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 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.
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.

Contact

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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, and bring humanity back together.”

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