



26th Annual Conference
Body-Mind Centering® Association

FEATURED PRESENTER:
BONNIE BAINBRIDGE COHEN

SOMATICS: EXPLORING OUR ROOTS

PRE-CONFERENCE WORKSHOP WITH
SUPRAPTO SURYODARMO
OCTOBER 20-21, 2011

MAIN CONFERENCE
FRIDAY, OCTOBER 21-SUNDAY, OCTOBER 23, 2011

POST CONFERENCE WORKSHOP WITH
MARYSKA BIGOS
OCTOBER 24, 2011

*The Summit Conference Center
Haw River State Park
Browns Summit, North Carolina
USA*

NOTE:

*Alexander Technique™, Bartenieff Fundamentals™, Body-Mind Centering® ,
Feldenkrais Method® , and most other somatic practice names are legally registered and
trademarked names and are used here with that understanding.*



I do not know if the term Body-Mind Centering® (BMC®) had been chosen at the time, but 40 years ago Bonnie Bainbridge Cohen, in her tiny New York City living space, began exploring something that mattered immensely to a few dedicated followers. The story goes that, when Bonnie moved to Massachusetts, a young student knocked on Bonnie's door and said "I want to become certified in BMC." Evidently, previously no one had moved to Amherst specifically

to complete such a certification program. The act coincided with decades of training programs, the engagement of hundreds of students worldwide, and embodiment practice that explores the body systems and development using movement, touch, sound, environmental stimulation, anatomy, physiology, state-of-the-art science research, and imagery. Subsequently, applications of BMC have entered all arenas including yoga, embryology, psychology, dance, martial arts, infant movement education, therapeutics and more.

When reviewing potential locations for the 26th Annual Body-Mind Centering® Association Conference, a small committee of BMCA members identified a site in that young student's neighborhood. We were curious about our own "Somatic Roots" and the roots of our colleagues, all those who sought to honor the past and present research around experiential somatics. That student from long ago, the seasoned Maryska Bigos, has now established her own licensed program offering School for Body-Mind Centering® certification courses on a regular basis here in North Carolina. So here we are.

In response to the committee's solicitation, an avalanche of presentations, performances and guest presenters stepped forward, allowing this year's BMCA's conference to be bookended by the kindred practice of Joged Amerta (the life work of Suprpto Suryodarmo) and Maryska Bigos' teaching of Bonnie's Basic Neurocellular Patterns. The BNPs are a simplistic poetic organization of all the pre-vertebrate patterns, reflexes, movement patterns, righting reactions and equilibrium responses that stimulate all the systems and bring the baby from conception to standing. Between these pre- and post-conference offerings, we are privileged to share with scores of professional presenters and performers in several days of concurrent activities. The BMCA Conference is, indeed, a time for all generations of body-mind oriented practitioners to gather under one tent. As we convene, we impress, startle, laugh, and weep together, knowing that we are "onto something" that will carry all of us and our respective communities forward.

BMCA's next major U.S. gathering will be in Boulder, Colorado, June 2013, where we will, once again, put away our geographic differences and gather to exchange what we have stumbled upon, found, examined, learned, and experienced—in a full community of seekers. We invite you to consider returning to the fold 20 months from now in the Rocky Mountains!

Planning this conference has been a labor of love and would have been impossible without voluminous volunteer hours on the part of my colleagues in BMCA. Enjoy!

Toni Smith, Chair
26th Annual BMCA Conference Committee



THE SKIN OF SPACE

Life can be approached from the existence of space. Material makes spatial screens. How can inner space meet with outer space like a blossoming flower with its petals forming space – bringing together, unifying inner space and outer space. We will practice perceive, relax, receive, resting, inter resting.

SUPRAPTO SURYODARMO

Indonesian movement artist Suprpto Suryodarmo (Prapto) has studied free movement, Vipassana and Javanese Sumarah meditation since 1970 – placing these practices in the nature, temple, and human field. He was initiated into Javanese Theravadin Buddhism in 1974 and created a new ritual art that he titled “Wayang Buddha” (Buddha’s Shadow-Puppet). In 1986, Prapto established his own school Padepokan Lemah Putih, a uniquely landscaped garden in Mojosoongo, just north of Solo, Central Java where he offers a series of month-long workshops that also include practice in cultural areas in Central, West, and East Java; West Sumatra; Samuan Tiga-Bedulu, South Bali; Tejakula, North Bali; and Sulawesi. The main intention of his Joged Amerta movement work is to develop a way to lessen the sense of identification through the practice of movement arts. Hence, it is more than an approach to improvisation; Joged Amerta is a practice cultivating an attitude towards life. In 1997, Prapto initiated Sharing Movement circulation in Europe, Asia, the Americas, and Australia; and Web Art Garden, a worldwide network of artists and presenting organizations. He has taught and performed in Indonesia; Europe; the UK; Australia; USA; Mexico; Japan; India; and the Philippines for over 20 years (for annual programs see: www.lemahputih.com).





NEW FRONTIERS:

Fluid Wave Motion of the Glial Stem Cells

Through hands-on practice, we will explore recognizing and transmitting the fluid wave motion of the glial stem cells. This process strengthens the fluid ground for cellular awareness and conductive nerve integration. We can then move from this fluid ground of being.

BONNIE BAINBRIDGE COHEN

For over fifty years, Bonnie Bainbridge Cohen has been working with movement, touch and the body-mind relationship. An innovator and leader, her work has influenced the fields of bodywork, movement, dance, yoga, body psychotherapy, childhood education and many other body-mind disciplines. In 1973, she founded The School for Body-Mind Centering where students from over thirty countries have studied. She is the author of the book *Sensing, Feeling and Action* and currently has five DVDs: *The Nervous System*, *The Lower Limbs*, *The Upper Limbs*, *The Axial Skeleton*, and *Four Special Children*, and is featured in the following DVDs: *The Origins of Movement: The Embodiment of Early Embryological Development* and *Dance and Body-Mind Centering*. She is currently working on a number of other books and DVDs.





Jill Becker presents *Indictment*

This dance, with music by Bon Po Chant from the album *The Singing Bowls of Tibet*, evolved out of the practice of Authentic Movement in 1991 and was a response to the first Gulf War.

Annie Brook presents *Offerings of Gratitude*

... honor to the teachers and the teachings ... reflective interactive muse of somatic sharing.

Shay Ishii Dance Company presents *A Clear Place*

This work is a kinesthetic and aesthetic homage to the influences of Erick Hawkins and Bonnie Bainbridge Cohen on dance, somatics, and the art of being.

Gloria McLean presents *Soma: Bone Solo*

As a strategy around the pain and limitation of a hip injury, the performer was moved to witness and listen to her body, to re-imagine the body systems, and to let the experience manifest in choreographed movement.

Mariko Tanabe presents *Nuit Blanche*

This dance is an offering to the choreographer's ancestors and to all of their stories - the known and the unknown, the seen and the unseen. It was created while exploring the development movement patterns during her second year of BMC training.

Mary Williford-Shade presents *Out of the Woods*

The ideas of identity, memory and myth as they relate to the embodiment of personal history and family are set in the metaphorical structure of Little Red Riding Hood in this dynamic mix of text, dance, and theater. John Giffin, a former Pina Bausch dancer, collaborated to create this work.



ROLLING THROUGH LIFE: How our Embryological Origins Inform the Basic Neurocellular Patterns of Movement, Series 1 & 2

The internal fluid dynamics of our creation are already outwardly expressed as the embryo spirals through the watery environment of the womb. When we emerge on earth, these spiralic movements influence the fluidity of relationship with our environment and each other. The rolling patterns are key elements for maintaining our fundamental fluidity as we re-create our relationship to gravity, weight, space, and time with each changing level of development, affecting personal integration, posture, communication, and relationship.

MARYSKA BIGOS

As a kinesthetic learner for nearly 60 years, Maryska has been informed by the body as her vehicle for witnessing within herself, and in others, the expression of mind through body consciousness. Her teaching and private practice is based on the anatomical, physiological, psychological, and developmental principles of Body-Mind Centering® and the Feldenkrais Method®. These two approaches communicate with an individual's physiological systems as reflected in the organization and quality of their movement. Maryska began studying with Bonnie Bainbridge Cohen at The School for Body-Mind Centering® in 1979, after 20 years training and performing ballet and modern dance. She has taught BMC with Bonnie Bainbridge Cohen and individually at venues across the U.S. and served on the faculty for several years to integrate BMC with: dance at the American Dance Festival; yoga at Duke University Medical Center; the special needs of students at the Governor Morehead School for the Blind; and body therapies at the Carolina School of Massage Therapy. She has maintained a private practice for thirty years since becoming a BMC practitioner '82, teacher '83, AMTA member '84 and completed certifications in a wide variety of practices that reflect her interest in the intimate connection between developmental movement, body, and mind. She is currently licensed by Bonnie Bainbridge Cohen to direct BMC certificate courses in Somatic and Infant Developmental Movement Education.





PRE-CONFERENCE		
Thursday, October 20		
1:00-2:00pm	REGISTRATION	
2:00-5:30pm	<i>The Skin of Space</i> SUPRAPTO SURYODARMO	Heron's Roost
6:00-7:00pm	DINNER	Dining Hall
Friday, October 21		
8:00-9:00am	BREAKFAST	Dining Hall
9:00-12:00noon	<i>The Skin of Space</i> SUPRAPTO SURYODARMO	Heron's Roost
12:00-1:00pm	LUNCH	Dining Hall
MAIN CONFERENCE		
4:45-5:45pm	WORKSHOP	
	<i>Recalling/Relating/Re-membering</i> GILL WRIGHT MILLER	Heron's Roost
6:00pm	**SILENT AUCTION OPENS**	Spruce Room
6:00-7:00pm	DINNER	Dining Hall
7:30-8:45pm	SILENT AUCTION TO WINE AND MUSIC.	The Grove & Spruce Room
9:00pm	BONFIRE	Athletic field

Saturday, October 22		
8:00-9:00am	BREAKFAST	Dining Hall
9:00-10:30am	FEATURED TALK	
	<i>An Improvised Conversation</i> BONNIE BAINBRIDGE COHEN AND SUPRAPTO SURYODARMO	Heron's Roost
10:45-12:15pm	WORKSHOPS	
	<i>Direct Experience of the Embryologic Spirals of the Limbs: Evolution of an Idea and Diversity of Application</i> WENDY HAMBIDGE WITH ANNIE BROOK AND AMY MATTHEWS	Heron's Roost
	<i>Somatics: Daily Practice for Sanity</i> MARIANNE ADAMS, LAURIE ATKINS, AND REBECCA QUIN	The Grove
12:15-1:15pm	LUNCH	Dining Hall
1:15-2:45pm	WORKSHOPS	
	<i>Shupadham Yoga</i> LISA CLARK AND PLAMEN KARAGYOZOV	The Grove
	<i>Ageless Ways: Somatic Applications for the Older Active Adult</i> MICHELE MANGIONE	The Oak
	<i>The Body is a House: Explorations in Sensing, Feeling, and Actions</i> KATE TARLOW MORGAN	Heron's Roost
3:00-4:30pm	WORKSHOPS	
	<i>Somatic Alchemy</i> KYRA LOBER	The Grove
	<i>The Nature of Flow: How we Create it, Perceive it, and Teach it</i> MEGAN REISEL	The Oak
	<i>Twenty-one Moments of Stillness</i> DIANE BUTLER	Heron's Roost

Saturday, October 22 (con't)		
4:45-5:45pm	WORKSHOPS	
	<i>The Alexander Technique and Body-Mind Centering</i> MISSY BARNES	Heron's Roost
	<i>Touch and Emotion Release in Infants</i> WENDY MANN	The Grove
6:00-7:00pm	DINNER	Dining Hall
7:30-8:30pm	PERFORMANCE	
	BECKER, BROOK, ISHII, McLEAN, TANABE, WILLIFORD-SHADE. SEE PAGE 9 FOR DETAILS.	Heron's Roost
8:30pm	SILENT AUCTION	Spruce Room
9:30pm	BONFIRE	Athletic Field
Sunday, October 23		
8:00-9:00am	BREAKFAST	Dining Hall
9:00-10:30am	WORKSHOPS	
	<i>Looking at my Roots with Erick Hawkins and Dance</i> MARIKO TANABE	The Oak
	<i>Effort-Shape and the Voice</i> BETH GOREN	Heron's Roost
	<i>Mobilizing the Center of Gravity:</i> A BARTENIEFF LEGACY DIANNE WOODRUFF	The Grove
10:45-12:15pm	WORKSHOPS	
	"FALL, TALL, ALL, BALL"--FOUR UNIFYING Somatic Themes DOUG BOLSTON	Heron's Roost
	<i>Embryological Development of the Organs (Movement Exploration)</i> ANNIE BROOK	The Oak
	<i>Irmgard Bartenieff's Connective Tissue Treatments and Bartenieff Fundamentals: An Evolving Approach to Movement</i> JOHN CHANIK	The Grove

12:15-1:15pm	LUNCH	Dining Hall
12:30-	BMCA ANNUAL MEETING (OVER LUNCH)	
1:15-2:45pm	WORKSHOPS	
	<i>Organizing Movement: Patterns and Principles of Proprioceptive Neuromuscular Facilitation</i> AMY MATTHEWS	The Grove
	<i>Prayer, Performance, Community Tallit: Prayer Shawl</i> FANCHON SHUR	Heron's Roost
1:15-2:00pm	<i>The Application of Laban Movement Analysis to Puppetry (45 min only)</i> NATASHA MARTINA	The Grove - Longleaf Room
2:00-2:45pm	<i>Incorporating IDME Principles in Creative Movement Work with Children in Chinese Orphanages (45 min only)</i> KATE TRAMMELL	The Grove - Rhododendron
3:00pm	SILENT AUCTION CLOSES	
3:00-4:30pm	WORKSHOPS	
	<i>Delicious Movement</i> JILL BECKER	Heron's Roost
	<i>Continuum Movement</i> REBECCA LAWSON	Grove
4:45-5:45pm	WORKSHOPS	
	<i>Tools for Tapping In: BMC and Dance</i> SALIQ FRANCIS SAVAGE	Grove
	<i>Application of BMC Principles to Modern Dance Technique Classes</i> CYNTHIA WILLIAMS	Heron's Roost
6:00-7:00pm	DINNER	Dining Hall
7:30pm	MOVIE NIGHT	
	<i>"What the Bleep do we Know?"</i> TONI SMITH	The Grove

POST-CONFERENCE		
Monday, October 24		
8:00-9:00am	BREAKFAST	Dining Hall
9:00-12:00n	<i>Part I: Basic Neurocellular Patterns Series 1&2</i> MARYSKA BIGOS	Heron's Roost
12:00-1:00pm	LUNCH	Dining Hall
1:30-5:00pm	<i>Part II: Basic Neurocellular Patterns Series 1&2</i> MARYSKA BIGOS	Heron's Roost





Ageless Ways™: Somatic Applications for the Older Active Adult (0.75 CEUs)

MICHELE MANGIONE

Not getting any younger? This playful experiential session is designed for those who are older, or teach to the older, active adult. It includes fun, yet intelligent, somatic movement and meditation material adaptable to a variety of populations, fitness levels and body-abilities.

The Alexander Technique and Body-Mind Centering® (0.50 CEUs)

MISSY BARNES

This interactive presentation will offer participants an introduction to the Alexander Technique. Themes will include finding a greater sense of ease and awareness in stillness and in movement.

The Application of Laban Movement Analysis to Puppetry (0.37 CEUs)

NATASHA MARTIN

An experiential application of combining the Perceptual Motor Development Patterns alongside the Modes of Shape in order to facilitate puppet manipulation.

Applications of Body-Mind Centering® Principles to Modern Dance Technique Classes (0.50 CEUs)

CYNTHIA WILLIAMS

A presentation on the application of Body-Mind Centering® principles to modern dance technique classes within a liberal arts environment. My technique classes combine BMC® concepts, Laban-Bartenieff sequences and concepts, and Bill Evans-based movement vocabulary and pedagogy.

The Body is a House: Explorations in Sensing, Feeling, and Actions (1.5 CEUs)

KATE TARLOW MORGAN

A workshop on the phenomenology of experience and current practical methods for study into what the poet, Charles Olson, called “depth sensibility” considered, in part, as a kind of proprioception. Excerpts from texts by Valery, Sherrington, Reil, Reich, Sri Aurobindo, and Bainbridge Cohen will be dynamic fodder.

Continuum Movement (0.75 CEUs)

REBECCA LAWSON

The central teaching of Continuum is that ALL fluids of the body -- whether circulating blood, the tides of cerebrospinal fluid, the pump of the lymph system, the net of membranes or the swirl of viscera and brain -- function as fundamentally ONE undulating stream of intelligence. The essential elements of Continuum awaken a deep bio-intelligence which facilitates the emergence of one’s evolutionary potential, inviting the system towards health.

Delicious Movement (0.75 CEUs)

JILL BECKER

This workshop will begin with deep, fluid core exercises and individual movement explorations based on the work of Erick Hawkins, Irmgard Bartenieff and Thomas Myers, followed by playful group improvisational structures aimed at developing a sense of group play and cultivating an inner outside eye. All of this will be to music from around the world.

Direct Experience of the Embryologic Spirals of the Limbs: Evolution of an Idea and Diversity of Application (1.50 CEUs)

WENDY HAMBIDGE

WITH ANNIE BROOK & AMY MATTHEWS

BMC[®] is an approach that allows every trained practitioner to adapt its essence to meet the unique needs of each client. Through direct experience of the spirals and active panel discussion, we will explore the development and diversity of experience and approach to the embryologic spirals.

Effort-Shape and the Voice (1.50 CEUs)

BETH GOREN

How mobile is our voice? Using principles and practices from Laban’s Effort-Shape and Body-Mind Centering[®], we explore Voice as a prime mover; we experience our vocal signature and dynamic capacity to grow expressively that serve us both in our presence and our future dreams.

Embryologic Development of the Organs (1.50 CEUs)

ANNIE BROOK

Organ rotation provides core flexibility and expression. Discover the early development and movements of the organs. Explore applications in movement and yoga.

“Fall, Tall, All, Ball” – Four Unifying Somatic Themes

(0.75 CEUs)

DOUG BOLSTON

A cognitive overview of common components blended variously into all somatic systems: the modulation of tonus, angling/alignment, involvement (movement mechanics), and quality (expressive dynamics).

An Improvised Conversation .(1.5 CEUs)

**BONNIE BAINBRIDGE COHEN AND SUPRAPTO
SURYODARMO**

These two illustrious guests will engage with each other, and we shall see what transpires!

Incorporating IDME Principles in Creative Movement Work with Children in Chinese Orphanages (0.37 CEUs)

KATE TRAMMELL

A presentation exploring IDME principles in the context of creative movement work with children in Chinese orphanages. Using embodied storytelling, the presenter will share experiences regarding body as home and movement as relationship for children in institutionalized settings.

Irmgard Bartenieff’s Connective Tissue Treatments and Bartenieff Fundamentals™: An Evolving Approach to Movement (0.75 CEUs)

JOHN CHANIK

This workshop is based on Irmgard Bartenieff’s use of *Bindegewebbsmassage* in the 1970’s in conjunction with her Correctives (*i.e.*, Bartenieff Fundamentals) in movement repatterning. We’ll follow the evolution of her unique approach to movement through my training with Theresa Lamb to practices today, working with fascia and movement in the retraining of movement patterns.

Looking at My Roots with Erick Hawkins and Dance

(0.75 CEUs)

MARIKO TANABE

My twelve-year voyage with The Erick Hawkins Dance Company (1983-1995) --from apprentice to teacher to principal dancer--was an exciting immersion into a highly evolved philosophical and aesthetic realm. I will share how my experiences in the universe of this dance artist--who was known as “The Poet of the Dance”--shaped my development as a dance artist, teacher, and Practitioner of BMC®.

Mobilizing the Center of Gravity: A Bartenieff Legacy

(0.75 CEUs)

DIANNE WOODRUFF

This workshop will present the concept of the human center of gravity and will explore myriad sequences for mobilizing the same. It will include a pre- and post-test

procedure so that participants may both observe others and themselves in the process of change.

Movie Night / Slumber Party “What the Bleep Do We Know?”

TONI SMITH

Bring your blanket, pillow, make a nest with others and enjoy a viewing of the feature-length film “What the Bleep Do We Know?” which examines the relationship between quantum physics, the cell, and the human brain through the lens of a young deaf woman struggling with her personal and professional life.

Candace Pert, Marlee Matlin, Elaine Hendrix, and Barry Newman among other renowned scientists, physicians, psychologists, and mystics are featured. Part documentary, part storytelling, part cartoon – wander in the somatic brain and the power of the molecule.

The Nature of “Flow:” How We Perceive It, Teach It, and Create It (0.75 CEUs)

MEGAN REISEL

The idea of flow is now within our western vernacular as a common concept. It is suggested that one move “into” it so that they feel and think with an ease that is intuitive and calm, both in exercise activities and social ones. As professionals in somatic movement, how we observe and teach it to clients is an exact, specific skill and worthy of articulation.

New Frontiers: Fluid Wave Motion of the Glial Cells (3.0 CEUs)

BONNIE BAINBRIDGE COHEN

Through hands-on practice, we will explore recognizing and transmitting the fluid wave motion of the glial stem cells. This process strengthens the fluid ground for cellular awareness and conductive nerve integration. We can then move from this fluid ground of being.

Organizing Movement: Patterns and Principles of Proprioceptive Neuromuscular Facilitation (PNF) (1.5 CEUs)

AMY MATTHEWS

The principles and spiraling patterns of PNF can be used to help understand BMCSM's muscle repatterning ideas and as a tool for exploring movement in the bones, ligaments, muscles and nervous system.

Prayer, Performance, Community Tallit: Prayer Shawl (0.75 CEUs)

FANCHON SHUR

We will explore and create from the original somatic entry points which created the work. Its radically sensual use of fabric for entire communities makes it very ahead of its times. Now, it can be looked at as an example of somatic roots of many new kinds of shared ceremony.

Recalling/Relating/Re-membering (0.5 CEUs)

GILL WRIGHT MILLER

Through a guided improvisational exploration, we will discover and explore our commitment to the early stories of embodied somatic consciousness, then expand our internal awareness to take in commonalities and differences between and among participants' stories, concluding by dancing our entry with the whole group.

Shupadham Yoga (1.50 CEUs)

LISA CLARK & PLAMEN KARAGYOZOV

The yoga you have been waiting for. Heartfelt - Shupadham.

Somatic Alchemy (1.50 CEUs)

ANTARA KYRA LOBER

Somatic Alchemy is embodied spirituality through the art of listening and proprioception. This introductory session focuses on the numinous qualities of the neuroendocrine system in the body and brain to explore, hands-on, the bio-electrical potential of tissue.

Somatics: Daily Practice for Sanity (0.75 CEUs)

MARIANNE ADAM, LAURIE ATKINS, REBECCA QUIN

A body-based daily practice offers us the capacity to recognize and renew ourselves. This presentation will be experiential in nature, allowing participants to explore approaches and broaden ideas through a focused, intentional, somatic daily practice.

Touch and Emotional Release in Infants (0.50 CEUs)

WENDY MANN

In this workshop I will teach the "crying-in-arms" approach and explore the importance of touch and holding in the emotional release process in infants.

Tools for Tapping In, BMCSM and Dance (1.00 CEUs)

SALIQ (FRANCIS) SAVAGE

This movement class will have us transitioning into and out of the floor with effortless effort by defining new sesamoid bones for leveraging movement, balancing long bone thrust and rotation for efficient spirals, and emphasizing the sensory aspect of muscles for orientation and balance. In partnering we will wait for the facial harmonics to come into agreement before loading the system, so that the power in the articulation of our proximal joints may spring forth.

Twenty-One Moments of Stillness (0.75 CEUs)

DIANE BUTLER

Stillness is an innate aspect of nature and a way of being in the arts and religiosity of many traditions. This workshop offers a participatory environment wherein each person guides his/her own movement practice, dwelling in twenty-one moments

of stillness.



MARIANNE ADAMS

Marianne Adams holds an MFA in Dance from UNCG and an MA in Clinical Psychology from Appalachian State University. As Professor and Chair of the Theatre & Dance department at ASU, she currently teaches in dance, bodywork and expressive arts. She is certified in Classical Pilates, GYROKINESIS® and GYROTONIC®.



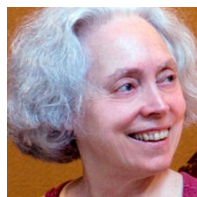
LAURIE ATKINS

Laurie Atkins is Assistant Professor of Dance at Appalachian State University. She received an MFA in Dance Performance from the Ohio State University. She holds an MA in Community Counseling with an emphasis in Expressive Arts Therapy from Appalachian State University and a BFA in Dance from the University of Utah.



BONNIE BAINBRIDGE COHEN

For over fifty years, Bonnie Bainbridge Cohen has been working with movement, touch and the body-mind relationship. An innovator and leader, her work has influenced the fields of bodywork, movement, dance, yoga, body psychotherapy, childhood education and many other body-mind disciplines. In 1973, she founded The School for Body-Mind Centering where students from over thirty countries have studied. She is the author of the book *Sensing, Feeling and Action*. See her full bio on the Featured Presenter page, page 7.





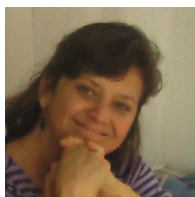
MISSY BARNES

Missy Barnes is Associate Professor of Theatre at Catawba College. She is a certified teacher of the Alexander Technique™ and a certified Body-Mind Centering® Somatic Movement Educator. Missy is adept at working with students who experience recurring pain resulting from accident or injury, or from the strain of repetitive use.



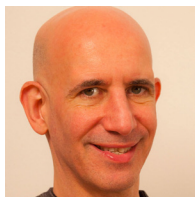
JILL BECKER

Jill Becker, BA (SUNY-Brockport), MA (American-Washington, D.C.), directed Jill Becker & Dancers, Inc. in New York from 1980-1986, and toured extensively in Holland, Germany, and North America. From 2001-2008, she directed the Dance Program at Antioch College. Currently, she is on the faculties of Ohio Wesleyan University and Wright State University. She is also Education Director of and teacher at the Yellow Springs Kids Playhouse dance and theater program. Jill has been a recipient of an NEA Choreographer's Fellowship and Artists' Fellowships.



MARYSKA BIGOS

Maryska's teaching and private practice is based on the anatomical, physiological, psychological, and developmental principles of Body-Mind Centering® and the Feldenkrais Method®. She began studying with Bonnie Bainbridge Cohen at The School for Body-Mind Centering® in 1979, after 20 years training and performing ballet and modern dance. She has taught BMC® with Bonnie and individually, at venues across the U.S. See her full biography on the Post-Conference page 11.



DOUG BOLTSON

In music school, Doug Boltson realized the piano is furniture; the body is the real instrument. For 30 years he has been distilling numerous somatic systems, seeking the essential patterns that connect. A 1986 graduate of Jim Spira's Institute of Educational Therapy program, his most recent exploration has been *Bones for Life* with Ruthy Alon.

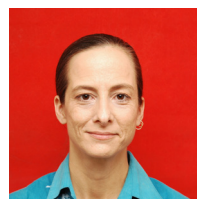
ANNIE BROOK

Annie Brook, PhD, LPC is a Registered Movement Educator (ISMETA), a Body-Mind Centering® teacher and a Somatic Psychologist. Her teaching is unique in its depth and easy to follow. Annie has worked in clinics, hospitals, and public schools and authored 3 books on movement, including *From Conception to Crawling*, *Contact Improvisation* and *Body-Mind Centering*, and *How Birth Influences Behavior*. She co-owns Colorado Therapies in Boulder, CO.



DIANE BUTLER

Diane Butler, PhD, has resided in Bedulu and Tejakula, Bali since 2001. A movement artist, teacher, and program director, she has created contemplative intercultural arts in the Americas, Europe, and Asia. Diane holds a BFA in Dance (Juilliard), MALS in Dance & Culture (Wesleyan), a PhD in Cultural Studies (Universitas Udayana, Bali); and is Co-founder / President of International Foundation for Dharma Nature Time.



JOHN CHANIK

John Chanik, CMA, CTT, is on the faculties of the Yearlong, Intensive and Modular Certificate Programs at the Laban/Bartenieff Institute of Movement Studies in New York City since 1991. John also maintains a private practice in therapeutic fitness, movement coaching and Connective Tissue Therapy.



LISA CLARK

Lisa Clark, a Certified Teacher of Body-Mind Centering®, has been one of the leading innovators of the integration of Yoga and Body-Mind Centering® for over 27 years. She is Director, 1st European BMC Embodied Anatomy & Yoga Training; Faculty, BMC-North Carolina Somatic Movement Educator; and Founder/Director, EmbodiYoga Advanced Studies & 240/500 hr. Yoga Teaching Training Program in Chapel Hill, NC since 2001. Shupadham yoga forms the heart of her practice and life with partner Plamen and daughter Mya.





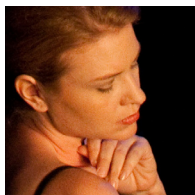
ZIJI BETH GOREN

Ziji Beth Goren has devoted the past 33 years to exploring soundbody and voice-movement practices, facilitating workshops, and communing with tribal cultures. She is a founding member of Movement Research, New York City, author of *RAPIDS*, and field recorder/co-producer of *TRIBES* (a CD). Recent awards and publications derive from Beth's poetry and photography.



WENDY HAMBIDGE

Wendy Hambidge, MFA (Choreography and Performance, Case Western), RME/T, is certified as a Body-Mind Centering® Practitioner/Somatic Movement Therapist and Infant Development Movement Educator. From 1983-2001, Wendy created dances. Currently she sees private clients, and guest teaches at various universities. She consistently assists in the Embodied Anatomy and Yoga and the Embodied Developmental Movement and Yoga with Bonnie Bainbridge Cohen and Amy Matthews. Wendy lives in Portland, OR where she hikes, snowboards, and enjoys the wonder of the outdoors.



SHAY ISHII

Shay Ishii, BS (Dance, Texas State), MFA (Dance, Sam Houston State), is realizing a vision of creating and performing dance with people whom she loves, trusts and respects. A teacher of dance and Pilates for more than 13 years, Shay claims Katherine Duke, Artistic Director for the Erick Hawkins Dance Company, as a principal mentor. She currently serves as an adjunct instructor and Publicity Coordinator for the Department of Theatre and Dance at Texas State University. Her work has been presented in California, Nevada, Texas, and Edinburgh. In January 2010, she was honored to debut her choreography and SIDC in NY as a part of the Erick Hawkins Centennial Celebration.



PLAMEN KARAGYOZOV

Plamen Karagyozov is a Certified Teacher of Body-Mind Centering® and an ABMP—internationally certified massage therapist. Since arriving in the United States in 1995, his involvement with Body-Mind Centering® has been central to his path in life, and forms a basis of a personal practice as a way of tapping into the root of existence.

REBECCA AMIS LAWSON

Rebecca Amis Lawson, BS (Psychology, NYU), MA (Dance/Movement Therapy, NYU), DTR, Authorized Continuum Movement Teacher, has been whole-heartedly involved in dance and psychology for the last 32 years. Rebecca taught dance and performed professionally for 25 years. She has trained in Yoga, Pilates, and connective tissue bodywork. She is a somatic practitioner using the body and movement to facilitate the therapy process. She has been able to coalesce psychological mindedness, a love of dance, and a heartfelt sense of humanity. She offers a therapy that is revelatory, expressive, and self creating.



ANTARA KYRA LOBER

Antara Kyra Lober, BA, MA (Dance-UCLA), is the creator of *Body Being & Heart* Seminars, Sessions, and Retreats. She is a Certified Teacher and Practitioner of Body-Mind Centering[®], a certified CranioSacral Therapist, authorized teacher of Feldenkrais Awareness Through Movement and a Reiki Master. Kyra noticed over time that her interest in energy work and consciousness connected deeply to her interests in movement and anatomy. In recent years she has trained in Shiatsu and Unwinding the Meridians with CranioSacral Therapy and Chinese Medicine.



MICHELE MANGIONE

In the bodymind field for over 30 years, Michele Mangione, PhD, Somatics, E-RYT 500, holds a BA in Dance, MA in Psychology, and PhD in Somatic Studies. She founded the WiseWays[™] studio, style of yoga and teacher training programs. Her newest work is Ageless Ways[™]-- smart movement for every body, of any age.



WENDY MANN

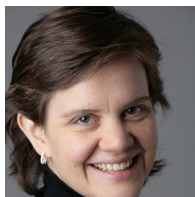
Wendy Mann is a Certified Aware Parenting Instructor, Emotional Release Facilitator, Parenting Visionary, and Mother. She holds a BA in Psychology with a Concentration in Women's Studies and Human Development from The University of North Carolina at Greensboro and has twelve years of experience in her field.





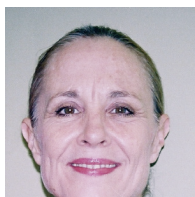
NATASHA MARTINA

Natasha Martina is an Assistant Professor at the University of Saskatchewan, specializing in Acting and Movement. She is a Certified Movement Analyst through the Laban/Bartenieff Somatic Studies Canada. She has worked as a professional actor for over ten years and currently her emphasis lies in the development and creation of devised physical works.



AMY MATTHEWS

Amy Matthews, a Certified Laban Movement Analyst, a Body-Mind Centering® Teacher, an Infant Developmental Movement Educator, and a yoga therapist/ teacher, has been teaching movement since 1994. Amy teaches in the BMC® & Yoga programs in Berkeley, CA and NYC for SBMC® and was on the faculty of LIMS for 10 years. She has taught embodied anatomy and movement workshops for programs in the U.S. and internationally. With Leslie Kaminoff, Amy co-authored the best-selling book *Yoga Anatomy*, and leads *The Breathing Project's* Advanced Studies Program in New York. Amy also works privately as a movement therapist and yoga teacher.



GLORIA MCLEAN

Gloria McLean dances in NYC and internationally. She was a leading dancer with Erick Hawkins Dance Company from 1982-1993. She established LIFEDANCE as an integrative holistic approach to dance and choreography and as a vision of the unity of life and art. She currently is Assistant Professor at Keimyung University, Daegu, South Korea, and President of the American Dance Guild.



GILL WRIGHT MILLER

Gill Wright Miller, BFA, MA, PhD, has taught in university settings since 1976. At Denison University since 1981, Gill's research training is as a cultural historian with field interests in the pregnant dancing body, movement analysis, and experiential anatomy/ somatics. She is the author of numerous articles and editor of the recently published *Exploring Body-Mind Centering®: An Anthology of Experience and Method*. Currently she is working on a new book called *Patterns and Systems* about the history and development of Body-Mind Centering® as an embodied feminist cultural practice.

KATE TARLOW MORGAN

Kate Tarlow Morgan, New York City-born choreographer, writer, and urban archaeologist has lived in rural New England since 1998. Sole archivist of The Rhythms Technique – Morgan teaches in local schools and trains teachers. Editor of *Currents, Journal of Body-Mind Centering*®, Morgan is the author of a new book *Circles and Boundaries* (New York: Factory Press, 2010) and co-editor of *Exploring Body-Mind Centering*® (Berkeley: North Atlantic Press, 2011).



REBECCA QUIN

Rebecca Quin has an extensive background in bodywork, dance, and Expressive Arts therapy. She holds an MA in Community Counseling with an emphasis in Expressive Arts Therapy from Appalachian State University. She is a certified Classical Pilates, Gyrokinesis®, and Gyrotonic® instructor. She is an adjunct faculty member at Appalachian State University.



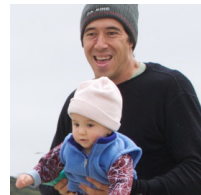
MEGAN REISEL

Megan Reisel, BA, MA (Dance), a Laban movement analyst (IMS '97), also holds a fourth degree blackbelt in Aikido and teaching certifications for Gyrotonic®, Gyrokinesis®, and Filipino Kali. She has been teaching somatic-based movement arts since 1983. Early on, she was an apprentice to Laban teacher Angiola Sartorio and movement innovator Michael Nebadon in California. Besides teaching and lecturing at universities and conferences, Megan has created a DVD collection of nine interviews with Laban scholars, "Laban's Legacy" (www.labanproject.com.) She currently works from her private studio in Lee, MA.



SALIQ FRANCIS SAVAGE

Saliq Savage, BMC® Certified Practitioner and Teacher (1994 & 1998), began dancing in college. He is a Laban Movement Analyst and ISMETA Registered Movement Therapist, who teaches the Gyrotonic® expansion system and Contact Improvisation while maintaining a bodywork practice with infants, children, and adults. In 1990, he began directing, and performing with Wire Monkey Dance Company, a highly physical, multimedia dance installation on 3-D scaffolding. Saliq has performed throughout North America, Asia, Europe, and South America with a number of notables. Saliq began his kinesthetic skills with tree climbing, skiing, and windsurfing.





FANCHON SHUR

Fanchon Shur, a movement artist/scientist/therapist, poet and orator, created “Curriculum in Motion” in Los Angeles in 1967, founded the Fanchon Shur Ceremonial Dance Theater in 1974 and Growth in Motion, Inc. in 1978. A CMA, RMTE (ISMETA), and a certified practitioner of Brennan Healing Science, her choreographic ceremonies have been performed extensively throughout the U.S. She was inducted into the Ohio Women’s Hall of Fame in 1990 and has been the recipient of numerous grants from Ohio’s Joint Council of Arts and Humanities and the Ohio Arts Council.



TONI SMITH

Toni Smith, MFA, performed in New York with the Vanaver Caravan, Debra Wanner, Jeff Slayton, Joyce Morganroth, and others. She was the Artistic Director of Toni Smith & Dancers from 1979-1986. Toni is a founding member of the NYS DanceForce and Partners in Dance and served as the Artistic Director of the National Museum of Dance. She is also the originator of Adaptive Yoga for persons with disabilities. A 21-year veteran of the Skidmore Dance faculty, currently she serves as the Faculty Advisor for Summer Dance. A Body-Mind Centering® Practitioner and an Infant Development Movement Educator, Toni maintains a private body-work practice.



SUPRAPTO SURYODARMO

Indonesian movement artist Suprpto Suryodarmo (Prapto) has studied free movement, Vipassana, and Javanese Sumarah meditation since 1970 – placing these practices in the nature, temple, and human field. He was initiated into Javanese Theravadin Buddhism in 1974. Prapto founded his school, Padepokan Lemah Putih, in Solo, Java in 1986 and has taught his Joged Amerta movement work and created ritual art around the world. In 1997, he initiated Sharing Movement circulation and Web Art Garden network. See his biography on page 5 and his annual programs at: www.lemahputih.com.



MARIKO TANABE

Currently based in Montreal, Mariko Tanabe has been presenting her choreographic works during the past 25 years in Asia, Europe, and North America. For twelve years she worked with American Dance Master Erick Hawkins in NYC with whom she was a principal dancer, teacher, and associate rehearsal director. She teaches workshops to dance companies, universities and art centers throughout the world. She is an Infant Developmental Movement Educator and a Certified Practitioner of Body-Mind Centering®.

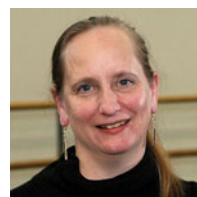
KATE TRAMMELL

Kate Trammell, dancer, choreographer, professor of dance at James Madison University, (IDME 2008,) incorporates Body-Mind Centering® principles in creative movement work with people of all ages, backgrounds, and abilities. As a mother of daughters adopted from China, she has a commitment to supporting adoptive families as well as children still awaiting families.



CYNTHIA J. WILLIAMS

Cynthia J Williams is a Professor of Dance at Hobart and William Smith Colleges where she teaches modern dance technique, dance history, composition, and improvisation. She studied with Bonnie Bainbridge Cohen in the summer of 1985 and continues to develop her understanding of BMC® material as a teacher, dancer, and choreographer. Cynthia was certified as a teacher of the Bill Evans technique in 2010.



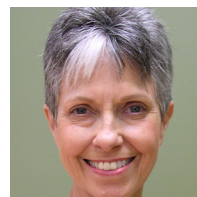
MARY WILLIFORD-SHADE

Hailed by the Washington Post as “the dancing equivalent of Edvard Munch’s “The Scream” Mary Williford-Shade made her mark on the dance scene as a performer with “Mark Taylor & Friends.” She has a MFA from Ohio State University, is a CMA, and is currently a Professor at Texas Women’s University.



DIANNE L. WOODRUFF

Dianne L. Woodruff, PhD, CMA, RSMT, has been teaching for 35 years and strives to help people maintain their function for a lifetime. She trains practitioners in Myofascial Integration and Bartenieff Fundamentals™ as well as instructors of her unique conditioning approach, 3-D WORKOUT™. She teaches and lectures internationally.





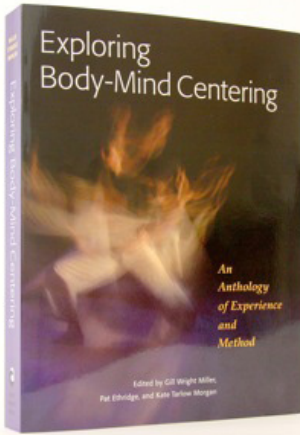
CONTACTS

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SURYODARMO, SUPRAPTO	
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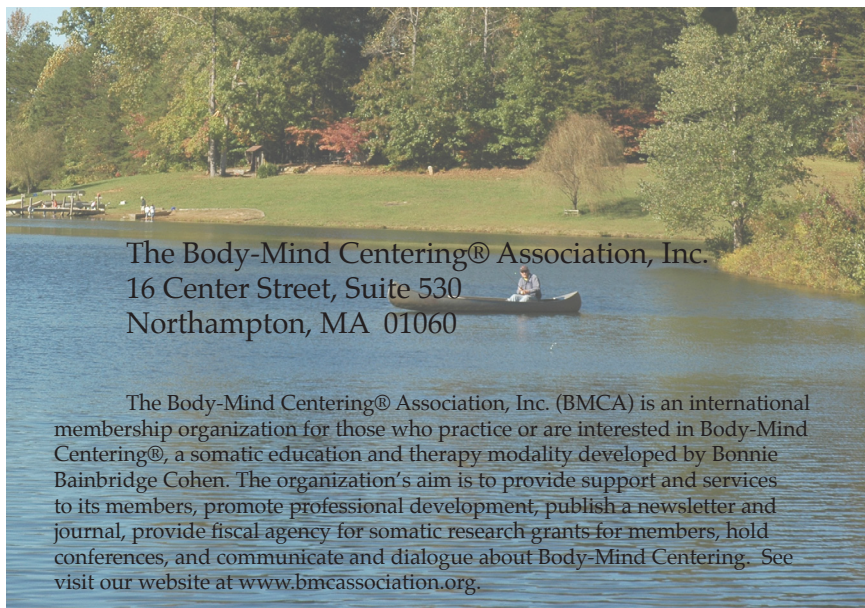
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We are pleased to announce the publication of
Exploring Body-Mind Centering:
An Anthology of
Experience and Method
(Berkeley: North Atlantic Books, 2011)

edited by
GILL WRIGHT MILLER, PAT ETHRIDGE,
AND KATE TARLOW MORGAN

Available through most booksellers (e.g. Amazon)
and directly from the publisher.



The Body-Mind Centering® Association, Inc.
16 Center Street, Suite 530
Northampton, MA 01060

The Body-Mind Centering® Association, Inc. (BMCA) is an international membership organization for those who practice or are interested in Body-Mind Centering®, a somatic education and therapy modality developed by Bonnie Bainbridge Cohen. The organization's aim is to provide support and services to its members, promote professional development, publish a newsletter and journal, provide fiscal agency for somatic research grants for members, hold conferences, and communicate and dialogue about Body-Mind Centering. See visit our website at www.bmcassociation.org.

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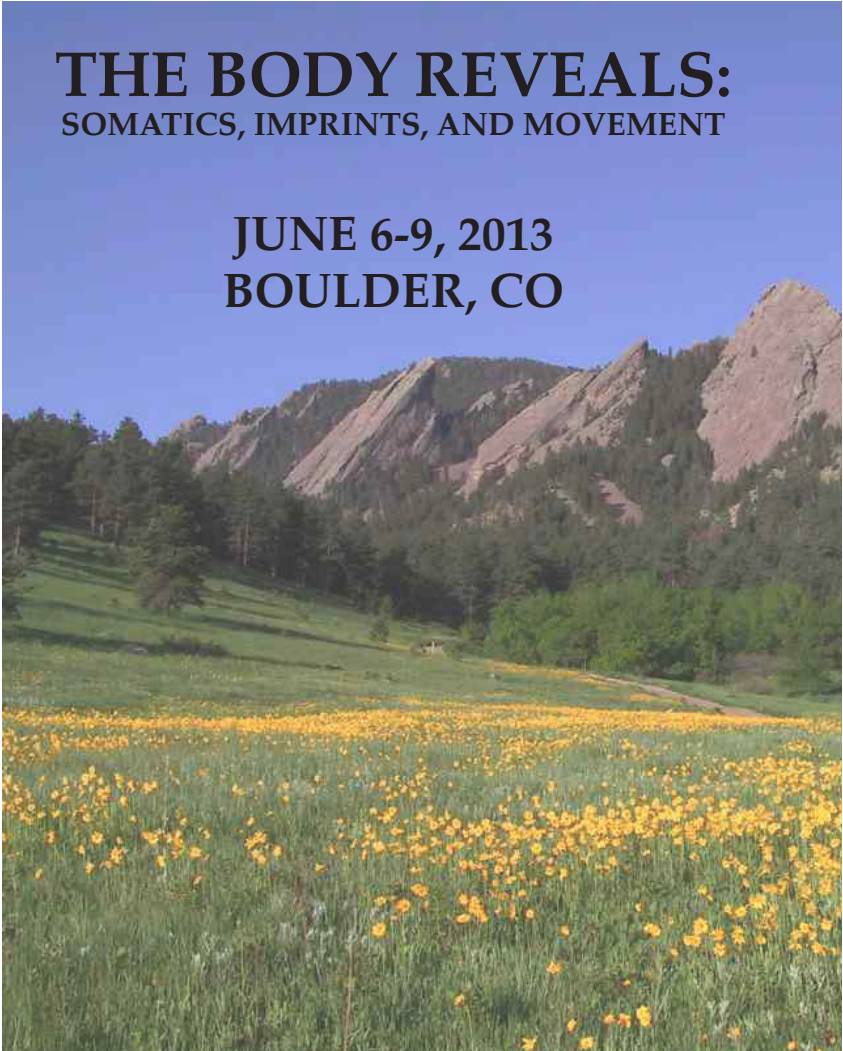
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We are indeed grateful to the BMCA Conference Committee for putting together this 26th Annual BMCA Conference. Thanks to all who contributed, however large or small. But special thanks must go to Toni Smith, Coordinator Extraordinaire, who spent endless hours/weeks/months holding the container!

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