

BMC®A
c/o Judith Ginzberg
55 First Ave. # 13
New York, NY 10003

The Body-Mind Centering® Association

Presents
the
15th
Annual Conference

“Extending our Reach”

April 27-30, 2000

Omega Institute
Reinbeck, N.Y.

Dear Friends

It is with great hopes and expectations, as well as uncertainty and some anxiety, that we begin the new century. The year 2000 is being approached with respect and joy and a focus on community...as neighbors, families and friends come together in the context of this tempered perspective.

I can report, however, with absolute certainty, that our first conference of the new century will more than surpass our expectations. There will be plenty of opportunities for inspiration, edification, fun, relaxation and revitalization! Part of the excitement is due to our new conference site, Omega Institute. Aside from its lovely rural setting in the Hudson River Valley, the conference committee sees Omega as a perfect fit with our alternative and somewhat idiosyncratic community.

The conference offerings are rich and varied with a balance of movement, hands-on and "new material" encompassing the breadth of our theme, "Extending our Reach", through embodying new brain connections, experiencing other cultures, finding new language for our work, trying on related disciplines in the somatic universe and moving towards new audiences. It will be an incredibly full weekend, yet with the lake practically adjoining our program room, the chance to slip away for a peaceful canoe ride may be hard to resist.

We invite you to bring material that illustrates your work for an informal sharing. Photos and/or written material may be displayed in the program room. Video snippets may be fitted in to meal times or breaks.

The conference and our silent auction are the biggest BMC@A fund raisers of the year. Our extended community has always been wonderfully generous in providing the items for our auction. We are most grateful for anything you may choose to donate.

A travel fund is available to folks coming from afar, and a childcare fund to help families with children.

Let us join together at Omega for our 15th annual conference and become empowered by our collective energy. As we extend our reach into the next millennium, let us bring our work to the forefront of the holistic health revolution and into the eye of the public. We look forward to seeing you there.

Warmly,

Judith Ginzberg, for the Conference Committee.

CONFERENCE FEES

BMC@A members	\$ 150
Non members	\$ 200
Early registration discount (if mailed by April 1 st)	\$ 25

REGISTRATION

11:30am - 1:00pm, Thursday, April 27

12:30pm - 1:45pm, lunch is served

2:30pm, conference presentations begin.

For further information about membership or the conference, contact:

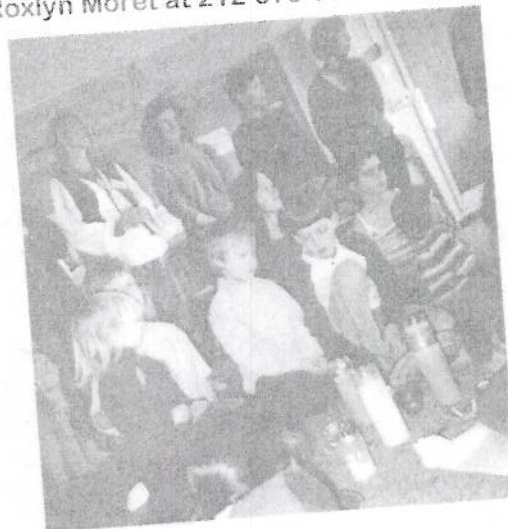
Judith Ginzberg at 212-477-2713

SILENT AUCTION

We are requesting contributions of Books, Videos, "Tools of the Trade", Handiwork, Bodywork sessions, Art, "Get-a-Ways" Theater tickets, or anything else you can think of. We thank you for your help in the past as well as any future assistance.

Please contact:

Roxlyn Moret at 212-873-7054



Omega Institute

Omega has served the public as a holistic education and retreat center for 23 years, hosting many of the most renowned spiritual leaders, creative thinkers, and pioneers of the healing arts.

The serene rural setting, the lake with rowboats and canoes, delicious vegetarian meals, sauna, the café and bookstore all lend themselves to a relaxing, spiritually and physically uplifting stay. Omega is the perfect conference site to awaken your creativity, deepen your inner life and energize your body.

ROOM AND BOARD - Rates per person
(incl. Thursday lunch through Sunday lunch)

CAMPING - w/ nearby bathhouse	\$ 100
DORM - single (small rooms, bath shared by 8)	\$ 190
"B" CABIN - double occupancy (shares a bath w/adjoining room)	\$ 245
"A" CABIN - double occupancy (private bath)	\$ 305
CHILDREN - over age 8 (under age 8 are FREE)	\$ 55

Please call Omega at 800- 944-1001 to reserve the accommodation of your choice. Payment for room and board is made directly to Omega.

Please note that the SBMC® is offering a \$ 100 discount, to Cert. Practitioners registered for the BMC®A Conference, taking the workshop: "Body-Mind Centering® and Yoga", at Kripalu, Lenox MA. April 9-14, 2000. Contact the school for more information at 413-256-8615

REGISTRATION FORM

Name: _____

Address: _____

Phone(H): _____ (W): _____

Fax: _____ Email: _____

List other Family members: _____

Will you be using child care?
(Cost to be finalized later)

☐ Full time (all events)

☐ Part Time

DONATIONS:

Child Care Fund

\$ _____

Travel Fund

\$ _____

BMC®A

\$ _____

Total

\$ _____

CONFERENCE PAYMENT OPTIONS:

CHECK/MONEY ORDER: Payable to BMC®A

CREDIT CARD: ☐ MASTER CARD ☐ VISA
Name on Card: _____

Card Number: _____

Expiration Date: _____

AMOUNT PAID: \$ _____

BALANCE DUE: \$ _____

Please send your registration and donation to: **BMC®A**

c/o Judith Ginzberg,
55 First Ave. #13

COME TOGETHER
 STRENGTHEN COMMUNITY
 BRIDGE GAPS &
 HEMISPHERES
 DANCE TO HEAL
 SOUND TO CONNECT
 PERCEIVE A NEW
 SENSE BENEATH
 SEEK BALANCE
 SEE BEYOND



CONFERENCE HIGHLIGHTS

Finding the Brain Bridge - Between the Hemispheres, with Margie Fagnoli

The Hand - Shaping Human Culture as a Direct Link from the Brain, with Jeanne Feeney

Promote Yourself - Building your BMC® Practice in the 21st Century, with Dan Ruderman

Organic Dancing - Through Exploration of Reflexes, Tone, Tensegrity and Proximal/Distal support, with Francis Savage Salig

Laboratory of Life - Exploring Consciousness Spatially, with Cheryl Luft and Elisa Novick.

Autonomic Rhythms - Integrating Properties and Applications (the latest material from SBMC® which emerged from and supported Bonnie Bainbridge Cohen's healing process), with Special Guests Presenter

ABC's of the Sound Body - A Multimedia Presentation from the Indonesian Rain Forest, with Beth Goren.

Changing the Consciousness of Somatics - The Bio Energy Field and the Soma, with Gabriel Orshan and Teri Carter.

BMCA CONFERENCE SCHEDULE 2000

EXTENDING OUR REACH

THURSDAY, APRIL 27

11:30 - 1:00pm	REGISTRATION
12:30 - 1:45pm	LUNCH
2:00 - 3:30pm	Organic Dancing with Saliq Francis Savage
3:45 - 5:45pm	Laboratory of Life—exploring consciousness spatially—with Cheryl Ann Luft and Elisa Novick
6:00 - 7:15pm	DINNER
7:30 - 9:30am	Opening Ritual Welcome Personal Introductions and Sharing

FRIDAY, APRIL 28

7:00 - 8:00 am	Morning Warm-up
7:00 - 8:45 am	BREAKFAST
9:00 -12:00am	Annual Meeting and Community Discourse
12:30 - 1:45 pm	LUNCH
2:15 - 5:30 pm	Finding the Brain Bridge—between the hemishperes—with Margie Fargnoli
6:00 - 7:15pm	DINNER

7:30 - 8:45pm **Two Tribes**—a multimedia presentation from
the Indonesian Rainforest—**with Ziji Beth**
Goren

SATURDAY, APRIL 29

7:00 - 8:00am **Morning Warm-up**

7:00 - 8:45am **BREAKFAST**

9:00 -11:30am **Autonomic Rhythms**—the latest SBMC material—
with **Linda Tumbarello** and special guests

12:30 - 1:45 pm **LUNCH**

1:45 - 3:45 pm **ABC's of the Sound Body**—A Tribal Offering
with **Ziji Beth Goren**

4:00 - 6:00 pm **Changing the Consciousness of Somatics**—the Bio
Energy Field and the Soma—**with Gabriel**
Orshan and Teri Carter

6:00 - 7:15pm **DINNER**

7:30 - 8:30pm **Promote Yourself**—Bring your practice into the 21st
Century—**with Dan Ruderman**

8:30 - ? **Schmooze and Snack.....we could try dancing too!**

SUNDAY, APRIL 30

7:00 - 8:00am **Morning Warm-up**

7:00 - 8:45am **BREAKFAST**

9:00 - 11:00am

The Hand—how it shapes human culture as a direct
link to the brain—**with Jeanne Feeney**

11:00 - 12:00am

Closing Ritual

12:30 - 1:45pm

LUNCH and FAREWELLS

PRESENTATION ABSTRACTS

Extending Our Reach

BMCA Conference 2000
At Omega, April 27-30

Thursday, April 27 2:00 – 3:30 pm

ORGANIC DANCING

With Saliq Frances Savage

ORGANIC DANCING is a movement class incorporating reflexes, orientation, tone and tensegrity, while balancing proximal and distal support through the 'middles'.

Saliq has developed a body of work that provides inroads into Contact Dance and Hands-on Movement Facilitation. In this presentation he will guide you into movement duets that yield supple organic connections with one another. We will explore how certain reflexes need to be inhibited in order for postural tone to remain buoyant. We will explore tensegrity, the dynamic equilibrium of our muscles, ligaments and bones. And we will have time to move. ORGANIC DANCING will occur early in the conference so that the movement ideas can percolate through the days giving us permission to recuperate in movement.

Saliq Frances Savage is a Certified Laban Movement Analyst and Certified Teacher at the School for Body-Mind Centering®. He studied Bartenieff Fundamentals and Ortho-Bionomy, both having deeply influenced the articulation of his work. For the past 8 years, Saliq has been teaching a rich blend of Contact Improvisation, Authentic Movement, BMC® and hands-on bodywork techniques throughout the world. Most recently, he has turned his attention toward choreographing and directing.

Thursday, April 27 3:45 – 5:45pm

LABORATORY OF LIFE –Exploring Consciousness Spatially

With Cheryl Luft and Elisa Novick

Laboratory of Life is a powerful and profound method of exploring the essence and issues of life by displaying consciousness spatially. As you move around the room, this fascinating mode of perception awakens holographic multi-dimensional awareness, giving you a wondrous tool with which to develop your innate potential as a loving, spiritual being, capable of effective action in the world.

This work is highly practical and accessible as well as spiritually uplifting, without limits in its application. We have found that it can enhance other modes of perception, and it allows for a unique expression of the Self.

In this laboratory we will explore the embodiment and utilization of the BMC material, particularly the body systems and tissues, to experience optimum use of our Selves as BMC practitioners for presentation of our work in the world. Cheryl Luft, Certified BMC Practitioner, and Elisa Novick have studied and played together for 7 years and bring a unique perspective on movement and healing to their work together.

Cheryl Ann Luft, BMC, RMT, CMA, NCTMB, studied the subtle aspects of movement in her Masters in Spiritual Science and integrates practical spirituality into her private practice and teaching in Berkshire County, Massachusetts.

Elisa Novick, M.S.S., has studied, developed and practiced numerous systems of holistic health, bodywork, vibrational healing, and spiritual development. She maintains a private consulting practice and teaches courses in holistic health and spiritual development.

Friday, April 28 2:15 – 5:30pm

FINDING THE BRAIN BRIDGE – A Developmental Seminar on Friendship between the Right and Left Hemispheres.

With Margie Fagnoli

In BMC we study the process of development from conception through walking. One of the reasons we get stuck in our attempts to get the work out into the world is that we haven't devoted time to the developmental process as it matures beyond this point. Finding the Brain Bridge seeks to experientially explore the Corpus Callosum, the bridge between the right and left hemispheres of the brain.

The domain of the right hemisphere includes understanding feeling states, recognizing images, the appreciation of music, and a sense of the field awareness in consciousness. It synthesizes multiple converging sensory-input into an all-at-once knowing, what we commonly refer to as our intuition. The right brain nonverbally understands the language of emotional expression, touch and beingness. It is the home of feminine values and it perceives reality as concrete. It is evolutionarily older than the left and it develops and matures in utero earlier than the left. The left hemisphere, by contrast, controls abstract sequential thinking. It is the home of the written word (in right handed people it controls 90% of language skills), masculine values and our modern sense of time. It perceives the world as separate from us and it initiates doing.

The bridge between the two hemispheres is the corpus callosum. I believe that BMC concentrates and relies on the right hemisphere much more than the left. This concentration may explain our difficulty in writing about BMC, which by definition necessitates sequentially framing our right hemisphere experience. Whenever the left hemisphere has a burst of growth developmentally or historically (the introduction of the abstract alphabet into a culture for example)

there follows a period of disequilibrium, the ascendancy of masculine values and violence against feminine values. Remember how hard it is to teach two year olds to share? Somehow we haven't developmentally matured as a species to a place where this process can happen with ease and support.

This process is the subject matter of this workshop. Through a combination of guided hands on and somatizations we will explore the corpus callosum, its underlying structures and its active role in fostering relationship between the hemispheres. Hopefully we will discover other means along the way to nurture and instigate the development of neuronal pathways in this much-needed bridge.

Margie Fargnoli is a Certified Practitioner of Body-Mind Centering who hails from Minnesota where she maintains a private practice, teaches introductory and intermediate level courses in BMC at the University of Minnesota, and attends to her family, friends, gardens and home.

Saturday, April 29 9:00 – 11:30am

AUTONOMIC NERVOUS SYSTEM – New Material Emerging from Bonnie Bainbridge Cohen's Recent Healing Process

With Linda Tumbarello and Myra Avedon

This material on autonomic nervous system balancing emerged out of and contributed to Bonnie's own healing process.

The autonomic rhythms are a way to transition from small, internal movement to large movement through space. They resonate through all layers and levels of tissues and connect the somatic and autonomic nervous system, parasympathetic and sympathetic nervous system, structure and contents, torso and limbs. They help people find the natural cycling between flexion and extension and internal and external attention.

Myra and Linda will present this latest material from the School for Body-Mind Centering in the context of its applications.

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 Program Coordinator at SBMC. Myra has deep personal interest in the possibilities and hope of body centered therapies as a means of healing and repatterning from past trauma.

Linda Tumbarello has a B>A> in Psychology, is a licensed Mental Health Counselor, and is Certified by the National Certification Board of Therapeutic Massage and Bodywork. She is also an approved continuing education provider for the National Board. She has extensive experience working with the psychosocial aspects of bodywork.

Saturday, April 29 1:45 – 3:45pm (pre-workshop multi media presentation is Friday, April 28 7:30 – 8:45pm)

Two Tribes

ABC's of the SOUND BODY – a Tribal Offering

With Ziji Beth Goran

“Two Tribes” is an evening of music and chant with slides of native dance and mythology from the Indonesian rain forest. The follow-up workshop, *ABC's of the Sound Body*, will explore the use of sound/intention in relation to the BMC systems and tribal ceremony. We will look at the mind of unity, dissolution, maintenance, building and renewal as a function of cellular communication to the Sound Body.

Ziji Beth Goren has been exploring voice-movement inter-weave since 1977 with the introduction of vocalization to the Endocrine System BMC work developed by Bonnie Bainbridge Cohen. Ziji has also traveled extensively, living among tribal cultures in the US, Indonesia, and the West Indies. She will offer a bridge between these worlds at the conference.

Saturday, April 29 4:00 – 6:00pm

SOMATERGY – Changing the Consciousness of Somatics with BioEnergy Fields™ and BMC®

With Gabriel Orshan and Teri Carter

The BioEnergy Field™ and the BioScalar Field™ stand out at the forefront of scientific developments concerning the body and consciousness. In this workshop we will explore the relationship between finite matter such as atoms, cells, tissues and body systems with BioEnergy Field research. In the somatics field, energy work is often ignored or passed over for the more tangible mass of human tissues that can be manipulated through intentional touch and movement, and can more easily relate to the Western medical model.

With the work of Dr. Valerie Hunt, what is commonly known as the aura, frequency, waves and even the experience of consciousness has been quantifiably recorded and studied scientifically. Thirty years ago the direction of her kinesiological research at UCLA shifted because of the unusual electrical measurements she found with dancers and movers, such as Emilie Conrad. This work has resounding implications on all aspects of the living human, giving the West and the somatics community the beginnings of a scientific vocabulary of our energetic dimension.

As energy work expands to the somatic world, BMC's highly tuned languaging of experiential anatomy and physiology can bring this potent knowledge even further into the hands-on and movement realms. In this workshop we will explore vibration, electromagnetic fields, and coherency. Somatizations will link body systems/cellular breathing with our vibrational and 'scalar' selves, and we'll consciously fashion our energy field for creative and healing purposes.

*A '99 graduate of SBMC, **Gabriel Orshan**, LMT, has worked with Dr. Hunt for two years and is familiar with her scientific work. He is a certified energy therapist from the School for Enlightenment and Healing in San Diego, and is a teacher-in-training with Emilie Conrad of Continuum™. He has studied Taoist internal movement arts with three prominent masters and is an avid student of biophysics, mathematics, Ayurveda, and Kabbalah.*

***Teri Carter**, B.F.A and M.A. in Dance, has been a movement artist for over 20 years. She teaches, performs, and choreographs internationally, and is the founder/director of Mobility Junction Dance, a company of NYC artists with and without physical disabilities. A recent graduate of SBMC, Teri's private practice and workshops are deeply influenced by Authentic Movement, Contact Improvisation, Laban Movement Analysis, Continuum™ and Bio-Energy Field Research. She is trained in Cranio-Sacral Therapy and is certified by the National Certification Board of Therapeutic Massage and Body Work.*

Saturday, April 29 7:30 – 8:30pm

PROMOTE YOURSELF - Build Your BMC Practice in the 21st Century
With Dan Ruderman

Nobody wants to feel like a 'salesman', or artificially blow their own horn. Yet most everyone with a private practice (therapeutic, instructional or both) wants a better, easier ways to grow that practice. More clients and students mean more opportunities to teach and share the magic of Body-Mind Centering. More clients and students mean less stress, more security, and an easier life focused on the fun and interesting parts of the work, rather than the day-to-day stress of making a practice work.

In the autumn issue of "Currents", a request went out to create a sharing of things members of BMCA have done to grow their practice and promote themselves. This is an opportunity to learn what other members have done to feed themselves with their hands without having to live hand to mouth every month. Come learn the best of these ideas, and others, to make this otherwise difficult part of life more pleasant and joyful..

***Dan Ruderman** has been in sales and marketing for almost 15 years now. He lately has been focusing not on how to make ends meet, but how to makes ends make Celtic crosses and other labyrinthian patterns.*

Sunday, April 30 9:00 – 11:00am

THE HAND – a Direct Link From the Brain and its Relevance for Body-Workers
With Jeanne Feeney

Be we body-workers, musicians or magicians, we have developed an innate sense of how important our hands are to our work. Based on and inspired by the book THE HAND, How Its Use Shapes the Brain, Language, and Human Culture by Frank R. Wilson, this workshop will take the

participants through an appreciation and experience of the hand as one of, if not the, most essential appendages of the body. Our hands are responsible for carrying out the most mundane tasks of daily life as well as some of the most creative and healing. Their structure, function and expression are by nature at the basis of what it means to be human, yet they remain, even for many of us, largely unconscious. This workshop will begin with a short lecture, an overview of the skeletal anatomy, a somatization, a partnering "hands-on" time, ending with some hand play with strings, hand dancing and sharing with one another some of the amazing stories the hands have to tell.

Jeanne Feeney, life long dancer, performer and movement therapist has been a practitioner of BMC since 1989. She has been a guest artist at American University, George Washington University, Connecticut College and the Center for New Dance Development in the Netherlands. Currently she directs Movement Laboratory where she teaches classes in dance improvisation, prenatal exercise and infant developmental movement. At the Studio Theater in Washington D.C., Jeanne teaches movement for actors, and in 1997 co-choreographed the musical, Hair, which won the Helen Hayes Award for Best Musical. In her private bodywork practice as well as in her classes, Jeanne also draws from her training in Authentic Movement, Continuum™ and Anthroposophy.