

2006 BMCA CONFERENCE REGISTRATION FORM

Complete registration form below and send with payment to:
BMCA, 16 Center Street, Suite 530, Northampton, MA 01060

Name _____
Address _____
Telephone/s _____
Email _____
Family members joining you, including age of children: _____

Childcare needed? (Please request by March 20) ☐ Yes ☐ No
(Childcare fee to be determined; will not exceed \$150)
Will you attend the Pre-conference? ☐ Bodybridging ☐ Birth Issues

Conference Fees (please check all that apply)

☐ Conference \$250 ☐ One Pre-conference \$100
☐ Two Pre-conferences \$200

Room and Board (please check all that apply)

Conference (3 days, 3 nights inclusive): ☐ Single occupancy \$425
☐ Double occupancy \$350
One Pre-conference (1 day, 1 night): ☐ Single occupancy \$140
☐ Double occupancy \$115
Two Pre-conferences (2 days, 2 nights): ☐ Single occupancy \$270
☐ Double occupancy \$220

Donations

Childcare fund _____ Travel fund _____ General _____
Donation Total _____

Total _____ Less deposit _____ Balance _____

Roommate preference: _____
(We will do our best to accommodate your requests)
Please note dietary restrictions: _____

A non-refundable deposit of \$75.00 is due with this registration.
Full payment is due by March 15, 2006. Make check payable to BMCA and
send to BMCA, 16 Center Street, Suite 530, Northampton, MA, 01060

If paying by credit card: ☐ Visa ☐ MasterCard Amount _____
Credit Card number _____
Expiration Date _____ Signature _____

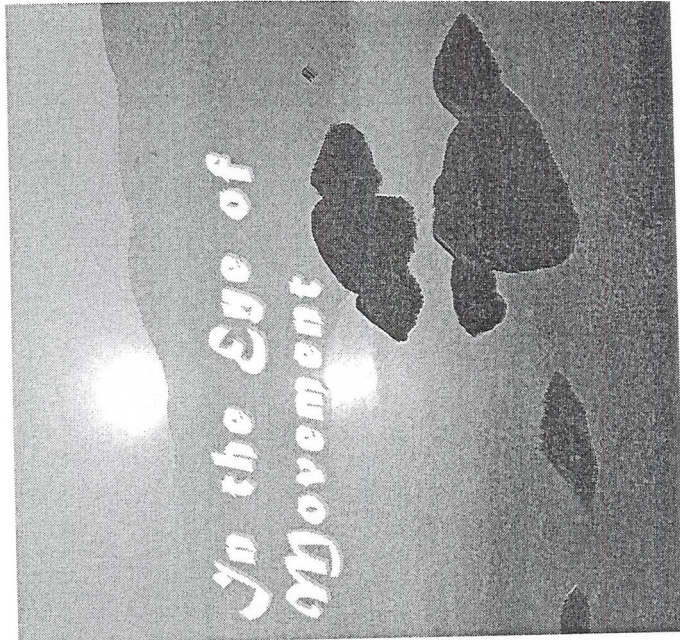
If paying in Euros, please send Euro payment equivalent to Dollars listed above to bank
listed below, but send your registration form to: BMCA, 16 Center Street, Suite 530,
Northampton, MA, 01060 USA with a copy of your Euro deposit slip.

The Body-Mind Centering Association, Inc.
HypoVereinsbank Ingolstadt, Account Number/Kontonummer: 351404140
Routing Number Bankleitzahl: 721 200 78, IBAN: DE41 7212 0078 0351 4041 40
SWIFT (BIC): HYVEDE33

The Body-Mind Centering® Association, Inc.

presents

**The 21st Annual
BMCA Conference**



**April 27-30, 2006
Pre-conference April 25-26**

**Silver Bay Conference Center
on Lake George in the Adirondacks
New York**

Silver Bay and BMCA

Silver Bay has been hosting conferences since 1902. Located on the shores of Lake George, described by Thomas Jefferson as the "jewel of American lakes", Silver Bay's 600 acres of pines and birches nestle in the Adirondack Mountains, which rise above the lake. Many of Silver Bay's turn-of-the-century buildings have contributed to its designation as a Registered National Historic Place. Its mission has always been to bring people to this special place and to send them out in the world again transformed, through "renewal, value-centered learning, and stewardship of the earth-the land and the water."

Silver Bay is a fitting place for BMCA members and friends to join together with our shared knowledge of Bonnie Bainbridge Cohen's extraordinary lifetime exploration and our unique applications of the Body-Mind Centering® work, with an eye to increasing its accessibility and visibility. We will build and strengthen our own community, invigorate our practices, revitalize our body and spirit, and savor the company of old and new like-minded friends.

Conference Fees

Conference (April 27-30)-- \$250 (BMCA Members), \$300 (Non-Members)
One Pre-conference Workshop Fee--\$100
Two Pre-conference Workshops Fee--\$200

Room and Board

	Double occupancy	Single occupancy
Room and board for conference includes Thursday dinner through Sunday lunch and 3 nights lodging:		
Room and board (1 day and 1 night, 3 meals) for One Pre-conference Workshop:	\$350	\$425
Room and board (2 days and 2 nights, 6 meals) for Two Pre-conference Workshops:	\$115	\$140
Children 3 and under are free; ages 4-12--\$49 per day for meals and lodging in room with adult	\$220	\$270

Conference Registration and Schedule

Registration: Thursday, April 27, 12:30-2:30pm
Conference Workshops begin Thursday, April 27, 3:00pm
Conference Workshops end Sunday, April 30, 12 noon
(Sunday lunch is included in fees; lunch on Thursday is available for additional fee)

Please contact Judith Ginzberg at 646-496-6346 until midnight EST or at judithmoves@earthlink.net with any questions or concerns (a phone call generally gets a quicker response).

Conference Highlights

The Pool Project

facilitated by Ellen Barlow

A BMCA community discussion on the methodology of the BMC® Approach, towards a baseline of definition and meaning.

Bone Touch

with Annie Brook

Palpation of the Birth Movements and How to Sequence through the Body—learn to see and feel the birth patterns stored in the tissue and how to support their resolution.

Breathing in the Eye of Movement

with Bob Lehnberg

Tapping the Ommental Bursa—Fluidity of breath develops from accessing the ommental bursa and entices a core stillness to support unified movement of the bodymind.

The Body-Mind Centering® Approach to Yoga

with Marcia Monroe and other yogis to be announced

Several aspects of the work from varying perspectives.

BMC Skeletal Relationships Manifest in the Art of Middle

Eastern Dance with Kate Morgan

The Physiology of Peace and Right Action

with Karin Spitfire

With our BMC work as a foundation, how do we create peace within and without and find ways to respond authentically to the continuing shocks and challenges, both personal and global, that are the tenor of our times.

BMC Illumination of the Gyrotonic Expansion System

with Ellen Barlow and Doug MacKenzie

A work group for conference attendees.

- Performance and Open Mic
- Fabulous Annual Silent Auction and Raffle
- Bonfire
- Festive Dinner and Dance Party

Pre-Conference Workshops

Bodybridging®: The Anatomy of Success

Tuesday, April 25 2-5pm & Wednesday, April 26 9am-12pm

Facilitators: Alice Rutkowski, PhD, 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, and Susan Herrick, MA, Voice Specialist and recording artist with 20 years experience developing and facilitating expanded vocal expression and creative process.

Often there is a gap between your ability to practice your profession and your ability to get your profession "out there." Planting seeds of awareness and change is required for your work to grow and thrive. At times this may feel like "selling" and you don't want to lose your authenticity and integrity along the way. There is a way to keep these fully intact and to move your values and vision further into the world. In Bodybridging® we:

- Honor and access the body presence and wisdom you've already attained.
- Create a personal profile of your unique style, aligning with it rather than altering it.
- Work with the movement elements of space, time, force, and flow within the five body zones.
- Help identify and navigate confrontation, challenge, or apathy from others.
- Use a holistic approach to high-level communication, coaching, utilizing video feedback, and creative exploration.

Birth Issues, Early Attachment, and Adult Intimacy: The BMC Link Wednesday, April 26 2-5pm & Thursday, April 27 9am-12pm

Facilitator: Annie Brook combines an academic background in pre and perinatal psychology with Body-Mind Centering® practices, using land and water methods. She is a licensed therapist and former Director of the Masters Level Body Psychotherapy Program at Naropa University, a certified Body-Mind Centering® teacher, and a Developmental Movement Specialist. She is the author of three books: From Conception to Crawling, Contact Improvisation and Body-Mind Centering, and Sex and Spirit: A Healthy Sexuality Workbook.

Our first arrival through birth sets up patterns for a lifetime. Understand the theory and identify behavior patterns that emerge. Then help pioneer what BMC can offer to this field for healing. Body-Mind Centering® practitioners have much to offer to the field of Pre and Perinatal Work. Learn the theoretical major themes of the attachment/pre and perinatal field and how they influence behavior and intimacy. Then help in a discovery process of how BMC can support healing and what can be offered to this field of prenatal work. This workshop will be a combination of movement theory, and small and large group.

**Body-Mind Centering® Association
Conference Program 2006
Schedule and Presenter Abstracts and Biographies**

21st Annual BMC®A Conference

***In the Eye
Of Movement***

**April 27th-30th, 2006
(pre-conference workshop, April 26-27)**

**at
Silver Bay Conference Center
Silver Bay, New York
(on Lake George in the Adirondacks)**

The 21st Annual BMC®A CONFERENCE 2006

PRE-CONFERENCE WORKSHOPS

Silver Bay Conference Center
on Lake George in the Adirondacks
Silver Bay, New York

Bodybridging®

Tuesday, April 25 2pm – 5pm
Wednesday, April 26 9am – 12noon

Facilitators: Alice Rutkowski, PHD, 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, and Susan Herrick, MA, Voice Specialist and recording artist with 20 years experience developing and facilitating expanded vocal expression and creative process.

Often there is a gap between your ability to practice your profession and your ability to get your profession “out there.” Planting seeds of awareness and change is required for your work to grow and thrive. At times this may feel like “selling” and you don’t want to lose your authenticity and integrity along the way. There is a way to keep these fully intact and to move your values and vision further into the world. *Bodybridging®* shows you how to sell yourself without losing your soul.

An experiential approach, *Bodybridging®* harnesses your Kinesthetic Intelligence® to close the gap between your body wisdom and your business path.

In *Bodybridging®* we:

- Honor and access the body presence and wisdom you’ve already attained
- Create a personal profile of your unique style, aligning with it rather than altering it
- Work with the movement elements of space, time, force, and flow within the five body zones: head/shoulders, chest/back, abdomen/pelvis, arms/hands, legs/feet
- Help you identify and navigate confrontation, challenge, or apathy from others
- Use a holistic approach to high level communication coaching utilizing video feedback, and creative exploration including dynamic movement, drawing, music, voice, sound, and writing.

BODYBRIDGING®

CULTIVATING PROSPERITY THROUGH YOUR BODY CONNECTION

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.

BODYBRIDGING® WAS DEVELOPED BY TWO SUCCESSFUL MIND/BODY/SPIRIT ENTREPRENEURS COMBINING 50 YEARS OF EXPERIENCE SERVING INDIVIDUAL CLIENTS, HOLISTIC COMMUNITIES, BUSINESSES, HEALTH CARE AND EDUCATIONAL INSTITUTIONS.

AN EXPERIENTIAL APPROACH, BODYBRIDGING® HARNESSSES YOUR KINESTHETIC INTELLIGENCE® TO CLOSE THE GAP BETWEEN YOUR BODY WISDOM AND YOUR BUSINESS PATH. A MASTERFUL PRACTICE AND A MARKETING PLAN JUST AREN'T ENOUGH.

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 THE PLACES YOU'VE ONLY DREAMED OF - WITH CONFIDENCE, INTEGRITY AND PRESENCE.

ALTHOUGH BODYBRIDGING® IS PROVIDED AS A SERVICE TO BODY-BASED PROFESSIONALS, IT IS A POWERFUL TOOL FOR ANYONE.

FACILITATORS: ALICE RUTKOWSKI, PHD, 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

www.motionalprocessing.com

BMCA 21st Annual Conference 2006
Pre-Conference Workshop:
Wednesday, April 26, 2006 (2:00-5:00pm)
Thursday, April 27, 2006 (9am -12noon)

Birth Issues, Early Attachment and Adult Intimacy:
The BMC Link
with Annie Brook

Body-Mind Centering® practitioners have much to offer to the field of Pre and Perinatal Work. Our first arrival through birth sets up patterns for a lifetime. Learn the theoretical major themes of the attachment/pre and perinatal field and how they influence behavior and intimacy. Then help in a discovery process of how BMC can support healing and what it can offer to this field of prenatal work. This workshop will be a combination of movement, theory, and small and large group.

Annie Brook combines an academic background in pre and perinatal psychology with Body-Mind Centering® practices, using land and water methods. She is a licensed therapist and former Director of the Masters Level Body Psychotherapy Program at Naropa University, a certified Body-Mind Centering® teacher, and a Developmental Movement Specialist. She is the author of three books: *From Conception to Crawling*, *Contact Improvisation* and *Body-Mind Centering®*, and *Sex and Spirit: A Healthy Sexuality Workbook*.

-MIND CENTERING® ASSOCIATION, INC.
"In the Eye of Movement"
21st Annual BMCA Conference 2006

Schedule

WEDNESDAY April 26

Pre-Conference Workshop:

"Birth Issues, Early Attachment and Adult Intimacy: The BMC™ Link"

Facilitator: *Annie Brook*

1:00 pm Registration

2:00 pm Pre-Conference Workshop

5:00 pm Registration (cont'd)

6:00 pm DINNER

THURSDAY April 27

8:00 am BREAKFAST

9:00 am Pre-Conference Workshop (cont'd)

12:15 pm LUNCH

2:00 pm Registration (Conference Begins)

3:00 pm "Yoga with a BMC Flavor" with Cate McNider

5:00 pm Registration (cont'd)

6:00 pm DINNER

7:30 pm "Opening Ritual" with Judith Ginzberg and Personal Sharing Circle

FRIDAY April 28

8:00 am BREAKFAST

8:30 am Registration (cont'd)

9:00 am "Breathing in the Eye of Movement" with Bob Lehnberg

11:15 am "Refining Hands on Skills" with Margie Fargnoli

12:15 pm LUNCH

12:30 pm Lunch Meeting: "Use of the Body-Mind Centering® Service Marks"
with Mark Taylor

2:00 pm "The Physiology of Peace and Right Action" with Karin Spitfire

6:00 pm DINNER

7:30 pm "BMC Skeletal Relationships Manifest in the Art of Middle Eastern Dance" with *Kate Morgan*

8:45 pm Open Mic, Informal performance

Video screenings
Bonfire/Socializing

SATURDAY April 29

8:00 am BREAKFAST

9:00 am Member Dialogue with Panel: *Len Cohen, Mark Taylor, and Board*

10:00 am Annual Meeting - open to all members

12 noon LUNCH

12:30 pm Lunch Meeting: "Continuing Education" with CE Committee

2:00 pm "Bone Touch: Palpation of the Birth Movements" *with Annie Brook*

5:15 pm "BMC Illumination of the Gyrotonic Expansion System" (for small work group)
with Ellen Barlow and Doug MacKenzie

6:30 pm DINNER

8:00 pm Dessert Party with Silent Auction and Raffle

SUNDAY April 30

8:00 am BREAKFAST

9:00 am "The Pool Project: Discussion of BMC Methodology and Best Practices Towards a Baseline of Definition and Meaning"
with Ellen Barlow

11:15 am "Closing Ritual" with Ellen Barlow and Jan Cook

12:15 pm LUNCH

**21st Annual BMCA Conference 2006
Schedule**

In the Eye of Movement

THURSDAY, APRIL 27

- 2:00pm Registration
- 3:00pm **Yoga with a BMC Flavor**
 with Cate McNider
- 5:00pm Registration
- 6:00pm DINNER
- 7:30pm **Opening Ritual with Judith Ginzberg**

 Personal Sharing Circle

FRIDAY, APRIL 28

- 8:00am BREAKFAST
- 9:00am **Breathing in the Eye of Movement**
 with Bob Lehnberg
- 11:15am **Refining Hands on Skills**
 with Margie Fagnoli

FRIDAY (continued)

12:15pm LUNCH

12:30pm Lunch Meeting—Use of the mark/BMC name *with Mark Taylor*

2:00pm **The Physiology of Peace and Right Action**
with Karin Spitfire

6:00pm DINNER

7:30pm **BMC Skeletal Relationships Manifest in the Art of Middle Eastern Dance**
with Kate Morgan

8:45pm **Open Mic**, Informal performance
Video screenings
Socializing

9:45pm **Bonfire**

SATURDAY, APRIL 29

8:00am BREAKFAST

9:00am **Member Dialogue with Len Cohen, Mark Taylor, and Board**

10:00am **Annual Meeting**

12noon LUNCH

12:30pm **Lunch Meeting re Continuing Education**

Saturday (continued)

- 2:00pm **Bone Touch: Palpation of the Birth Movements**
 with Annie Brook
- 5:15pm **BMC Illumination of the Gyrotonic Expansion System**
 (for small work group)
 with Ellen Barlow and Doug MacKenzie
- 6:30pm **Festive DINNER**
 Dessert and Dance Party
 Auction
 Raffle

SUNDAY, April 30

- 8:00am **BREAKFAST**
- 9:00am **The Pool Project**—discussion of BMC methodology and
 best practices towards a baseline of definition and meaning
 with Ellen Barlow, Jan Cook, and Gill Miller
- 11:15am **Closing Ritual**
 with Jan Cook
- 12:15pm **LUNCH**
 and
 FAREWELLS

*Please carry the strength, love, and support
of the BMC Community
home with you*

In the Eye of Movement
BMCA 21st Annual Conference
April 27-30, 2006

Presentation Abstracts and Presenter Bios

Thursday, April 27
3:00-5:00 pm

Yoga with a BMC Flavor with Cate McNider

This opening class will focus on grounding through the feet, hip opening and spinal integration in a variety of postures. The flavor of BMC will be sprinkled throughout; bone, muscle, organ, endocrine, and fluid systems highlighted. All levels will be accommodated with as many props as we can gather to meet everyone's movement range.

Cate McNider is a dancer, poet, bodyworker, yoga teacher, BMC practitioner. She has studied Hatha Yoga since the late 80's and studied with Iyengar teacher Genny Kapuler in NYC since 1996. Some of her movement background includes: BA degree in Theatre and Dance, Martha Graham technique, Drama Studio in London, UK, ReleaseTechnique with Nancy Topf and Contact Improvisation. She performs mostly solo in NYC. For more info: www.thelisteningbody.com

Friday, April 28
9:00-11:00am

Breathing In the Omental Bursa with Bob Lehnberg

This session could also be called "Honoring the Sac." The greater omentum is an apron of tissue in the abdomen. It drapes from the stomach and lies between the abdominal wall and the small intestine. This apron extends over the majority of the belly and is folded to form a bursa or flattened sac.

Unaccessed, this bursal space is closed in some part. Using breath, we can encourage movement of bursal fluid and re-establish this potential space. As the apron comes alive

and our Sea of Vitality grows, we gain organ integrity, enjoy rhythmic ease, and become centered in stillness and in movement.

Bob Lehnberg: Bob met BMC in the mid 1980s. Attracted to the work, he completed the practitioner training in 1990 and the teacher training in 2002. As one lens of his worldview, he applies it to the practices, principles, and teaching of yoga and qigong.

(Note: Thank you to Bob for the name/theme of our conference, “In the Eye of Movement.” He first called his workshop “Breathing in the Eye of Movement,” and I was so enchanted by his turn of phrase, that I borrowed it.—J. G., conference coordinator.)

Friday, April 28
11:15am-12:15pm

Refining Hands-On Skills with Margie Fagnoli

For those who would like an opportunity to review using the fluids to access the systems of the body, we will explore meeting tone in a client and then moving through the systems from their fluid affinities.

Margie Fagnoli, Certified Practitioner of Body-Mind Centering®, *Registered Movement Therapist*: For over thirty-five years I have been a movement educator, dancer and choreographer devoted to the exploration of the expression of the mind through the body. I graduated from the Julliard School in 1971 and my first professional job was working in dance pioneer Anna Sokolow’s Players’ Projects. I continued to dance and perform professionally until 1995. My creative work as a choreographer and dancer always focused on how movement could fully express the states and conditions of the mind. The objectification of movement has never been my interest; rather my concerns were always about excavating and exposing the roots of the subjective experience through my work. As a director of two dance companies and an independent choreographer I received numerous grants from private foundations, the states of Indiana and Minnesota and a National Endowment for the Arts Choreography Fellowship. I was a dance teacher throughout my dance career and taught all over the United States and Canada. I have been on the faculty at the University of Minnesota from 1980 –1988 and then again from 1996 through the present.

In 1990 I began my transition from dancer, choreographer and dance teacher to bodyworker and movement educator. I graduated from the School for Body-Mind Centering® in 1994 and became a Certified Practitioner and Registered Somatic Movement Therapist and Educator. As a bodyworker and movement educator I help individuals discover and use the body’s intelligence as they journey towards health and balance. My practice serves women and men who want to find fuller physical presence, compassion for themselves and freedom from movement or behavioral patterns that are

recapitulations of past trauma, including emotional, physical and sexual abuse. Although much of my practice concerns psychotherapeutic application, I also work with individuals recovering from physical injury or living with chronic pain and children who have developmental challenges.

I began teaching Body-Mind Centering at the University of Minnesota in 1996 both at the introductory and advanced levels. I am married, the mother of twenty-seven year old twin sons and a twenty-one year old daughter. I am an avid gardener, knitter, reader and homebody.

Friday, April 28
2:00-5:00pm

The Physiology of Peace and Right Action with Karin Spitfire

Taking what we know from our BMC work, how do we create peace, within, without and find ways to authentically respond to the continuing shocks, and challenges both personal and global that are the tenor of our times.

“What are the components of being at/in peace?” What does it feel like in our body, what are minds doing? How do we get there and what throws us off and how do we get back. How do we utilize what we know about the physiological mechanism of “survival,” the process of resolving shock and the forces of homeostasis/ equilibrium, fluid/membrane balance to find and keep peace? . How do we utilize righteous anger, wrath, grief, and fear? How do we find and take authentic action?

We will engage in a process exploring these questions from a BMC perspective and see what we find.

Karin Spitfire brings her 30 years of pioneering experience utilizing body/mind practices and creative expression for healing the impact of trauma and violence to these questions. Karin was part of the collective that started the fourth battered women’s shelter in the country in 1978. She wrote, choreographed and toured “Incest: It’s all Relative,” a performance/poem, nationally from 1982-86. Karin has been studying BMC since 1987 and is a certified Practitioner and Teacher. She teaches at the Institute for Somatic Movement Studies, Amsterdam, the School of Body Mind Centering, in Belfast, Me. Karin also leads wilderness trips with Maine Guide Anne Dellenbaugh and published her first poetry book “Standing with Trees” in 2005.

Friday, April 28
7:30-8:30pm

BMC Skeletal Relationships Manifest in the Art of Middle Eastern Dance with Kate Morgan

A participatory presentation:

1. A skeletal warm-up
2. Upper and lower skeletal relationships
3. Belly Dance Isolations
4. Belly Dance Improvisation

Kate Tarlow Morgan, teacher/practitioner of BMC, from the tribe of '89, lives and walks in New Hampshire as a die-hard New Yorker. This provides the creative tension in her life! She teaches Rhythms, a movement/music approach for children and adults that was introduced at the tail end of the physical culture movement of the 20th century. She is in process of writing a book about it. Kate is also an active volunteer in environmental assessment of Lake and River water quality and is involved in the post-effects of the Flood of 2005. She is currently working on a performance piece about this tragic event. Kate is the editor of *Currents*, BMCA's vital contribution to the field of Somatics and is also a member of the BMCA board. Her son Zev is turning six the last day of this year's BMCA Conference.

Saturday, April 29
2:00-5:00pm

Bone Touch: Palpation of the Birth Movements and how to Sequence through the Body with Annie Brook

Birth Patterns store in the tissue. Often people spend their lifetime trying to resolve this energy force. These forces can appear as chronic tension patterns in movement. Learn to see and feel the patterns and how to support their resolution

Bone touch can simplify and resolve vector patterns of energy through the skull. Emotional responses to life that show up under stress are often linked to how a person arrived through the birth canal. Learn specifically how to see and feel these patterns and how to skillfully support their resolution. Workshop will include movement, touch and partner work.

Annie Brook combines an academic background in pre and perinatal psychology with BodyMind Centering practices, using land and water methods. She is a licensed therapist and former Director of the Masters Level Body Psychotherapy Program at Naropa University, a certified BodyMind Centering teacher, and a Developmental Movement Specialist. She is the author of three books: *From Conception to Crawling*, *Contact Improvisation and BodyMind Centering*, and *Sex and Spirit: A Healthy Sexuality Workbook*.

Saturday, April 29
5:15-6:15pm

BMC Illumination of the Gyrotonic Expansion System
with Ellen Barlow and Doug Mackenzie

This session is intended as a work group for BMCA members and other conference attendees who are familiar with GYROTONIC® and GYROKINESIS®.

As students, practitioners, and teachers of the Body-Mind Centering® approach, we bring a unique perspective to learning any new movement form. What, in the study, practice, and teaching of GYROTONIC® and GYROKINESIS® evokes our BMC background? How does it inform what we understand to be the intention of an exercise, how to perform the movement, and how to perceive and assist others as they perform the movement?

In this work group we will

1. identify key aspects of the BMC® approach that illuminate key Gyrokinetics principles and movement forms;
2. develop a mutual understanding and language that links the two;
3. explore teaching methods that integrate these key BMC® approach aspects into the practice and teaching of GYROTONIC® and GYROKINESIS®.

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 unique 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). Ellen was certified as a GYROTONIC® Instructor in 2003. She started The Pool Project in 2004. She lives and works in Washington D.C.

Doug MacKenzie, procrastinator, became a certified BMC practitioner in the summer of 1994 and participated in Teacher Training '98 and '02. Soon he will complete his

paperwork! He maintains a private practice in Western Massachusetts, New York City and is also a Movement Therapist at Canyon Ranch in the Berkshires. He studies Craniosacral Therapy, Viniyoga, Gyrotonic, Tai Chi and is most happy working in the water. He plays guitar and *mrdangam*, a classical drum from South India. He also likes to kayak, dance, and meet birds of prey.

Sunday, April 30
9:00-11:00am

The Pool Project: discussion on the methodology of the Body-Mind Centering® approach, towards a baseline of definition and meaning with Ellen Barlow, Jan Cook and Gill Miller

The Pool Project is an initiative to identify the Body Mind Centering® approach's best practices, match them with specific needs in specific populations, and support the creation of educational products, programs and services.

The current focus is on trying to pin down and articulate "what" we do, the methods we use, and weave together the philosophy, principles and theories of the BMC® Approach in an orderly manner. The Pool Project requires this as a criterion when assessing a best practice, so that it meets basic methodology standards.

A small group has been addressing this question together, and although we could each write our own treatise, we are seeking a community discussion so that we can move towards a baseline of definition and meaning that is simple yet comprehensive. All contributions will be collated into a document belonging to the community, posted on the website for BMCA members.

This session will be interactive, both task-oriented and play-oriented.

Ellen Barlow (see bio above)

Jan Cook was certified as a practitioner of Body-Mind Centering® in 2002 and as an RSMT in 2003. She has continued to be active in projects in BMCA, in laying the groundwork for the IBMC, and will be joining the teacher program this summer. She has a BA in Elementary Education and BA in Art History and MS Ed in Special Education. She was NDT certified and has had varied professional experience as an educator, as well as manager and trainer for a large training and development organization. For the last 14 years she has focused on integrating education, the arts, somatics and contemplative practice into transformational programs, which incorporate one's physical well being with, personal fulfillment and expression, leadership development, and organizational effectiveness. Her practice, *Living and Working Well*, includes a wide range of individual coaching clients as well as projects

and engagements with Harvard Divinity School, University of Rochester, Frontier Communications, Paychex, Monroe Community College and several not for profits. She is a mother of three, grandmother of one. She has been with the Pool Project since its inception.

Gill Wright Miller, BFA, MA, and PhD, has been Chair of Dance at Denison University where she has taught movement analysis, experiential anatomy and cultural studies in dance history since 1981. She has published extensively on movement analysis, women's art, and feminist mothering. She has also published three essays in *Currents*, most recently on "Postmodernism, Body-Mind Centering, and the Academy." She has served on the Board of BMCA since July 2000, collaborating with Judith Ginzberg in the formation of the Bucksteep conferences, and most recently serving as Secretary/Treasurer creating and administering the "US conference survey." She also hosts the annual Vision Quest meeting of the Board at her home on Fire Island. Gill is the mother of four adult boys, the grandmother of two little boys. She has been in the Methodology Task Group for the Pool Project since August, 2005.