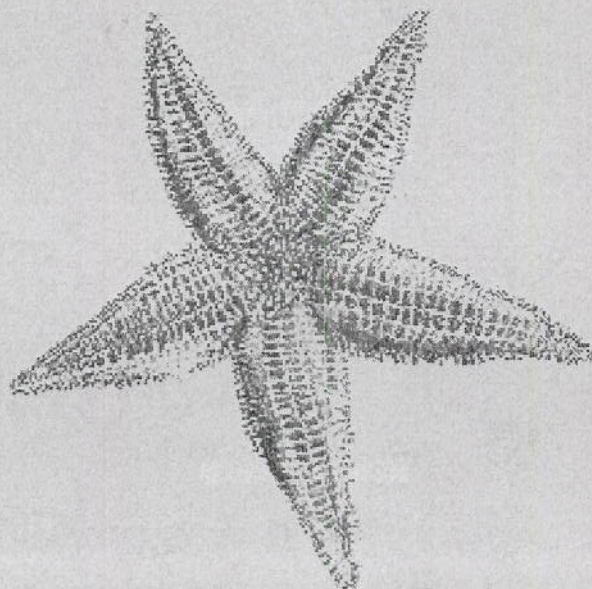


The Body-Mind Centering® Association, Inc.

presents

Expanding the Core ... Embracing the Periphery



Our 20th Annual Conference & Anniversary Celebration

May 5-8, 2005

(Pre-conference May 4-5)

at

Asilomar Conference Center
Monterey, California

Body-Mind Centering® Association, Inc.
c/o Allyson Dinneen
P.O. Box 459
Housatonic MA 01236

ASILOMAR

This year, BMCA gathers for the first time on the West Coast for our annual conference. It is fitting that we celebrate our 20th Anniversary near to the sea, as it holds the answers to the origins of organic development.

We anticipate a rich convergence of bodies, minds, and spirits at our beautiful conference grounds—Asilomar, Monterey Peninsula's "Refuge by the Sea." (See their website at www.visitasilomar.com) Asilomar is part of the California State Parks system, on 107 acres of forests, dunes, and Coastline—a natural ecological preserve—the Monterey Bay National Marine Life Sanctuary. The preserve is rich with wildlife including deer, woodpeckers, monarch butterflies, seals, and even whales. It is a perfect place to rest, relax, and revive, with many activities available during breaks from the conference, including bicycling, bird watching, walking the boardwalk, swimming in a heated pool, volleyball, ping pong, and billiards, a lending library and nearby attractions such as the Natural History Museum and the Monterey Bay Aquarium.

Conference Fees

Conference	\$250*
Pre-conference	\$125
*Non BMCA members add \$50 (or you may join at this time)	

Room and Board

Includes Thursday dinner through Sunday lunch, and Thursday, Friday, and Saturday night lodging (per person)

Triple occupancy	\$275	(Wed. night/pre-conference	\$95)
Double occupancy	\$350	(Wed. night/pre-conference	\$120)
Single occupancy	\$550	(Wed. night/pre-conference	\$185)
Children (age 3-17) room and board for Thursday-Sunday, \$180 for Wed. -Thurs., \$60			

Commuters are required to pay \$8/day grounds use fee

Conference Registration and Schedule

Registration—Thursday, May 5 1-2pm
 Conference Workshops begin—Thursday, May 5 at 2pm
 Conference Workshops end—Sunday, May 8 at 12 noon (lunch at 12 noon included in fees)
 Lunch on Thursday (12 noon) is available for an additional fee

REGISTRATION

Name _____
 Address _____
 Telephone _____
 E-mail _____

Family members attending including age of children _____
 Will you be using Child care? Yes _____ No _____

FEES

Conference \$250* (by February 25 \$225) _____
 Pre-conference \$125 _____
 *Non BMCA members add \$50 (or join BMCA now and receive all benefits including Journal)

ROOM AND BOARD

Deadline February 25th for Room and Board

Per person, Thursday dinner through Sunday lunch and Thurs, Fri and Sat. night lodging _____

Triple occupancy	\$275	_____
Double occupancy	\$350	_____
Single occupancy	\$550	_____
Child. 3-17, in room with adult	\$180	_____

DONATION

Child care fund _____ Travel fund _____ General _____
 Raffle (\$5 per ticket) _____

TOTAL

Less \$75 nonrefundable deposit
 balance _____

Please note roommate preferences _____

(We will do our best to accommodate your request)

Please note any dietary restrictions _____

Payment method _____

_____ Personal check (made out to BMCA)

_____ Credit Card

_____ Visa _____ Mastercard _____

Number _____

Expiration Date _____

Signature _____

for further information, contact Judith Ginzberg 646.496.6346, 212.477.2713, or judithmoves@earthlink.net
 Please send registration to the return address on this brochure.

Do you have a fabulous item or service to donate for the Silent Auction? Yes _____ No _____ Item or service _____

Conference Highlights

- **BMC "PROMISING PRACTICES"**—discussion—with ELLEN BARLOW
- **FINDING OUR VOICE**—through touch and guided movement—with MARYSKA BIGOS
- **THE CUTTING EDGE OF EMBODIMENT**—Bonnie's latest explorations of the physicality of energy and mind—with BONNIE BAINBRIDGE COHEN
- **BRAIN JOURNEYS**—mapping brain structures to engage and release patterns that perpetuate trauma, injury, disease, and chronic pain—with DIANE ELLIOT
- **LEARNING ABOUT ONE'S SOMATIC FUNCTIONING AND CARING FOR ONE'S HEALTH: A Research Project from a Third World Perspective**—with NINOSKA GOMEZ
- **DEMONSTRATING BMC IDEAS IN TRAINING DANCERS**—with JENNIFER MASCALL
- **TOUCHING THE TRAUMA MEMBRANE**—exploring how traumatic stress expresses itself through the body systems—with MAGGIE MCGUIRE
- **SPONGING: A PREVERTEBRATE PATTERN**—with KIMBERLY MCKEEVER
- **BMC COMMUNITY MOVEMENT CHOIR**—with JANICE MEADEN
- **ANATOMY MOVES®**: Experiential Anatomy and the Feldenkrais Method®—with MARGHE MILLS
- **BREATHING, CORE SUPPORT, AND THE INTERNAL UNIT**—exploring the role of the thoracic diaphragm, pelvic floor, and abdominal and multifidus muscles in breathing, alignment, spinal support, and core stability—with LEE MORGAN (ASSISTED BY MICHELLE MIOTTO)
- **INTIMATE EMBRACE TANGO**—with SONJA RIKET
- **ORGANIC ORGANIZATION**—Moving the BMC worldview into New Frontiers—with LLEWELLYN WISHART
- **PERFORMANCE AND OPEN MIC**
- **FESTIVE BOARDWALK BARBECUE**
- **FABULOUS ANNUAL SILENT AUCTION AND RAFFLE**
- **DANCE PARTY**

PRE-CONFERENCE WORKSHOP Co-sponsored by ISMETA and the Body-Mind Centering® Association, Inc.

BODYBRIDGING®

Cultivating Prosperity through your Body Connection

Wednesday, May 4, 2005, 2-5:30pm
Thursday, May 5, 2005, 9:00am-12 noon

at

Asilomar Conference Center
Monterey, California

BODYBRIDGING®—Use somatic wisdom to position yourself in the world, gain the skills necessary to align your promotion with your practice.

BODYBRIDGING® is the course to get you out there and thriving - where presenting and positioning yourself in the world become an art form. Take your vision confidently forward with the same grace, power and sense-ability you embody in your yoga, bodywork, movement therapy or other body-based practice. This is a course where you learn how to sell yourself without losing your soul. With the highest level of holistic communication coaching available, you will receive personalized training, a presentation profile, videotaped coaching sessions, and a recipe for continued growth. Now you can move into places you've only dreamed of with confidence, integrity, and presence.

Facilitators: Alice Rutkowski, Ph.D., Movement Specialist with 30 years of experience providing body-based consulting, education, and therapy to health care, education, the arts and corporate business throughout the United States and abroad. Susan Herrick, MA, Voice Specialist and recording artist with 20 years experience developing and facilitating expanded vocal expression and creative process.

BODYBRIDGING® is a Motional Processing® Program

Please join us at our 20th Annual Conference to honor the past 20 years of commitment and

dedication in support of the

Body-Mind Centering® work, originated by Bonnie Bainbridge Cohen, the practitioners and teachers, and the dissemination of this revolutionary and ground breaking approach.

Body-Mind Centering® Association
Conference Program 2005
Schedule and Presenter Abstracts and Biographies

The 20th Annual BMC®A Conference
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Embracing the Periphery

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20th Annual BMCA Conference

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May 5-8, 2005

Thursday, May 5

<u>2:00-3:15 pm</u>	<u>Ninoska Gomez, Learning about one's Somatic Functioning and Caring for one's Health</u>
<u>3:30-6:00pm</u>	<u>Lee Morgan, Breathing, Core Support, and the Internal Unit</u>
<u>6:00-7:00pm</u>	DINNER
<u>7:30-8:30pm</u>	<u>Maryska Bigos, Opening Ritual (Finding our Voice)</u>
<u>8:30-10:00pm</u>	<u>Circle/ Sharing</u>

Friday, May 6

<u>7:30 -8:30am</u>	BREAKFAST
<u>8:30-9:30am</u>	<u>Kimberly McKeever, Sponging: A Prevertebrate Pattern</u>
<u>9:45-noon</u>	<u>Bonnie Bainbridge Cohen, The Cutting Edge of Embodiment</u>
<u>12:00-1:00pm</u>	LUNCH
<u>12:15-1:15pm</u>	<u>Ellen Barlow, BMC Promising Practices, lunchtime roundtable discussion</u>
<u>1:30-3:30pm</u>	<u>Maggie McGuire, Touching the Trauma Membrane</u>
<u>3:45-5:45pm</u>	<u>Marghe Mills, Anatomy Moves</u>
<u>6:00-700pm</u>	DINNER
<u>7:30-8:30pm</u>	<u>Sonja Riket, Intimate Embrace Tango</u>
<u>8:30-</u>	<u>Performance/ Open Mic</u>

Saturday, May 7

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<u>8:30-10:15am</u>	<u>Transitions Panel/ discussion</u>
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<u>7:00pm</u>	"Cocktails," Bonfire at Bar-b-Que pit (bonfire will go to 9pm), live music
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<u>12:00 noon</u>	LUNCH (this is included in the room and board fee).

Farewells and Safe Travel!

This schedule is subject to revision; updated as of April 15, 2005

****Please note:** Though Thursday, May 5 lunch is not included in room and board fee, you may purchase lunch at Asilomar when you arrive for approximately \$10.

People with special dietary needs may speak to the chef upon arrival at Asilomar. (Though we have had some conversations with Asilomar about special needs, it would be best for individuals to discuss needs directly)

Check in time at Asilomar is 3pm, and check out time is 12noon. We are trying to arrange to be able to get into rooms before 2pm on Thursday, however at this time negotiations are still in progress. It may be necessary to leave baggage in a designated area and check into rooms before dinner. If so, apologies in advance for the inconvenience.

When you arrive at Asilomar, you may go to the Asilomar front desk for your room assignment. No monies go to Asilomar, unless are purchasing an individual meal not included in the room and board package.

Pre-Conference Workshop
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the practitioners and teachers,
and the dissemination of this revolutionary and ground
breaking work where it is most needed.***

5/5/05

Friday Roundtable Lunch Discussion BMC Promising Practices

Greetings, BMCA Conference colleagues and guests! In our time together today, I'm going to briefly talk with you about a project I initiated as a sequel to my BMCA Conference presentations the last two years and a longstanding vision, then invite your participation.

The BMC Pool Project

As an extension of last year's conference workshop, I asked an ad-hoc group of people to meet with me six times via phone to further discuss BMC applications, and how to move from concepts to educational products, programs and services. We ended up calling what we were doing together "mindstreaming". This collective pool consisted of myself, Susan Aposhyan, Jan Cook, Cathy Crafton, Eileen Kinsella, and Mark Taylor. We had good fun and were excited to see some of what came out of this focused time together. Today, we invite you to join this collaborative format to discuss what you/we/other colleagues do BEST when practicing Body-Mind Centering®.

Promising Practices

"Promising Practices" are potential "Best Practices". Because neither our community nor the somatics field has established standards for best practices, which each field eventually does through research, peer review, and publication, we have decided to drop the term "promising practices" and use "practices" or "best practices" when referring to what we think we do best.

Lunch Discussion Today

- **Materials:** What follows is a list of five application topics we chose to focus on, some brief notes on the BMC Approach strengths, and our questions for you. Paper is provided for your individual or collective writing. The first four topics are applications of aspects of the BMC work for specific populations and/or needs, the fifth is a distinctive technique the BMC Approach uses.
- **Directions:** We'll break into five topic groups, Jan, Mark and I will each sit in one group, and the other two groups will select a spokesperson. Feel free to self-organize around the questions. We'll come back together to share highlights of our topic groups' findings.

Beyond Lunch Discussion Today

- Please feel free to talk with me further about The BMC Pool Project. (see Background and Vision on Page Two).
- At any time during the conference you can write more. You can give your writings to me, Jan, or Mark. We'll look forward to your input!

The New Orleans musician, Dr. John, in a recent radio interview on "American Roots" (from Public Radio International), said that a secret of New Orleans musicians is that they learn to play with the music, not just to play the music. In the Body-Mind Centering community, we know about play. Have at it!

Background of the BMC Pool Project

Numerous factors support the birth of this project. In the Fall of 2004, with two years of BMCA Conference presentations behind me, I knew where I was heading and it was high time to make a commitment.

At the 2003 conference, "BMC in the Marketplace: Making the Case" considered our professional roles, how we represent our know-how to the public and to other professionals, and the larger contexts in which we function that require understanding and strategic participation. In 2004, "BMC Bytes: Mining the Community for the Best of BMC" set up a participatory workshop around some examples of new applications for our work. Both years, the workshops yielded the thoughtfulness and playfulness of those present.

Since I first entered into the BMC community in 1980 I've had a vision, that there was sufficient wisdom here for BMC practices to evolve to the point of making a significant contribution to the health and wellbeing of our world. The community's primary asset is the talented people who seek out the intimate study and practices of BMC, and, in their own creative, caring ways, put it to work, give it away, transforming themselves and the lives of those people who they touch.

As we know, there are many manifestations of talent amongst us. Bonnie is ever evolving her research and teaching and writing. SBMC continues to offer educational and professional training. BMCA sustains and builds our professional association. IBMC plans for the longevity of the Body-Mind Centering® Approach. Individual professionals practice the work, teach, publish, perform, train others, make BMC-inspired products, etc. etc.

There is another form of talent, one that I'd like for this project to draw upon. We know it in the circle, when a person shares his/her experience and the circle reverberates with a ring of truth. We know it when the mind of the room expands into a collective field. It is a gift we come together to receive, learn to trust and how to create. We come back for more. We collaborate.

Vision for the BMC Pool Project, Phase I

Tap individual talent, tap collaborative talent. Gather the best practices of Body-Mind Centering®, with specific populations and specific needs in mind, from the collective wisdom in our professional association, the BMCA.

I have been evolving a set of criteria for how to select best practices for specific populations with specific needs, and with the ad-hoc group we've applied it to some of the application topics listed here. Criteria include: the BMC Approach strengths, market concerns and needs assessment, transferability, scale, range, diversity, technical factors, partnership collaborations, and overall viability. For our time together here, we're focusing on the BMC Approach strengths, and how they translate into best practices.

Ellen Barlow
May 5, 2005

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7:30-8:30pm

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Friday, May 6

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BREAKFAST

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9:45-noon

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12:00 noon

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Carry the support and love of the BMC Community with you.

Expanding the Core...Embracing the Periphery

BMCA 20th Annual Conference

May 5-8, 2005

Presentation Abstracts and Presenter Bios

THURSDAY, MAY 5
2:00-3:15 pm

Learning About One's Somatic Functioning and Caring for One's Health: A Research Project from a Third World Perspective *with Ninoska Gomez, Ph.D.*

A major priority of my practice is to help others learn about their own somatic functioning to develop and strengthen their health and autonomy. I have come to investigate the effectiveness of a set of body information chosen on the basis of, first, its effectiveness in stimulating 'self-regulatory mechanisms', whose consequences, both in well-being and in increased sense of competence, can be perceived on a short-term basis; second, its accessibility and ease in using it in daily life; and third, its potential to develop curiosity about one's somatic functioning, manifested mainly through a sustained practice and exploration over time.

One central concept of the information concerns the 'the pumping' action of all living tissues and movements present at the micro or cellular level up to the macro level, which assures internal and external breathing as well as the 'peristaltic' movements of all body structures. Many health issues have to do with dysfunctions in these pumping mechanisms, manifested through problems involving the circulation of body fluids, as well as inefficiencies and blockages in the sequencing of movement forces between the body's center and periphery or extremities.

I have focused then on investigating how easily people can learn to sense and explore the pumping mechanisms of:

1. The Lungs, their three-dimensional action (external breathing) and its manifestation in all body parts (cellular breathing).
2. The 'condensing and expanding' of the skin, or 'tactile breathing' manifested in its 'prehensile' qualities.
3. The Hands and Feet, in relation to the mobility of the ventral side of the body especially of the armpits, groins and belly.
4. The Head and 'Tail' or coccyx.

A movement session is planned in which participants will be led to sense and explore the pumping mechanisms of the lungs, the three dimensional action of external breathing and its consequences on all body parts; of the skin, its 'breathing' and 'prehensile' qualities; of the hands and feet connecting them through the ventral side of the body; and of the head and coccyx.

Ninoska Gomez, Ph.D. in Developmental Psychology, specializing in Psychomotor Development, is a dancer, performer, researcher and teacher. A registered Movement Therapist and a longtime student of the Body-Mind Centering, she is a founding member of the Body-Mind Centering Association. She founded and directs the Estudio LOS ALMENDROS in Costa Rica dedicated to the research and teaching of the movement arts and sciences. (www.playamontezuma.net/losalmendros.htm).

THURSDAY, MAY 5
3:30- 6:00 pm

Breathing, Core Support, and the Internal Unit
With Lee Morgan

In this workshop, we will explore how the thoracic diaphragm; the pelvic floor, the abdominal and multifidus muscles are utilized in breathing, alignment, spinal support, and core stability.

We will look at the dynamics of breathing in relationship to maintaining the natural curves of the spine. The breathing mechanism underlies the engagement of the muscles involved in activating the "internal unit."

The internal unit is a term used by Diane Lee, Physical Therapist and Pilates instructor, to describe the synergies between the diaphragm, transverse abdominus, multifidus, and pubococcegeous muscles in providing core stability for the spine and pelvis.

In this workshop we will look at the biomechanics of the sacroiliac joint and the muscles involved in moving the sacrum and activating the pelvic floor.

We will locate and embody the above muscles in breathing exercises, and core stability exercises to improve alignment, balanced muscular action, and posture.

A variety of approaches, including experiential anatomy, hands-on re-patterning techniques, visual aids, and guided movement, will be used to explore the dynamic interplay of breath and core stability.

Lee Morgan is a Body-Mind Centering® Teacher, Feldenkrais® Practitioner, and is currently in Osteopathic School in Vancouver, Canada. She maintains a private practice in therapeutic bodywork in San Francisco and teaches in the Bay Area and throughout the US.

THURSDAY, MAY 5

7:30-8:30 pm

Finding our Voice, Opening Ritual

with Maryska Bigos

The voice of each individual as well as our community "voice" will be explored. We will begin with touch to guide an experiential embodiment of our breath and vocal structures. Guided Movement Sequences will initiate our exploration of body-mind sources to support the expression of each individual, balance our strengths and weaknesses, and deepen our creative resources for future expression of our community. These sequences create the conditions for learning to connect our natural intelligence within our body to our voice, feeling, and thought patterns.

(Note: Maryska was asked to integrate her workshop into an opening ritual)

Maryska Bigos ~ BMC Certifications: Practitioner '82, Teacher '83, & SBMC Yoga Teacher 2004.

Bonnie remembers me as the first to knock on her door and say, "I am here to begin the BMC Certification Program." I recall that day in 1979 because she replied, "You'll begin a metamorphosis." I lived in Amherst to study BMC (1979-84), return frequently, and have encouraged many to explore their own metamorphosis at SBMC. In addition to teaching at SBMC, I have taught BMC at the Carolina School of Massage Therapy (10 yrs), Duke Medical Center (7 yrs), NC School for the Blind (6 yrs), and at the American Dance Festival (6 yrs). As a kinesthetic learner my body has been my vehicle of study for over 50 years. While I have studied a wide variety of body-mind disciplines, the BMC principles have remained at the core of my work for 25 years. In Durham, NC, where I live with my husband and daughter, I founded Health Associates, a multi-dimensional approach clinic where I teach and maintain a private bodywork practice. I am currently completing the Feldenkrais Training Program and will bring my joy of integrating this method into "finding our voice".

FRIDAY, MAY 6

8:30-9:30 AM

SPONGING: A Pre-Vertebrate Pattern

with Kimberly McKeever

An experiential and hands-on session on the sponging BNP pattern. Participants will get original materials distributed to the SBMC 1996 community at the time sponging was recognized.

Sponges are now seen by scientists as the evolutionary mother of all animals. They are a bridge between single cell and multi-cellular organisms, between lying on the floor and getting up,

between self as the universe, and self as a member of a community. Sponging is both wonderfully recuperative and a support for going into the world.

Sponging gives us an opportunity to pump, to filter, to smoosh, to balance membrane and fluid, to come apart and to regather self, to feel fleshy tone, to organize, to oxygenate, to make waves, to hydrate dry areas, to swim in the ocean and then to attach to home,

It has, I believe, an affinity with homologous push of the upper and so also a link with the perceptions. It expresses a new awareness of self.

This session uses both hands on and movement, and will relate sponging to BNP's more primitive and more advanced. (If the session is long enough, I would like to address the association of sponging, homologous push of the upper, and autism.)

Kimberly McKeever is the co-discoverer, (along with Kellie Meyers) of sponging and a BMC teacher. She has presented at national and international conferences and has taught at several somatic schools as well as SBMC. She continues to wonder about things.

FRIDAY, MAY 6

9:45-noon

The Cutting Edge of Embodiment ***with Bonnie Bainbridge Cohen***

Exploring chi and prana from a Body-Mind Centering® perspective.

Bonnie Bainbridge Cohen is the developer of Body-Mind Centering® and the founder and educational director of the School for Body-Mind Centering.® For over 35 years she has been an innovator and leader in developing this embodied and integrated approach to movement, touch and repatterning, experiential anatomy, developmental principles, perceptions, and psycho-physical processes. She is the author of the book Sensing, Feeling, and Action.

Bonnie is a Registered Occupational Therapist and a Registered Movement Therapist, and is also certified in neurodevelopmental therapy, Laban Movement Analysis, and Kestenberg movement profiling. She has also studied extensively in the areas of dance, yoga, martial arts, and voice. She has practiced Occupational Therapy and taught in university hospitals, helped to establish a school for occupational and physical therapists for the Tokyo city government, practiced body work and movement in rehabilitation and psychiatric settings; taught in the Masters program in Dance Therapy in Antioch New England College; taught dance at Hunter College and at the Eric Hawkins School of Dance in New York; and presented workshops throughout the U.S., Canada, and Europe, including Esalen, Omega Institute, and Naropa College. She maintains a private practice with infants and young children and young people developing scoliosis.

FRIDAY, MAY 6
12:15-1:15pm

BMC “Promising Practices”
with Ellen Barlow

This presentation will share the research of a group of BMC practitioners and teachers conducted over the last 6 months. We have developed criteria for choosing select practices that illustrate essential BMC principles, defined specific methods and techniques used in these practices, and identified interdisciplinary collaborators who would help expand the educational and therapeutic applications of BMC.

Ellen Barlow was certified as a practitioner of Body-Mind Centering® in 1982, and a teacher in 1985. She came to Body-Mind Centering® with an educational background in dance, yoga, and movement as a healing art, and a teaching career as a movement educator. Ellen felt strongly from the beginning of her studies at SBMC that this work should make a strong contribution to the field of health and wellness. She is a founding member of The Body-Mind Centering Association (BMCA), a past president of the International Somatic Movement Education and Therapy Association (ISMETA) and past ISMETA Liaison to the Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations (The Federation). She lives and works in Washington D.C.

FRIDAY, MAY 6
1:30-3:30pm

Touching the Trauma Membrane
with Maggie McGuire

Traumatic stress occurs when a person is overwhelmed by a situation he or she perceives to be life threatening and does not have access to the inner and outer resources necessary to meet the situation, leaving the person feeling helpless and out of control. In the wake of trauma, the bi-phasic alternation of hyperarousal and freezing go hand-in-hand in truncating and altering information processing at all levels: cognitive, emotional, sensory-motor and cellular.

Working with BMC's understanding of the dynamic nature of membranes and information processing, we will consider the nature of trauma, how traumatic stress expresses itself through

the body systems, and ways to reengage our capacity to touch and heal the “trauma membrane.” Along with a didactic presentation and opportunities to explore the material experientially, the community will be encouraged to share the various ways they have come to understand and work with trauma.

Maggie Mc Guire, Ph.D., licensed psychologist, certified Body-Mind Centering® Practitioner, somatic therapist, & longtime practitioner of Buddhism & indigenous healing practices, has been integrating touch, movement, hypnotherapy, and meditation into the deep psychological healing process for 30 years. She has worked extensively with trauma and attachment-based disorders, and brings a heartfelt presence to the process of recovering our wise and compassionate nature.

FRIDAY, MAY 6
3:45-5:45

Anatomy Moves! Experiential Anatomy and the Feldenkrais

Method®

with Marghe Mills

Awareness Through Movement lessons give us opportunities to become conscious of our habitual patterns of organizing alignment, movement and behavior. As unconscious patterns can not be addressed or changed, these safe and comfortable movements inspire the nervous system to explore new possibilities, let go of irrelevant protective habits, and replace them with more positive choices.

Dr. Feldenkrais drew upon his knowledge of physics, engineering, and anatomy, and upon his genius for understanding how human beings learn and the role of self image in creating and sustaining movement and behavior habits.

Lessons are organized as precise sequences of movements specifically to educate the nervous system. The Feldenkrais approach works primarily through the muscle and skeletal systems to communicate with the nervous system. It creates a dialogue between the practitioner and student to discuss habitual patterns, their effects on function, and to consider other more effective and pleasurable options.

When we consider the nervous system as our master system, coordinating function in all other systems, this gives us clarity of organization and enjoyable sequences for powerful learning. When we consider all systems as a network of interacting minds, this opens all types and levels of tissue organization as doors to communication and learning.

“Anatomy Moves!” marks an integration of the superb organization, theoretical models and educational practice of the Feldenkrais Method, and the brilliant awareness of BMC pan system

anatomical/ developmental perspective and attention. Marghe Mills-Thysen's history of teaching BMC to Feldenkrais students and practitioners, and Feldenkrais to BMC folks began in 1980 and has continued through the present to this west coast conference.

Marghe Mills-Thysen has taught nationally for over 25 years. An early student and assistant to Bonnie Bainbridge Cohen, she also trained with Dr. Moshe Feldenkrais and is a senior teacher of his method. Co-author of Developmental Movement Therapy with Bonnie; anatomical illustrator for BMC material and Bonnie's books and articles; creator of Feldenkrais and "Anatomy Moves!" audio lessons, and the video "Strengthening Your Immune System through Mind & Movement," Marghe's private practice is in Sebastopol, California, where she lives with her husband and five year old son.

FRIDAY, MAY 6
7:30-8:30pm

Intimate Embrace Tango: Finding the joy of connection and powerful healing in this compassionate dance.
with Sonja Riket

From a BMC perspective, utilizing a developmental and multi-systems approach, we will explore the basics of Argentine Tango as a tool for communication and relationship to ourselves, each other and our world.

Sonja Riket is a Registered Somatic Movement Therapist®, Guild Certified Feldenkrais Practitioner®, Certified Teacher in Body-Mind Centering®, Aquatic Therapist and Dance Educator. Her 30-year worldwide modern dance career and 18 years of study and practice in the somatic field, puts her in a unique position to understand and communicate the power of the body-mind-spirit in movement. In her private practice and group classes, Sonja's purpose is to help people walk the path of awareness and compassion, and rediscover their capacity for healing and connection by accessing the transformative power of their body's wisdom and human spirit.

Sonja has studied many forms of ethnic dance, such as Flamenco, Indian and Balkan dances. Since the last 6 years, her heart has found a home in the sensual and subtle art form of Argentine Tango as a social dance. In 2000, she co-founded Intimate Embrace Tango, which envisions tango as a path, where the personal, spiritual and political meet, and has inspired hundreds of novice tango dancers throughout the Bay Area to learn the subtle movements of the dance while getting in touch with their own creativity. In 2003, out of a desire to increase the accessibility of Somatic Education, she started the Free Feldenkrais® Clinic in the Women's Building as well as a Somatic Tango Lab.

SATURDAY, MAY 17
10:30-11:30am

DEMONSTRATING BMC® IDEAS IN TRAINING DANCERS

With Jennifer Mascall

This workshop will demonstrate through the teaching of a class, the results of research with dancers on developing a technique class using the following BMC® ideas:

1. using the coccygeal body to initiate a front extension
2. sucking thumb to activate and extend the body into a balance
3. spiraling the connective tissue in the vertical plane
4. finding arm ledges from lung support
5. developing an arch through distal, lung, currenting support
6. hyoid bone as counterbalance in a squat
7. geometric cones of the wrist elbow and knee joints activating synovial fluid
8. toe/ pelvic thrust from the appendicular to axial skeleton
9. tendu as physiological extension

Last year *Jennifer Mascall* worked on a research grant with a group of dancers incorporating BMC® ideas into a traditional technique class. Since becoming a bmc® practitioner in 1999 I have been working consistently with dancers on making dances through BMC®.

SATURDAY, MAY 17
4:30-6:30pm

Organic Organization - Moving the BMC worldview into new frontiers.

with Llewellyn Wishart

This workshop explores bringing BMC to new audiences and new realms of practice. We will look at ways to position it in the world of new paradigm philosophies and emergent fields of inquiry.

How do we bring BMC out into the world?

This seems to be an ongoing dilemma for many of us and a question that BMCA as an organization has continuously grappled with. Part of the dilemma may lie in the way we are framing BMC in the wider world.

Does BMC have to make itself completely congruent with the mainstream consensus reality in

order to be recognised and validated? Are we barking up the wrong conceptual tree by trying to fit BMC into an 'old paradigm' Newtonian frame of reference? When, in fact, BMC is clearly part of the emergent 'new paradigm' world.

This hands-on exploratory workshop will draw from Llewellyn's 10 years experience of translating BMC into new frontiers of application, bringing the work to new audiences and populations. The session will demonstrate that many of the central principles of BMC are being recapitulated almost holographically in other fields of endeavour such as the new sciences, quantum physics, organization development, high performance sport, ecology, engaged spirituality, facilitation and education. Participants will be encouraged to bring their unique wisdom and experience fully to bear on these big questions.

Llewellyn Wishart BA, Grad Dip Movement & Dance, Grad Cert Adult Education in Training, Cert III Small Business Mgt, Certified Body-Mind Centering Practitioner, RSMT (ISMETA).

Llewellyn graduated from SBMC in 1994. He has pioneered BMC applications in early childhood movement/dance education, high performance sport, contact improvisation, teleconference-distance learning, experiential education for adults, professional development for dancers, dance educators & therapists, sports coaches and adult life coaching.

He lectured for a period of 3 years at the University of Melbourne in the Graduate Diploma of Movement & Dance, and Graduate Certificate in Dance Therapy programs. From 1997-2000 he worked as a consultant and teacher for the personal development company Zoeros Integral Learning-People Knowhow in Melbourne. He continues to work in a consulting capacity to the Victorian Institute Of Sport one of Australia's leading edge training organisations for elite level athletes. In 2004 he founded an international virtual think-tank and learning community called the "Forum On Embodied Leadership & Learning". He has worked most recently as a somatic education/learning & development consultant for the Australian-based Blueearth Institute.

SUNDAY, MAY 8
8:30-10:00am

Brain Journeys
with Diane Elliot

Working with trauma survivors, patients recovering from stroke and spinal cord injury, cancer patients, and chronic pain sufferers has led me again and again to the brain. During a year of monthly sessions with my Los Angeles study group, we explored the brain's structures in movement and through touch. How, we wondered, do the brain's structures relate to each other? How can the Body-Mind Centering model, which seems to focus more on low- and mid-brain-dominant states, integrate the cortex? How do the brain and the enteric nervous system (gut brain) communicate? What effect does such work have on mind states and emotional process?

Mapping brain structures from low brain through cortex, we will investigate some of the possible movements inherent in their relationships. As we layer in awareness of the brain's development and explore the tonal links between the enteric (gut) nervous system and the brain, we can begin to apprehend the patterns that develop in response to trauma, injury, disease, and chronic pain. Unaddressed, such patterns perpetuate discomfort long after one has made the conscious choice to heal. Touched, acknowledged, moved through, they choreograph their own release, freeing us to engage life with new eyes and ears, to transform both personal and societal stories. These are among the possibilities that we'll explore together.

Diane Elliot's distinguished career as a dancer, actress, and choreographer in New York and Minneapolis (1971-1996) jumped the fences among performance, ritual, and healing, and led her to the study of Body-Mind Centering®, beginning in 1977 with Gale Turner. She entered the SBMC Practitioner, was certified in 1990, and completed the BMC Teacher Certification Program in 1998, serving on the staff of the California program for five years. She has maintained a private somatic therapy practice since 1986, currently sees clients and teaches in San Diego and Los Angeles, and has been on staff at SBMC Massachusetts since 2001. In the spring of 2000 she entered the Academy for Jewish Religion, California, in Los Angeles, and hopes to complete her training as a rabbi in 2006.

SUNDAY, MAY 8
10:15am-12 noon

The Dance Of Your Yield and Push, Reach and Pull
With Janice Meaden

This movement class will use rhythms of Yield and Push, Reach and Pull and the Basic Neurological Patterns as source material. We will start simply exploring our connections to self and our grounding to Earth, find the pathways of Flow that allow us to be the conduit between Self and Other and then move into the fullness of our dynamic improvisational dance that connects us Heaven to Earth and Earth to Heaven.

BMC Community Movement Choir
with Janice Meaden

In the tradition of Rudolf Laban's Community Movement Choirs, our community will come together in its entirety to create a ritual movement event around themes that are alive and meaningful to this gathering. Once we have co-created the very simple movement material, we will move it sensing the joy and power of blending our individual unique voices into a statement to which we have all contributed and that has communal meaning for us all.

JANICE MEADEN is a Body-Mind Centering Practitioner, a Certified Laban/Bartenieff

Movement Analyst and a Registered Somatic Movement Therapist. Janice has taught on Laban Certification faculties since 1982, and is presently the Director of the Integrated Movement Studies (IMS) Certificate Program in Laban/Bartenieff Movement Studies at the University of Utah where she holds the position of Adjunct Assistant Professor in the Department of Modern Dance. She holds a Master of Arts in Education with a specialization in Transformational Learning Theory and Creativity and is recognized for her creative and enlivening approaches to movement education. She lives in Santa Barbara, CA, where she teaches and has a private somatics practice.

Note: Janice Meaden was asked by the Conference Committee to integrate her workshop with a closing ritual. She had submitted three workshop ideas, the two described above and "Exploring Your Spatial Signature." She will do a movement workshop based on yield and push, reach and pull, and then transition to a closing ritual that will be loosely based on Laban's Community Movement Choir. Janice stresses that an authentic movement choir requires considerably more time to develop. We are grateful for a taste, and find it fitting for the community to come together engaged in creative process before we part.