

PROFILE

The Making of a Somatic Education Superstar by Marilena Paolucci



Lucie Beaudry

In late 2006, I started teaching Nia classes in French on Saturday mornings.

One morning in early December, Lucie Beaudry – a shy, thirty-something Francophone woman – walked into the studio and asked if she was in the right place for the Nia class.

After the class, Lucie bought a 10-class card and calmly announced that she wanted to become a Nia Instructor! She completed her first-level Instructor training (the White Belt) in April, 2007.

Saying goodbye to the past

“The White Belt Intensive was an important turning point in my life,” she says. “On a personal level, it made me realize that I was more in my head than in my body. And on a professional level, it awakened a long-buried desire to build a career that married my love of the visual arts with my love of movement.”

After the White Belt, she signed up for a three year certificate in the Tamalpa Life/Art Process

of Movement Based Expressive Arts Therapy program. She flies down to California once a month for a week to complete her Tamalpa studies.

Not satisfied to stop there, Lucie also began a Masters Program in Dance, with a specialization in Somatic Education/Feldenkrais Method®, at l'Université du Québec à Montréal (UQAM). Until recently, she also held a part-time job and taught five Nia classes per week while maintaining a straight A+ average in her studies.

Keeping her eye on the prize

To anyone else this may seem like a heck of a lot of balls to juggle! Not to Lucie. She knows what she wants.

"Right now we don't have a university program in Québec in dance therapy or in expressive arts therapy based on movement," she says. "Concordia University is in the process of developing such a program, and my goal is to be on the faculty of the program once it's up and running."

Based on her excellent academic record, Lucie has won three grants totaling \$17,000 from various institutions:

- The first, from UQAM, is for outstanding academic excellence;
- The second, also from UQAM, will defray part of her travel costs to California to study the Tamalpa work;
- The third, from Desjardins Funds, is for the quality and excellence of her research in the art field in Québec. Lucie beat 1,050 other competitors across the province to win the prize.

This little financial windfall will allow Lucie to quit her part-time job and focus full-time on teaching somatic education classes like Nia and Feldenkrais.

"I have so many projects in mind, all based on movement," she says. I'm developing a program in somatic education based on Feldenkrais for a private college close to home. They offer dance classes and I've been invited to introduce somatic education concepts to these young dancers. I've offered to work on helping them with balance, stability, symmetry/asymmetry, posture, etc."

Lucie also has a project with a community group in the works.

“I’m developing another program with a center that offers expressive arts therapy activities to people with mental disorders,” she reveals. “It’s a great opportunity for me to help them integrate movement into their art therapy program. The centre has connections with many institutions and museums worldwide and they’re definitely ambassadors in that field in our country.”

Lucie’s students are benefiting from the rich blend of somatic movement influences she brings to her Nia teaching. With great skill, intelligence, and determination she is moving steadily towards seeing her dreams unfold.

Live long and prosper, Lucie!

P.S. Visit Lucie’s new website at www.luciebeaudry.com .