

## We're Coming of Age...

The journey is full of curves,  
Surprises and challenges.

How do we want to move into  
the new millennium?

How can we reflect  
the essence of BMC?

How can we meet the diverse  
needs of our community?

## Let us come together.

To hear our voices,

to meet these challenges.

To explore new possibilities,  
to consider alternatives.

To question the givens and  
gather the tools for transition.

Let us embrace the unknown.

Reinforce the foundation,

Preserve the principles,

Elevate our understanding,

Be empowered by  
our collective strength!

## BMCA

c/o Judith Ginzberg  
55 First Ave #13  
New York, NY 10003

The  
Body-Mind  
Centering®  
Association  
presents

## The 14th Annual BMCA Conference

at the  
April 8-11, 1999

coming of age

CROSSROADS  
at Kripalu  
Lenox,  
Massachusetts

SUPPORT THE BODY-MIND  
CENTERING ASSOCIATION.  
THIS IS YOUR ORGANIZATION!  
JOIN US AT THE  
CONFERENCE.

# REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone (day) \_\_\_\_\_ (night) \_\_\_\_\_

Deposit \$ \_\_\_\_\_ (\$50 non refundable)

\*Paid in full \$ \_\_\_\_\_

\*Please send check for conference registration fee and donations to Judith Ginzberg 55 First Ave #13, New York, NY 10003.

Dues may be paid on site.

Payment for room and board should be sent directly to KRIPALU, Box 793, Lenox Ma. 01240

List other family members who will be staying at KRIPALU \_\_\_\_\_

Will you be using childcare at an additional cost to be determined later?  Yes  No

Full time (during all workshops)  Part time

I would like to share

a \_\_\_\_\_ min. video excerpt  
(20 min. or less) at  
the networking and  
video evening.

## DONATIONS:

BMCA \$ \_\_\_\_\_

Travel Fund \$ \_\_\_\_\_

Child Care Fund \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

## CONFERENCE HIGHLIGHTS

- The latest nervous system material with Gail Turner and others
- Standing Up and Moving Out. The Laban/LMA Roots of Development through the planes and their relationship to behavior and decision making with Martha Eddy
- Transitions, Feelings, and Fluids with Linda Tumbarella
- Lightening the Load on the Pelvic Diaphragm with Sandy Jamrog
- Applications of BMC. A panel of practitioners involved in a broad range of applications including Michelle Feldman on Creativity and Clarifying Personal Process; Judith Ginzberg on Working with Homeless Men
- ALSO
  - Gail Turner, Linda Tumbarella and Myra Ardon will be meeting with people wishing to complete certification to create ways to support this process.
  - Annual Meeting
  - 10 Year Reunion for "Class of '89"
  - Networking and Video Evening (please bring video excerpts of 20 minutes or less to share of your work, etc.)

## KRIPALU

Kripalu, the largest center for yoga and holistic health in the U.S., offers a serene environment for renewal and growth. Set in the Berkshires, on the shores of Lake Mahkeenac, minutes from Tanglewood, on 300 Acres of forests and meadows. All guests are welcome to enjoy the meditation gardens, private beach, woodland walking trails, saunas, whirlpools, weight room, and yoga and Danskinetics™ classes. It's the perfect place to connect with your deepest self as well as with our community, and reflect on the transitions and openings we are experiencing.

## REGISTRATION

11:30 AM on Thursday, April 8  
Lunch is served 12-1:30 PM  
Conference presentations begin  
2:30 PM Thursday, April 8  
Conference ends after lunch on Sunday

## CONFERENCE FEES

BMCA members:	\$120 postmarked by March 8
	\$145 after March 8
Non members:	\$170 postmarked by March 8
	\$195 after March 8

## ROOM & BOARD

\$210-\$240

(Meals are vegetarian and vegan)

\*Arrangements for accommodations must be made directly with KRIPALU, please call 1-800-741-7353 to reserve your room as soon as possible. KRIPALU is holding a block of rooms for BMCA until March 25th only! Be sure to say you are attending the BMCA conference when you call.

CALL:

Roxlyn Moret at 212-873-7954  
or Judith Ginzberg  
at 212-477-2713

## FOR FURTHER INFORMATION

## **BMCA CONFERENCE SCHEDULE 1999**

### **THURSDAY, APRIL 8**

12:00-1:30pm	LUNCH
2:30-5:30	Movement Welcome/ Warm up Integrating our Inner and Outer Expression through the Autonomic Nervous System* with Gale Turner
5:45-6:45	DINNER
7:30-9:00	Opening Ritual--Wendy Sager Thanks-Giving Personal Introductions and Sharing

### **FRIDAY, APRIL 9**

6:00-7:25	Kripalu Yoga
7:30-8:30	BREAKFAST
9:00-11:30	Standing Up and Moving Out-- The Laban/LMA Roots of Development* with Martha Eddy
11:45-12:45	Dance Kinetics
12:00-1:30	LUNCH
2:30-4:30	Bridging the Autonomic and Somatic Nervous Systems* with Amelia Ender
4:30-5:30	Hands-on Exploration of New Material
5:45-6:45	DINNER
7:30-9:00	Panel: Applications of BMC -Catherine Burns The Active Role of the Baby in Birth -Michelle Feldheim Creativity and Clarifying Personal Process -Judith Ginzberg Working with Homeless Men

## SATURDAY, APRIL 10

6:00-7:25	Kripalu Yoga
7:30-8:30	BREAKFAST
9:00-11:30	A Forum for Many Voices (Annual BMCA Meeting)
11:45-12:45	Dance Kinetics
12:00-1:30	LUNCH
2:30-5:15	Transitions, Feelings, and Fluids* with Linda Tumbarello
5:45-6:45	DINNER
7:00-9:30	Saturday Night Videos Networking and Schmoozing Class of '89 Reunion

## SUNDAY, APRIL 11

6:00-7:25	Kripalu Yoga
7:30-8:30	BREAKFAST
9:00-11:30	BMCA Vision Quest
11:30-12:00	Closing Ritual
12:00-1:30	LUNCH Good-byes and Hugs

### \*WORKSHOP DESCRIPTIONS

Thursday, April 8 2:30pm

Integrating Our Inner and Outer Expression through the  
Autonomic Nervous System  
with Gale Turner

We will be exploring the different pathways, rhythms,  
and flows of the sympathetic and parasympathetic nerves and  
how they balance each other. This will be a summary of the  
nervous system material that was presented in the Summer of  
'98 Certification Program.

**Friday, April 9      9:00 am**

**Standing Up and Moving Out--**

**The Laban/LMA Roots of Development  
with Martha Eddy**

In this workshop, Martha is excited to share the history and applications of observation of planar movement through the Laban lineage (Warren Lamb's Action Profiling and Movement Pattern Analysis and Judith Kestenberg's Movement Profile). We will then review the relationships made in BMC between the planes and reflexes, basic neurological patterns, and perceptions. Throughout this process we will investigate our personal use of the planes and its significance in our own decision making. Some of the activities will be geared toward bringing one's own use of the BMC work into verticality and confidently taking sagittal action with one's practical and creative choices.

**Friday, April 9    2:30pm**

**Bridging the Autonomic and Somatic Nervous Systems  
with Amelia Ender**

Amelia will teach a pattern Bonnie recently shared as she continues to explore nervous system organization and expression. This is a whole body neuromuscular pattern based on the relationship between pre- (flexors, internal rotators, and adductors) and post (extensors, external rotators, and abductors) axial muscles. Amelia has found that it enhances whole body coordination and is opening new movement possibilities as she continues to rehabilitate from hip surgery.

**Saturday, April 10    2:30pm**

**Transitions, Feelings, and Fluids  
with Linda Tumbarello**

This workshop will be an opportunity to experience and express our feelings around transitions and where we are now, and to connect with our strengths as practitioners as we bring BMC out into the world. We will use the body systems, **Authentic Movement**, and whatever else supports our process.