

• Please take the time to answer these questions to help us and Phoenicia help you:

Are you:

- vegetarian ☐
vegan ☐
non vegetarian ☐

• Please list any roommate preferences.

(Rooms generally sleep 2 to 4 people...we will try our best to meet your needs)

• Will you be using childcare (at additional cost to be determined)?
full time ☐
(during all workshops)
part time ☐
don't have children ☐
won't use child care ☐

Come together
To Build community
Share Ideas
Renew, Refresh, Revitalize
Be inspired
Elevate your understanding
Touch bodies and minds
Absorb and Emanate
Dance
and
Celebrate!

B.M.C.A.
c/o Judith Ginzberg
55 First Ave. #13
NYC 10003

The
Body-Mind Centering®
Association

presents

The 13th Annual

BMC A Conference

"BMC Bridging Worlds
Building Community"

April 23 - 26, 1998

at

Phoenicia Pathwork Center
Phoenicia, New York

PHOENICIA PATHWORK CENTER

This lovely retreat center is nestled in the Catskills. Miles of wooded hiking trails, streams and tennis and basketball courts provide ample opportunity for outdoor activities and relaxation. Delicious gourmet vegetarian and non-vegetarian meals receive rave reviews. The beautiful grounds and the friendly atmosphere make it easy to enjoy work and play.

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Registration Begins

11:00am Thursday, April 23
(lunch will be served at noon)

Conference presentations begin
2:00pm Thursday
Conference Ends
after lunch, Sunday, April 26

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Conference Fees

\$300 if received by March 21
\$350 if received after March 21
\$215 spouse rate

Please call for children's rates

For further information call

Judith Ginzberg
212-477-2713

CONFERENCE HIGHLIGHTS

• **NEW FRONTIERS : Unfolding of the BMC material:** We will begin the conference with a mutual dialog and sharing facilitated by a variety of voices, including Gale Turner, Myra Avedon, and Margaret Guay

- Developmental series 1 and 2 and how the body systems material is integrated into support of the developmental patterns.

- * Autonomic nervous system balancing.

- * Explorations in cellular consciousness

• **A BMC APPROACH TO MOVEMENT TECHNIQUE**
with Erika Berland and Wendell Beavers

An experiential movement journey based on their shared work, with emphasis on sequencing through the body by initiating through both inner and outer surfaces/membranes.

• **EXPLORING THE CONTEXT OF THE DEVELOPMENTAL PATTERNS: ATTACHMENT AND BRAIN FORMATION**

with Candace Crosby
In this workshop we'll bring the environment, often in shadow in BMC explorations of the patterns, into the foreground. We will look at infant and toddler/care giver relationships, and explore how these interactions facilitate brain development.

• **BMC IN THE COMMUNITY**
panel of practitioners on the front lines.

• **BMC AND COMMUNITY**
an experiential sharing: How do we envision BMC/BMCA going out into the community/world?..How can the cellular, systems, and developmental work support us in exploring relationships? What are the relationships we're seeking to build?

• **ANNUAL MEETING**

• **SATURDAY NIGHT DANCE PARTY**

REGISTRATION FORM

Name _____
Address _____
Telephone (Day) _____ (night) _____
Deposit \$ _____ (\$50 non refundable)
* Paid in full \$ _____
* Please send check for conference registration only.
Dues may be paid on site.

Office use only
Pd Cash check
balance due.
Pd Cash check

I will not be attending, but enclosed is my donation of \$ _____ for BMCA.

Please make checks payable to BMCA. Send to BMCA • Judith Ginzberg • 55 first Ave • #13 • NYC 10003

BMCA CONFERENCE SCHEDULE 1998

Thursday April 23

11 - Noon	Registration
12 - 1 pm	LUNCH
1:00-2:00	Registration and Room Check In
2:00-2:15	Phoenicia Pathwork Center Welcome
2:15-5:00	Developmental Overview and New Dimensions with Gale Turner
5:30-6:30	DINNER
7:15-7:40	Group Meditation in Sanctuary
7:40-8:00	Procession with children to meeting room and Opening Ritual and Welcome.
8:00-9:30	Personal Introductions and Sharing

Friday April 24

7:30-8:30	BREAKFAST
8:45-9:30	Morning Movement Warm-up: Yoga with Roberta Roll
9:45-11:30	Autonomic Nervous System Balancing with Margaret Guay
Noon-1 pm	LUNCH
2:00-5:00	New Frontiers in the Neuro-Muscular Material with Myra Avedon
5:30-6:30	DINNER
7:30-9:00	BMCA Annual Meeting

Saturday April 25

7:30-8:30	BREAKFAST
8:45-9:30	Morning Movement Warm-up: Chi Kung with Roxlyn Moret
9:45-11:30	BMCA Annual Meeting
Noon-1 pm	LUNCH
1:30-3:15	BMC Approach to Movement Technique (focus on initiating through inner and outer membranes) with Erika Berland and Wendell Beavers
3:30-5:15	Exploring the Context of the Developmental Patterns with Candace Crosby
5:30-6:30	DINNER
8:00-9:00	Panel of BMC Practitioners--Working within the Community with Lorni Cochran, Wendy Sager, Sarah Sinott, and Joan Whitacre
9:00-	DANCE PARTY AND CELEBRATION

Sunday, April 26

7:30-8:30	BREAKFAST
8:45-9:30	Morning Movement Warm-up: Breath, Voice, and Movement with Jeanne Feeney
9:45-11:45	BMC and Community--an Experiential Sharing
11:15-11:45	Closing Circle
Noon - 1pm	LUNCH and Good-by's, Hugs, and Heart....till we meet again at the next BMCA event!

NOTES: All workshops will take place at the Eva and John Pierrakos Building, except for the opening group meditation and procession.
Tea and snacks are available all day in the dining room.
MEALTIMES AT PHOENICIA ARE PROMPT! Food is removed at noted ending times. Try to be on time so you don't miss out on the food!

ENJOY THE CONFERENCE!

PRESENTERS

MYRA AVEDON has a Masters Degree in Humanistic Psychology and is a licensed Massage Therapist. She has been teaching and learning somatic education for nearly 15 years. She became certified as a BMC practitioner in 1989, and as a teacher in 1992. She is currently the Program Coordinator at SBMC. Myra has a deep personal interest in the possibilities and hope of body centered therapies as a means of healing and repatterning from past trauma.

WENDELL BEAVERS is a choreographer and teacher and Associate Director of NYU's Experimental Theatre Wing.

ERIKA BERLAND is a certified BMC practitioner and licensed massage therapist with a private practice in NYC.

LORNI COCHRAN specializes in working with children from infancy through teen-age. She works both in her studio at home and in public schools where she also consults with the parents, teachers, and the individual aids of the children she works with. She is the mother of two teen-agers (aged 18 and 16) and an eight year old.

CANDACE CROSBY is a psychotherapist, Body-Mind Centering practitioner, and developmental psychology doctoral student. In her workshop she brings together these disciplines of study.

JEANNE FEENEY is a 1989 graduate of SBMC. She has subsequently been working with movement improvisation and choreography. Her speciality is working with pregnant women and their babies in prenatal and baby classes. She is the mother of Justine (age 6) and Jules (age 3). She also maintains a private practice.

MARGARET GUAY is a BMC practitioner and is developing her bodywork practice in Northampton, Ma. She enjoys working with children, animals, and adults. Her other fields of endeavor include engineering and Shintaido. She has also been an illustrator for SBMC. Her drawing of the cell was used on the cover of the latest BMCA directory. For the past year and a half, Margaret has been doing bodywork sessions with Bonnie to help her recovery process. Her presentation is based on some of their explorations and discoveries.

ROXLYN MORET is currently doing hands-on work and teaching yoga with a BMC foundation. She teaches in NYC and Switzerland and draws from her experience in dance, healing arts, and movement studies. The Chi Kung she is teaching is a synthesis of her 12 years of Tai Chi practice and 6 years of yoga practice.

ROBERTA ROLL is a certified BMC practitioner, polarity practitioner, and registered movement therapist. She integrates BMC and Barteneiff fundamentals with yoga, teaching classes in a hospital community outreach program and in schools. She also conducts a private body work practice using BMC, cranio-sacral therapy, and deep tissue work.

WENDY SAGER has worked in a variety of educational and clinical health care settings since 1987. The principles of BMC have been incorporated into hands-on programs, supported intercultural communication, and helped in bringing an understanding of growth, development, and health to an economically and ethnically diverse population.

SARAH SINNOTT "For the past 25 years, I have worked with children and families in a variety of capacities and settings (storytelling camp/ teen groups/ environmental awareness classes/ preschool). I am currently working in a parent-child center, the Family Room. My fires are stoked by actively participating in building and strengthening community. This, for me, means supporting our intrinsic sense of belonging, connections, and purpose to ourselves, our own bodies, each other, and the great

body of the natural world surrounding us. I see/ feel/ believe that it is our curious involvement in the processes of life (painting a picture, planting a seed) and our expression of our own unfolding stories that grows us. I really enjoy getting to know the ever arriving us."

GAIL TURNER started dancing when she was four and has continued throughout her life in the field of movement expression. Her first quarter century was spent exploring how to hurtle her body through space at various speeds and vectors. Since connecting with BMC in '74, the focus of her exploration became how to stay upright. Her most active times are 11am to 2 pm and 5 pm to midnight. These days, Gale thinks of herself as a movement therapist, feline behaviorist, improvisational movement artist, and educator.

JOAN WHITACRE is a registered movement therapist, a certified practitioner of Body-Mind Centering, and certified meditation instructor, and has been in private and teaching practice since 1972. She developed Responsive Massage in 1979, Embodiment Education in 1989, and founded the Wellbeing Project in 1991. She is also a founding member of the Center for Mind Body Resources, and the head of Health and Healing for the New York Shambala Center's Nalanda Gate. She currently practices in NYC and at Diagnostic Pain and Movement Assocs. in Chestnut Ridge, N.Y.