw the cost of the tax, and will only have to pull half the amount from your account.

REFUND

The tuition fee is as a rule non-refundable. But in the advent of a cancellation of class, or if a participant becomes seriously indisposed or ill, tuition fee is refunded, relative to the number of hours lost.



Martin Spang Olsen

Chief instructor, founder and headmaster of the Sensory Training® Institute. Martin is responsible for the overall training and organization, as well as the introduction to the different themes of the program.

Catharina Nordlindh

Teaches Dance and Movement at the Sensory Training® Institute.

Anders Holte

Teaches Singing and other Vocal Work at the Sensory Training® Institute.

David de Coninck Owe

Teaches Stagefight and Drama at the Sensory Training® Institute.

Catharina, Anders and David were all part of Martin Spang Olsen's teachers team in his SDS educational program (Singing, Dancing and Fighting) from 1998-2002.

Guest Teachers

Guest teachers may also appear during the program.

Teachers at Sensory Training® Institute

Participants will become acquainted with the following teachers:

Martin Spang Olsen - Holds 28 professional titles, including musicologist (MA), Sensory Trainer, lecturer, futurist, historian, concept developer, pictorial artist, draftsman, philosopher, actor, health and physique expert, documentary-film director, stuntman, stunt coordinator, stunt instructor, fight-master (stage combat), martial arts expert, consultant and coach for the corporate world, guitarist (classical and jazz), composer, singer, songwriter, choir conductor, child therapist, TV-presenter, author and spokesperson for The Green Party, Denmark.

Catharina Nordlindh - Dance therapist and Body & Arts-teacher.

Catharina has attended a large variety of courses in dance, movement, theatre, music and creative expression. She has more than 30 years of experience in communication and the pursuit of the same areas. Catharina was trained by Dr. Stephano Sabetti under the theme "Experience and Expression of the Trans-Form-ative Self " at The Institute For Life Energy in the USA. She is certified Qi Gong instructor in the Biyun Method by Grand Master Fan Xiulan. She also holds a minor from Sports Institute Copenhagen.

Anders Holte - Singer, composer and sound channel.

Anders was trained as a singer and choir director at the Royal Danish Academy of Music specializing in voice and song pedagogy. Furthermore he was the lead singer of *Paris Paris*, as well as several jazz bands and vocal groups. Anders used to teach soloist singing at The Copenhagen University. He is also a member of the The National Danish Radio Choir. He is educated in the Process Inquiry® and has the Practitioner Level from Dr. Stephano Sabetti Institute For Life Energy, USA.

David de Coninck Owe - Actor, fencing instructor, stuntman and lecturer.

David is a trained actor from the National Theatre School in Denmark and a trained stuntman from The Stunt School, Denmark. He is the co-founder of The Nepo Theater based in Copenhagen.

Sensory Training®
Institute

Chefinstructor and founder
Martin Spang Olsen

(+45) 2239 0530
mso@sensorytrainer.com

Training facilities:
ManuVision Huset
Bernhard Bangs Allé
25-27, 2 - Store sal
2000 Frederiksberg
Denmark

Read more about
Sensory Training® and
Sensory Training Program at
www.sensorytrainer.com

Get our Newsletter and
receive information about
Open Training and other
upcoming events and
introduction evenings.

Find us on facebook:
**Institut for
Sensorisk Træning /
Sensory Training Institute**
and
**Sansetræner /
Sensory Trainer**



Welcome to the Sensory Training® Institute

Martin and the rest of us at the Sensory Training® Institute,
look forward to meeting you and working with you.

