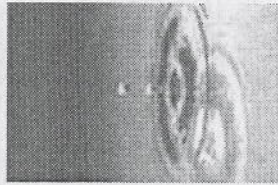


*Renew Your Spirit*

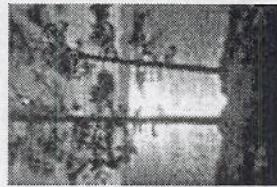


*Celebrate Nature*

*Reawaken Your Senses*

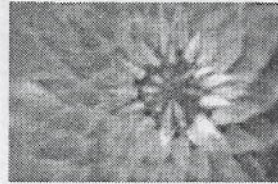


*Rekindle Friendships*



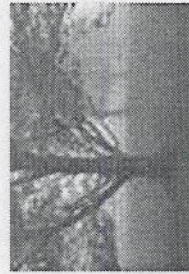
*Refresh*

*Replenish*



*Reach Beyond*

*Realign Your Energy*



*Embrace Community*

*The  
Body - Mind  
Centering® Association  
presents*

# **RETURNING TO BALANCE**

*The 17th Annual  
BMC® A  
Conference*

**APRIL 26 - 29, 2002**

**OMEGA INSTITUTE  
RHINEBECK, NY**



## Omega Institute

Omega has served the public as a holistic education and retreat center for 24 years, hosting many of the most renowned spiritual leaders, creative thinkers and pioneers of the healing arts.

Omega's serene rural setting in the Hudson River Valley, the lake with rowboats and canoes, hiking trails, the sauna, a cozy cafe and terrific bookstore, and delicious vegetarian meals all lend themselves to a relaxing, regenerating, and spiritually uplifting stay. Omega is the ideal conference site to awaken your creativity, deepen your inner life, replenish your energy, and expand your awareness.

**Room and Board** - Rates are per person (including Friday lunch through Monday lunch). Participants are asked to attend for the entire conference, however a weekend rate is available. (Inquire with Omega)

<b>Dorm</b> - 8 small single rooms w/shared bathroom facilities	\$205
<b>B Cabin</b> - double occupancy, bathroom shared with adjoining room	\$300
<b>A Cabin</b> - double occupancy, private bath	\$355
<b>Camping</b> by the lake	\$155
<b>Commuter Rate</b> (no meals)	\$ 75
Children over age 12	\$ 55
Children age 12 and under	free

**Accommodations must be reserved directly with Omega. 50% deposit is required with the reservation. All conference participants must be preregistered with Omega Institute. Please call Omega at 1-800-944-1001. Please register as soon as possible to facilitate Omega's planning.**

### Conference Fees

	By 3/26	After 3/26
BMCA Members	\$125	\$150
Non Members	\$175	\$200

**Register for conference with the attached form**

## Conference Highlights

### \*Flight, Fright, Freeze!

And the wolf shall dwell with the lamb  
Disconnecting fear from arousal  
to facilitate healing  
with *Fanchon Shur*

### \*Authentic Movement

An exploration in embodied wholeness  
with *Stacey Hinden and Jeff Stevenson*

### \*The Integration of Infant Movement Patterns within the

Adult Psychotherapy Session  
and how they underlie capacity for contacting  
with *Ruella Frank*

### \*Community Sharing on Working with Trauma

facilitated by *Karin Spitfire*

### \*Nervous System Balancing Revisited

### \*Rods, Cones, and Recovery

with *Kimberly McKeever*

### \*E-mail and Computers for the Technologically Impaired

with *Salqi Frances Savage*

### \*Simon, Jennifer & Lee:

A Foot in a Sock in a Shoe

Working with a mother and her child  
with autism  
with *Lee Saunders*

### \*Morning Yoga/ Movement

### \*Performances

### \*Party

## Registration & Payment Form

Name:

Address:

Phone: (Home)

Phone: (Work)

Fax: email:

List of family members attending:

Will you be using childcare? ☐ Yes ☐ No  
Childcare space is limited.

Preregistration is required by March 26th

Childcare for the whole conference.....\$75

Childcare for the weekend.....\$50

### Conference Fees

By 3/26 After 3/26

BMCA Members \$125.....\$150.....

Non Members \$175.....\$200.....

Would you like to make a donation to BMCA?

Please indicate below the donation amount.

Childcare Fund.....

Travel Fund.....

Journal/ web site.....

Total.....

Deposit (Min. \$50 nonrefundable).....

Balance Due.....

### Conference Payment Options

Please make checks payable to "BMCA"

☐ Money Order ☐ Check

Credit Card ☐ Master Card ☐ Visa

Name on Card

Card Number

Expiration Date

Total amount to be billed on your card.....

Signature

Date

Please send your registration and donation to:

BMC®A

c/o Judith Ginzberg

55 First Ave. #13

New York, NY 10003

(212) 477-2713



## **BMCA CONFERENCE SCHEDULE 2002\*\***

### ***Returning to Balance***

#### **Friday, April 26**

12:30	- 1:30pm	REGISTRATION and Check-in
12:30	- 1:45pm	LUNCH
2:00	- 3:00pm	<b>Movement Arrival (Nervous System Balancing)</b> <i>with Gale Turner</i>
3:30	- 5:30pm	<b>The Integration of Infant Movement Patterns within the Adult Psychotherapy Session</b> <i>with Ruella Frank</i>
6:00	- 7:15pm	DINNER
7:30	- 8:00pm	<b>Welcome and Opening Ritual</b> <i>with Roxlyn Moret and Judith Ginzberg</i>
8:00	- 9:30pm	<b>Personal Introductions and Sharing</b>

*\*\*This is currently the working schedule for the conference, however it is subject to some alterations. Specifically, on Saturday, Authentic Movement and the Community Sharing on Working with Trauma may be switched.*

**Saturday, April 27**

7:00	-	8:45am	BREAKFAST
7:15	-	8:15am	Movement Warm-up (tba)
9:15am	-	12:15pm	<b>Authentic Movement: An Exploration in Embodied Wholeness</b> <i>with Stacey Hinden and Jeff Stevenson</i>
12:30	-	1:45pm	LUNCH
2:00	-	5:00pm	<b>Community Sharing on Working with Trauma</b> <i>facilitated by Karin Spitfire*</i>
6:00	-	7:15pm	DINNER
7:30	-	9:30pm	<b>Flight, Fight, Freeze!</b> <b>And the wolf shall dwell with the lamb!</b> --disconnecting fear from arousal to facilitate healing <i>with Fanchon Shur</i>
9:30	-	?	<b>Informal Performances/ Open Mic</b> <b>Networking/ Socializing</b>

**\*Karin asks that anyone interested in participating in the first phase of the fishbowl format she is organizing for the discussion on trauma contact her at 207 338-5634 as soon as possible.**

**Sunday, April 28**

7:00	-	8:45am	BREAKFAST
7:15	-	8:15am	Movement Warm-up (tba)
9:15am	-	12:15pm	Annual Meeting
12:30	-	1:45pm	LUNCH
1:30	-	3:00pm	Committees and Follow-up Discussion (re: Annual Meeting)
3:30	-	5:30pm	Rods, Cones, and Recovery <i>with Kimberly McKeever</i>
6:00	-	7:15pm	DINNER
7:30	-	8:30pm	E-mail and Computers for the Technologically Impaired <i>With Saliq Francis Savage</i>
8:30	-	?	Party Dancing Socializing End of the Silent Auction

**Monday, April 29**

7:00	-	8:45am	BREAKFAST
7:15	-	8:15am	Movement Warm-up (tba)
9:15	-	11:15am	<b>Simon, Jennifer, and Lee:</b> <b>A Foot in a Sock in a Shoe</b> Working with a mother and her child with autism <i>with Lee Saunders</i>
11:15am	-	12:00pm	<b>Nervous System Balancing and Conference Decompression</b> <i>with Gale Turner</i>
12:00	-	12:30pm	Closing ritual
12:30	-	1:45pm	LUNCH and Fond Farewells

A reminder to the Board: The Board of Directors will meet at Omega from 2:30 to 5:30pm

**PRESENTATION ABSTRACTS  
and presenter biographies**

***Returning to Balance***

**BMCA Conference 2002  
At Omega Institute  
April 26-29, 2002**

**Friday, April 26 2:00- 3:00pm  
(and Monday, April 29 11:15 – 12:00noon)**

**Nervous System Balancing  
*with Gale Turner***

We will spend this time balancing the autonomic nervous system as a way to transition in and out of the conference, bridging weight and lightness through breath and movement.

*Gale Turner has a B. A. in Dance and Theatre, is a Registered Movement Therapist, and is Certified by the National Certification Board of Therapeutic Massage and Bodywork. For eighteen years, she was a performer, assistant director and co-choreographer with Meredith Monk and has performed and taught internationally. She has extensive experience teaching, as well as in moving meditation, improvisation, and tai chi, and is the Co-director of In-Motion. Gale will be directing the second year of the 2-year Certification program at SBMC this summer.*

**Friday, April 26 3:30 – 5:30**

**The Integration of Infant Movement Patterns  
within the Adult Psychotherapy Session  
*with Ruella Frank***

All infants move through a similar sequence of patterns throughout their development, but each infant performs these movements differently, demonstrating



his or her unique relationship to the caregiving environment. As movement patterns assimilate into the healthy infant's developing nervous system, they become primary and fundamental supports for contacting – the quality by which we are in touch with ourselves and the environment. When the infant/caregiver relationship is well-matched enough of the time, infant patterns emerge with grace. The processes of contacting are fluid and spontaneous. When the infant/caregiver relationship is chronically strained, the infant's movement patterns lack balance and harmony. Contacting becomes inhibited.

In this lecture/demonstration we will explore the emergence of movement patterns within a variety of infant/caregiver relationships and learn how the infant's psychic life takes shape within each. We will also learn how the unfinished business of our early lives reflects in our current bodily processes and underlies our capacity to relate within our environments.

Body workers, infant educators, and yoga teachers will gain deeper insight into their clients by understanding the psychological function of each pattern for both infant and adult. Psychotherapists, new or advanced, will enhance their skills of attunement—by heightening their observations of these subtle movement patterns as they emerge within the client/therapist dyad, and by learning to work with these patterns within the moment-to-moment experiences of the therapy session.

***Ruella Frank, Ph.D.,** practices psychotherapy in New York City, where she is the Director for the Center of Somatic Studies and a member of the training faculty at the New York Institute for Gestalt Therapy and the Gestalt Associates for Psychotherapy. Ruella also teaches at several universities and institutes throughout the United States and in Europe. She is the author of **Body Awareness: A Somatic and Developmental Approach to Psychotherapy**, which has been recently published by Gestalt Press, Boston.*

**Friday, April 26 7:30 – 8:00pm**

**Opening Ritual**  
*with Roxlyn Moret*

*Roxlyn Moret has been studying movement for over 29 years. The BMC work and yoga have been the culmination of her journey in the creative and healing aspects of movement. She is a CMA, a modern dancer, and has experience with the Cranial-Sacral work, Visceral Manipulation, and shiatsu.*



**Saturday, April 27 9:15am -12:15pm**

**AUTHENTIC MOVEMENT: An Exploration in Embodied Wholeness**  
*with Stacey Hinden and Jeff Stevenson*

The practice of Authentic Movement invites us to bring conscious awareness to our Inner landscape—movements, sensations, and feelings—and to express, record and share our experiences without judgment. In this place, we re-member/re-claim parts of ourselves, and meet others in a space of authenticity and integrity.

During this workshop, we will practice tracking, recording, and sharing our bodymind experiences within the Authentic Movement paradigm. We will blend these skills with our BMC hands-on work as we explore both the role of mover/client (eyes closed), and witness/practitioner, in the dyad form.

*Stacey Hinden has been exploring movement in myriad forms for over 34 yrs. She is a Certified Practitioner of Body-Mind Centering, is a Registered Movement Therapist, and holds a BFA in Dance from Rutgers University. She began her Authentic movement practice in 1990, and since then has facilitated Authentic Movement groups for women, as well as integrated his form in her work with BMC clients and students. Stacey and her partner, Jeff Stevenson, live in New York with their two children, Emalia and Alden.*

*Jeff Stevenson has over 12 years experience in Authentic Movement. Working in both mixed age and gender groups for creative process and healing, Jeff's current Authentic Movement practice is focused on family, men's work, and mystical practice.*

**Saturday, April 27 2:00 – 5:00pm**

**Community Sharing on Working with Trauma**  
*Facilitated by Karin Spitfire*

Trauma impacts every tissue of the body, as well as what we call the mind, psyche, soul, emotions and world view. Our work on the systems, on the cellular and developmental levels can be of great assistance to those who have experienced trauma.

Most of us have worked with trauma on some level. This session will begin our sharing of how we have seen the impact of trauma effect our clients and tissues and how we have worked with them.

The session will begin with some basic definitions and an overview from Karin's perspective. We will brainstorm a collecting of our salient questions.

We will continue with two fish bowl sessions in which a collection of a small group of us speak in response to the questions our experience utilizing BMC, and the others listen. Then another group will take the center to continue the dialogue. Karin will facilitate the session.

*Karin Spitfire has a B.A. and M.A. in women's studies, is a licensed massage therapist and Licensed Clinical Professional Counselor in Maine, as well as BMC practitioner and teacher. She has taught in the European SBMC program as well as the Amherst program and at the Institute for Somatic Movement Studies in Amsterdam. Karin, herself a survivor of incest, has worked with hundreds of trauma survivors over the last 22 years. She knows trauma from the inside out and the outside in and is currently writing a book to share her experience and knowledge.*

**Saturday, April 27 7:30 – 9:30pm**

**Fight, Flight, Freeze! And the wolf shall dwell with the Lamb**  
***With Fanchon Shur***

Imagine a life of dance,  
as prayer,  
as revolution,  
as revelation, as resistance,  
as utterance,  
as ecstasy.

My latest work, for 13 dancers and audience of 80 people in a circle of three rows with 8 aisles, is called Fight, Flight, Freeze And the wolf shall dwell with the Lamb.

These last 3 years have been a time of riches....

*foraging in the rainforest of the soul for the scents of survival.....*

*foraging into personal age for resources to heal from trauma.....*

*foraging into primal urges which, uncontrollable, control us.*



*primal urges recognized, moved into and through..... with the capacity to gradually disconnect fear from arousal...for authentic power. I want to share some of my work with others to release our life force in times of riveting fear.*

**A retrospective (through videos and participatory experiences) of a lifetime of choreographic rituals (54 years). We will culminate with group explorations from "Fight, Flight, Freeze!" dancing the fearless magnificence of arousal's rise and fall in the face of danger, and the ability to be raw and real and heal.....**

*Fanchon Shur is a Movement Artist/healer and Director of Growth –in-Motion. Fanchon's Movement Ceremonies turn theatres into sanctuaries, audiences into sacred communities. Inducted into Ohio Women's Hall of Fame for her boundary breaking choreographic rituals, Tallit: Prayer Shawl, and Purses, Pockets, and Family Secrets, Sarah Speak!, Womankind: The Shechinah is With Her, Jewess in Renaissance, Moon, Moon, Crimson Prayer. Mother of four men, two grand children, and partner to a musical force of nature.*

**Sunday, April 28 3:30 – 5:30pm**

**Rods, Cones, and Recovery**  
***with Kimberly McKeever***

How we see relative to how we move and think will be investigated in this workshop. The path that visual information travels (whether rods or cones) may effect and be affected by our ways of moving and thinking. A response to stress may be to lose the ease of shifting from one path to the other. This workshop will offer an opportunity for you to notice your own preferences, the moments of shifting, as well as to attend others as they explore. The workshop will include surprises, somatications, individually paced investigation at different learning stations, and a recuperation for vision at the conclusion.

***Kimberly McKeever***

*Before studying BMC, I negotiated commercial real estate contracts. The most interesting part of that career was hearing the stories of my clients. I heard fascinating and often passionate stories of ideas, of mistakes, and of fortunes made or hoped for. I acted as mid-wife for entrepreneurs, a person to soften the bad news to someone who had miscalculated, a weather predictor for the financial wind of the marketplace of my area. One of the best things about that job was having a secretary. One of the worst was having to wear high heels.*



*Before working in real estate, I had taken over a day spa and turned it into a dance studio. I was involved in the earlier stage of the somatic movement and presented workshops by practitioners of Alexander, Feldenkrais, Ideokinetics, Tai Chi and others. I developed a workshop called "Movement Lab" that reflected my own exploration of experiential anatomy. (At that time I also taught a very successful class called "Disco Fever"). Dance Magazine interviewed me for my "innovative" uses of video and again for introducing break dance to dance studios. The latter resulted in major newspaper articles and television interviews coast to coast and a stint at managing break dance groups. Six years after it began, my "student" company was doing 35 performances a year including for colleges, museums, and choreographic showcases where we could not present ourselves as a student company. I was invited to choreograph for large festivals including PepsiCo Summerfare, Lincoln Center's Out-of-Doors, and for a nationally broadcast television show.*

*In 1995 I came to BMC, was certified in 1998, joined the BMCA board and am a Teacher candidate for 2002. In 1996, my BMC partner Kellie Myers and I discovered the sponging pattern of the BNP's that was subsequently incorporated into the school's curriculum. I have presented at several conferences on dance and movement. Next week I will be presenting in Boston at a conference on "Alternative Treatment for Special Kids." In October I am going to Taiwan to present at the "International Somatic Movement Education Conference."*

*I have been married since 1977 to Joel Kaye, and am the mother of Dara Kaye, age 14.*

**Sunday, April 28 7:30 – 8:30pm**

**E-mail and Computers for the Technologically Impaired**  
***with Saliq Francis Savage***

*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 body-work techniques throughout the world. Most recently, he has turned his attention toward choreographing and directing. Additionally, Saliq knows his way around, in and out of a computer, and will present his skilled, knowledgeable, and unruffled approach to those at war with technology.*



**Monday, April 29 9:15 – 11:15am**

**Simon, Jennifer, and Lee: A Foot in a Sock in a Shoe—working with a mother and her child with autism.**  
*with Lee Saunders*

This is a first person account of a series of sessions with Simon, a boy with autism, his mother, and their somatic movement therapist.

*Lee Saunders works nationally and internationally as a choreographer, dancer, composer, singer, and teacher. She has a BFA from the Nova Scotia College of Art and Design, is a teacher/practitioner of Body Mind Centering and IMTA Somatic Movement Therapist and educator. She has a private practice for the facilitation of wellness, through voice, movement, and touch. Her clients range in age from newborn to seniors at all levels of movement and vocal ability, including the terminally ill. A native of New Brunswick, Canada, Lee is known for her dedicated and scientific approach, a synthesis of discerning studies and experience in the visual, performing, martial, healing, and educational arts. In 2000, she received the Prix Eloizes-Artist of the Year in Dance for her choreography Ka'Ligne. In 2002 Lee was a nominee for the Somerville International Award for writing on the somatic methods.*