

The Fluid Body: A Somatic Journey

July 27-30, 2017 – Texas State University – San Marcos, TX, USA

PROGRAM

Featuring descriptions and presenter biographies

(final program will be released in early May)

July 25 to July 26, 2017 Pre-Conference Workshop

Barbara Dilley, *Contemplative Dance Practice: A Dancer's Meditation Hall/A Meditator's Dance Hall*

July 26 to July 27, 2017 Pre-Conference Workshop

Jens Johannsen, *Embodying Flow*

July 27 to 30, 2017 Main Conference

Nina Martin, *Plenary Session*

Wendell Beavers and Andrea Olsen, *Featured Presenters*

This conference serves as a laboratory/research/workshop setting. While the setting is organized and sponsored by the Body-Mind Centering Association, vetted sessions are offered both by BMC professionals as well as by other, non-BMC professionals, and occasionally by highly qualified students. The designation of "P" after a presenter's name in the program booklet indicates that the presenter is a BMCA Certified Professional.

BMCA Continuing Education Credits are available through the BMCA for those who document attendance/participation by signing into each session. BMCA will keep records for one year following the first day of each conference so that participants whose "home" programs require CE units may inquire about using this laboratory/research/workshop setting as CE credits for their own accrediting body.

The Body-Mind Centering Association, as sponsor of this program, cannot control and disclaims any responsibility for the content of individual programs, including without limitation terms used in individual presentations or in published materials furnished as part of a participant's presentation. Presenters are expected to abide by any service mark, ethical, or scholarly obligations pertaining to their presented modality.

NOTE: Alexander Technique™, Bartenieff Fundamentals™, Body-Mind Centering®, Bones for Life®, Dynamic Embodiment®, Feldenkrais Method®, Fluid Strength Yoga Practice™, GYROKINESIS®, GYROTONIC®, and most other somatic practice names are legally registered and trademarked. They are used here, with permission, with that understanding.

Pre-Conferences

TUESDAY, JULY 25, 2:00 pm-5:00 pm and WEDNESDAY, JULY 26, 9:00 am-12 noon

Contemplative Dance Practice: A Dancer's Meditation Hall/A Meditator's Dance Hall
Barbara Dilley

Contemplative Dance Practice, created in 1979 at Naropa University, is a three-hour practice where we sit at the interface between meditative disciplines and dance/movement studies. CDP is adapted from meditation halls and inspired by Dharma Art teachings of Naropa's founder, Chögyam Trungpa Rinpoche. CDP explores pathways between stillness, the Four Postures of Mindfulness (sitting, standing, walking, lying down), creative expression, and the individual/collective bodymind. A three-hour session includes; I Sitting Meditation (being willing to come back)/II Personal Awareness Practice (finding Kinesthetic Delights)/III Open Space (opening to Deep Play with ensemble)/IV Discussion. Come as you are. You have everything you need for the journey.

BARBARA DILLEY, Mt. Holyoke College '60, trained in classical ballet, studied and performed dance in New York City (1960-1975) with Merce Cunningham Dance Co. (1963-1968), Yvonne Rainer (1966-1970), and Grand Union, a dance/theater collaboration that extended the definitions of improvisation (1969-1976). She moved to Boulder, CO (1974) designing the Dance/Movement Studies program at Naropa University and serving as President (1985-1993). She retired from the faculty in 2015. Her memoir and handbook, This Very Moment: Teaching Thinking Dancing, was published in 2015. Available at www.barbaradilley.com.

WEDNESDAY, JULY 26, 2:00 pm-5:00 pm and THURSDAY, JULY 27, 9:00 am-12 noon

Embodying Flow
Jens Johannsen (P)

The forming and un-forming of structures in our bodies into membranes and tissues follows similar pathways found in leaves unfolding, creeks streaming, clouds swelling ease in flow. Patterns which convince us to give up ease are often misleading. Structure still continues in the stream it originally followed. In BMC we focus on and enter the flow itself. In movement explorations we dance with the matrix of the fluid world inside and outside of structures transitions of states. We sense and release into expression and communication. In Hands-On partnering we focus on the interface of structure and flow. In contemplation we ponder the meeting of holding and letting go in our mind. Embodiment gives us solidity and substance, yet its' nature is of great openness, space and flow. How can embodiment support our confidence and readiness to bring the many gifts of Body-Mind Centering out into the public fields?

Born in 1959, Jens Johannsen is a dancer, movement-teacher and therapist from Fresdorf, Germany. In 1978 he began exploring body and mind correlations through movement, touch, dance, theatre, voice work, yoga, meditation, Humanistic and Buddhist Psychology. His teachers include Lama Chime Rinpoche, Bonnie Bainbridge Cohen, Matt Mitler, Grotowsky Laboratory members, Bob Rease, Aja Addy, Suprpto Suryodharmo, Charles Gilliam. In 1986 he began his BMC training with Bonnie. Practitioner since 1989, Teacher since 1992. Jens has uninterruptedly

taught in SBMC certification trainings and directs certification trainings worldwide. In 2007 Jens founded, together with Friederike Troescher and Thomas Greil, 'moveus' – the German licensed training organization. He has participated in the discussions about the future of the School since 1987. Jens will direct the next Teacher Training 2018-19, together with Thomas Greil. He has maintained a private practice with clients of all ages and interests since 1982.

Main Conference

THURSDAY, JULY 27, 2017

2:00-2:30 pm OPENING CIRCLE with Cynthia Stevens (P)

2:30-4:00 pm

Into the Waters

Paula Josa-Jones

Integrating the practices of Authentic Movement and Somatic Experiencing allows us to enter the deep and wild waters of our movement with greater clarity and consciousness. SE provides a reflective awareness and support for whatever may arise.

PAULA JOSA-JONES is a dancer, choreographer, writer, visual artist, and movement educator. Her work includes choreography for humans, inter-species work with horses, dancers, and riders, and film.



A Body System Approach to Reproductive Endocrinology

Shruthi Mahalingaiah

Working with the fluid and endocrine systems, we will explore pathways of environmental perception and how these affect the potential for conception and creativity. We engage movement, breath, and visualization.

Shruthi Mahalingaiah, MD, is a physician scientist who practices reproductive endocrinology and infertility and studies the role of environmental exposures on human reproductive health. She has a long-standing movement practice in dance and yoga.



Fluidity/Immunity

Dana Davison and Mandy Sau Yi Chan

Sensing the sustained, concentrated fluid potency of bone marrow and tapping into the protective flow of lymphatic fluid can provide support and build strength for the immune system. Working from the inside out, using breath, touch, movement, and sound, the spleen and thymus will also come into play. This workshop is part of a Somatic Wellness Series exploring the related body

systems through Dynamic Embodiment, integrating practices from Body-Mind Centering, Laban/Bartenieff Studies, Yoga, and Traditional Chinese Medicine.

Mandy Sau Yi Chan is a certified Dynamic Embodiment (tm) practitioner and an ISMETA Registered Somatic Movement Therapist. She is also a professional dancer and Pilates/Yoga teacher in NYC. www.breathingheart.com

Dana Davison, RSMT/E, is a faculty member and practitioner of Dynamic Embodiment, specializing in breathing practices. She presented at the Body-Mind Centering Association conferences in Ghent, Belgium, Portland, OR and Montreal, QC, Canada, and she contributes to the BMCA journal, Currents. She teaches Moving for Life, BodyMind Dancing and Somatic Anatomy, as well as offering yoga workshops and private sessions in Brooklyn, NY. [thesomafox.com]



Ascending Out of the Collage
Kate Tarlow Morgan (P)

A moving/conceptualizing experience in collaboration with the writings of poet and dance critic, Paul Valéry (1896) and Morgan's archival notes from the School for Body-Mind Centering, (1986), built on historic incarnations of somatic explorations.

Kate Tarlow Morgan, New York City-born choreographer, somatic educator and writer, is Editor of Currents Journal for the Body-Mind Centering Association and editorial consultant for The Lost & Found Document Initiative at C.U.N.Y-Center for Humanities.



Enhancing Science Through Dance
Kaysie Brown

Kaysie Seitz Brown will present her research on the benefits of integrating creative kinesthetic experiences of science curricula towards more successful and diverse learning outcomes.

Kaysie Seitz Brown is Assistant Professor of Dance in the Department of Theatre and Dance at Texas State University. She also directs the outreach programs Creation in Motion and CIM TEYA.

4:15 pm-5:45 pm

Playful Body
Mariah Maloney

In this class participants will claim wellness and spark creativity. They will tune in, rejuvenate, activate, and enjoy the journey into their bodies. They will find ease, articulation and buoyancy inside luscious and playful phrases and improvisation.

A former Trisha Brown Dance Company dancer, Mariah creates work from the sensing body, accessing movement scores and choreography through improvisation. Mariah presents work nationally and internationally and is an Associate Professor at Brockport.



Cilia in all the Cells
Christine Cole (P)

In this class we will use movement and embodiment to explore new findings in science: here on CILIA. New research shows that cilia, tiny whips in each cell, create flow patterns that determine spatial organization in the embryo and also contribute in establishing the centrioles crucial in mitosis! Let's discuss how BMC tools allow us to "proof," or stake out our somatic understanding of this structure. Let's hone our research skills and find our cilia!

Christine Cole is an expert in the field of embodiment. She displays a radical trust in embodied experience as the primary way for groups to co-create knowledge. A teacher of Body-Mind Centering, RSMT, she presents workshops internationally. She maintains a private practice in Developmental Bodywork in Northampton, MA. Christine has long term practices in Contact Improvisation, Post-Modern and Improvisational Dance, Authentic movement, Improvisational Theater, writing, and vocal art.



Random Bodywork
Susanna Recchia

Random Bodywork encourages playfulness and humor as ingredients that support flow and fluidity in movement and when in relation to others. Conscious guided touch, rolling and pouring, and puppy playing will be the activities proposed.

Susanna's practice shifts between performing, teaching and researching in academic, artistic, and health contexts. BA Dance Studies Laban, MA Dance and Somatic Well-Being Lancashire University. Current PhD student. Body & Earth with Andrea Olsen is her somatic training.



Water Rituals as Somatic Practice
Adel Andalibi

This experience explores elements of touch and ablution (ritual purification with water) from a somatic experience perspective. Two water rituals from Sufi and Mandaean religions will be shared with participants.

Adel Andalibi is an Iranian anthropologist, authentic movement teacher, performer and Hakomi practitioner based in China. He is a board member of the Commission on Visual Anthropology in IUAES and Authentic Movement practitioner since 2003.



Languaging the Non-Verbal — Incorporating Somatics and Laban Movement Analysis into a Dance Therapy Five Part Session
Tracey Nicholson

This process combines Dance-Movement Therapy with Laban Movement Analysis as a framework for assisting precision in a collection of non-verbal information and for communicating observation of movement and emotion. In this workshop, emotion, movement, and Somatics are brought into relationship, to provide effective tools for movement-based therapeutic interventions. It provides an introduction to Somatic Movement Therapy (SMT) and listening deeply to the sensational body through movement and creative processing.

Tracey Nicholson is a registered Dance Therapist, Pilates practitioner and Somatic educator specializing in education and mental health for 25 years. She is Executive Officer of Tensegrity Training (Australia), offering accredited training in Somatic Movement Therapy and Pilates.



The Journey of Recovery from Autoimmune Muscle Disease: The Science of Remembering How to Move

Andrea Montoya

When a near-fatal illness threatened to take movement from Andrea, medicine alone wouldn't restore her. This is the story of the process and the science of the cells that orchestrated her journey back to health.

Ms. Montoya is a Physician Associate, specialized in the integration of allopathy, yoga, and movement as therapy for Oncology and Rheumatology patients. She has lectured extensively on the Immune System and Central Nervous System within the scientific medical community. Her dance training was defined by workshops and training with Rudy Perez; in the Pedestrian Movement post-modernist era as well as the privileged time she spent in workshops with Erick Hawkins. Her medical training was at University of Colorado Health Sciences: Medical.

Performance begins at 8:00 pm

WATER, an evening of performances featuring work by:

ACT ONE: Anna Antoniewicz and Shay Ishii, Martha Eddy (film), Rebekah Chappell, Koren Wicks, Michelle Nance

Intermission

ACT TWO: LeAnne Smith, Kathy Diehl, Wendy Hambidge, Mariah Maloney, Allison Caw and Caitlyn Tella

Audience is welcome to come and go at intermissions

FRIDAY, JULY 28, 2017

9:00 am-10:30 am

Bringing PULL Out of the Shadow

Christine Cole (P)

In this workshop we will explore the progression from sucking to pulling to taking hold and highlight the action of the PULL! What is the currenting of the flow pattern of the pull?

Christine Cole is an expert in the field of embodiment. She displays a radical trust in embodied experience as the primary way for groups to co-create knowledge. A teacher of Body-Mind Centering, RSMT, she presents workshops internationally. She maintains a private practice in Developmental Bodywork in Northampton, MA. Christine has long term practices in Contact Improvisation, Post-Modern and Improvisational Dance, Authentic movement, Improvisational Theater, writing, and vocal art.



Fluid Bone: Resilient Structure

Wendy Hambidge (P)

Harkening to our embryological beginnings, we experience the fluid nature of our bones. Space, marrow, hard, soft, sponge, flow, dynamic. Emphasizing hands-on work, followed by movement explorations/integration. Fluid bone to resonate with fluid nature.

Wendy Hambidge is a BMC Practitioner, IDME, and Teacher along with serving as Board Chair and President of BMCA. She teaches in several SBMC licensed programs in the US and Europe, teaches in her hometown of Portland, OR, and sees private clients.



Movement and Embodied Cognition

Talia Shafir

Language carries the energetic signature of experience. Explore how movement punctuates the voice of the unconscious and creates the weave of our social fabric of communication. Peer through the lenses of movement analysis, neuroscience, robotics, and dance.

Talia B. Shafir, MA, RSMT-ME, C.C.Ht., is a PhD candidate in Somatic and Spiritual Psychology. She's a Dynamic Embodiment™ practitioner, researcher, and writer specializing in PsychoPhysical therapy for acute trauma, PTSD, and adult attachment issues.



Perception of Time and the Sound of Your Voice: An Exploration

Wendy Loren (P)

Participants will explore in duos or trios a variety of vocal responses (words, sounds) within

different containers of time. Participants will have an opportunity to be in several roles. Feedback with each other and the group is not limited to voice.

A fascination with words led Wendy to study teaching, science, bodywork, and eventually BMC. She teaches anatomy, physiology, and pathology for massage therapists (97). A bodyworker (95) and EAY grad (15), she incorporates BMC principles in her daily life.



Sound and Movement Storytelling
John William Johnson

A picture is worth a 1000 words. So too with sounds and movements. Tell your story from your moves, gestures and sounds as much as from words. Access the world around you, your ancestors and all creatures as a way in to what is alive for you in the moment.

John William Johnson is a Board Certified Psychotherapist who has been performing around the world for over 40 years. He began his journey doing Primal Theater off Broadway. He also teaches Soul Motion and Yamuna Body Rolling.

10:45 am-12:15 pm

Visual Fluidity – Lighting the Path to Healthy Computing and Eyes
Martha Eddy (P)

Explore each body system as integral to the visual system. Free the fluid systems coursing within the eyes. Unfold wave to particle mesopic light and its glandular rhythms, developmentally, as one antidote to computing. Right-write with and from the eyes.

CMA, RSMT, Ed.D, Director -Dynamic Embodiment, Licensed BMC teacher (1984), past-president ISMETA, practitioner, lecturer, author of Mindful Movement. Founder of BodyMind Dancing and Moving For Life – a non-profit organization providing free classes for people with illnesses.



Endocrine Performance Practice
Teresa Veramendi

Veramendi offers an interactive workshop based on her creation of a vocal and physical warmup for performers rooted in the endocrine system. Inspired by Linda Hartley's work, participants connect to the balanced strength of their full bodies and voices.

After receiving her BFA and MA from New York University, Veramendi's development as an artist and teacher bloomed during her somatic studies at Naropa University's MFA Theater program. She has taught, danced, sung, and performed poetry in various cities.



World Water Day: Movement, Writing, and Embodiment Practices

Amanda Comstock

First presenting an excerpt of her site-specific work for World Water Day, Amanda will discuss the movement and writing research/practices/methods used to develop this personal ritual score as well as the philosophies behind it. Amanda will facilitate a workshop using these methods, inviting participants to submerge themselves in their own personal relationship with water, and to develop their own score or piece in studio and on the banks of the San Marcos River. Participants are invited to take home their piece and perform it in and for their local ecosystem.

Amanda Comstock is an experiential educator, activist, and a current student of Body-Mind Centering. Her driving question is how to connect our inner and outer environments, in order to generate a desire to protect and preserve both.



Body in Translation

Dana Davison

Moving to a poem and short story read alternately in English and Russian, then from drawings made for the story, and finally adding a live music interpretation of the dance, this workshop will explore the relationship between words, languages, images, sound, and movement, examining the impulses/reactions of these unusual bodily translations.

Dana Davison, RSMT/E, is a faculty member and practitioner of Dynamic Embodiment, specializing in breathing practices. She presented at the Body-Mind Centering Association conferences in Ghent, Belgium, Portland, OR and Montreal, QB, Canada, and she contributes to the BMCA journal, Currents. She teaches Moving for Life, BodyMind Dancing and Somatic Anatomy, as well as offering yoga workshops and private sessions in Brooklyn, NY. [thesomafox.com]



Relearning Homolateral

Margery Segal (P) and Alexa Weir (P)

Alexa Weir and Margery Segal will be discussing their work with an older infant who, after skipping the homolateral 'army crawl' pattern, was able to go back and relearn it.

Margery Segal LPC, RSMT, IDME, is a Body Centering Psychotherapist.

Alexa Weir is a dancer, a certified SME, and an IDME candidate.

2:30 pm-4:00 pm

Continuum: The Art of Self-Renewal, Part I

Patty Adamik

Experience the enlivening of your fluid system through sound, breath, and wave motion. Increase vitality, health, and healing. Revitalize bones, joints, and skeletal health. Awaken creativity,

innovation, and play.

Patty Adamik was authorized as a Continuum Movement Teacher by Emilie Conrad in 2008. She brings over 25 years of experience in Bodywork, movement, and somatic practices. Her workshops are playful and transformative.



Swarming: Finding Coherence and Community at the Edge of Chaos, Part I
Sarah Barnaby (P) and Amy Matthews (P)

An organism's coherence emerges from the swarming of its cells, and each cell is individual, continually changing, and deeply interdependent. Cellular swarms communicate locally and with the organism as a whole in the embryological development of our limbs, organs, and layers of skin, as well as in the still-present and ongoing process of creating ourselves. These fantastically dynamic and layered communities thrive at the edge of chaos — come discuss and explore!

Amy (BMC Teacher and IDME) and Sarah (SME and IDME) have been geeking out together for over 5 years. They have explored and shared the idea of cellular swarming in classes and workshops, applying it to everything from the microbiome to playing with babies.



Somatic Approaches to Expanding Movement Range and Composition in Improvisation
Lisa Gonzales and Pamela Vail

This workshop will lead participants through movement explorations that utilize broad somatic approaches to encourage movement invention and content exploration within the practice of composing improvisational performance.

Lisa Gonzales and Pamela Vail are co-founders of the Architects, a performance improvisation quartet. They are both professional dance artists and associate professors of dance—Gonzales at Columbia College Chicago and Vail at Franklin & Marshall College.



Remembering
Joy Cosculluela

We tap into nature's bodies to remember our bodies. Grounded in questions such as "Who are my people/ What is my ocean," we re-embody, remember, and reflect on who we are. We use Tamalpa Life-Art Process to explore current themes and generate resources.

Joy Cosculluela, MFA, RSME, is a performing artist, movement educator, and somatic practitioner. She is artistic director of The Wayfinding Performance Group in SF. Joy has performed extensively with Anna Halprin and teaches at Tamalpa Institute.



Somatic Process Arts

Kate Cleary

Experience the fluid body with breath, vocalization, stillness, and movement. Attendees will create a portrait from their experience through drawings, poetic writing, spoken word, and performance.

Kate Cleary is a certified teacher of the Tamalpa Life/Art Process, a dancer, and a poet. Her work is informed by BA and MFA degrees in Dance and Choreography. Kate teaches yoga, meditation, and expressive arts in Austin, Texas.



Impacting the Artist

Darla Johnson and Nicole Wesley

Impacting the Artist: How The JUSTICE Project evokes a deeper, more thoughtful awareness of self, purpose, and connection to community through an authentic performance practice.

Darla Johnson, a choreographer, teacher, and author, was the co-artistic director of Johnson/Long Dance. Johnson founded the Austin Community College dance department and has received three teaching excellence awards. She is the co-director of The JUSTICE Project, a collaborative performance work with co-director Nicole Wesley, that has been presented in Atlanta, Austin, San Marcos, and in Bedford and Newcastle, England. Her most recent publication is as co-author of a chapter published in The Young Are Making Their World: Essays on the Power of Youth Culture, which documents the process and impact of creating The JUSTICE Project with dancers at the McCallum Fine Arts Academy in Austin.

Nicole Wesley is a teacher, performer, and choreographer from Austin, Texas. She is an Assistant Professor of Dance at Texas State University and a Certified Laban Movement Analyst. Her research interests include community building through authentic performance (The JUSTICE Project) and Laban Movement Analysis (LMA) as a methodology in the realm of technical training and performance process.

4:15 pm-5:45 pm

Continuum: The Art of Self-Renewal, Part II

Patty Adamik

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Patty Adamik was authorized as a Continuum Movement Teacher by Emilie Conrad in 2008. She brings over 25 years of experience in Body-work, movement, and somatic practices. Her workshops are playful and transformative.



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Sarah Barnaby (P) and Amy Matthews (P)

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Fluid Strength Yoga Practice™: Awakening Embryological Energy

Faye Berton and Jean Fraser

Supported, rhythmic movements infused with dynamic breath are used to awaken Prana to a fluid state. Each movement is followed by rest in which deep healing and spontaneous meditation emerge. Neuromotor learning and ancient wisdom provide its potency.

Awakening potential and accessing aliveness are the themes in Faye's 40-year journey with Yoga, Feldenkrais®, Bones for Life®, and Ayurveda. A health challenge led her to create this fresh, powerful, and rejuvenative practice.

Over 30 years of experience in dance, somatic disciplines, and yoga inform Jean's teaching. She specializes in developing yoga and movement-based programs to address anxiety and stress. Jean's yogic journey started with Faye in 1994. Her own body needs inspired her to study and, ultimately begin teaching the Fluid Strength Yoga Practice.



Ideo Kinetics: Looking Back, Looking Forward, and Constructive Rest

Myron Howard Nadel

Dr. Lulu Sweigard brought an important form of Somatics to Dance Education. This workshop looks back at her goals in the teaching of Ideo-Kinetics and the importance of her work in dance curricula then and now.

Myron Howard Nadel is a Professor at the University of Texas at El Paso. He studied with Dr. Lulu Sweigard at the Juilliard School and has promoted the principles of Ideo-Kinetics at five universities for dance and music theater majors.



Move/Write/Move

Paula Josa-Jones

When we connect words and movement, both are transformed. Grounding awareness in the body

gives us a clear and immediate sense of ourselves, of our own meaning and stories. By connecting movement and words we cultivate a moment-to-moment awareness and find true voice, tapping into experience, thought, feeling, memory, and dream, finding words to take from the body to the page and from the page into the body.

- How can writing inform my movement practice, my bodily experience?
- How can moving my body deepen my writing?
- What words are generated from the body? What movement is generated from words?

Paula Josa-Jones is a dancer, choreographer, writer, visual artist and movement educator. Her work includes choreography for humans, inter-species work with horses, dancers, and riders, and film.



Attending to Details Difference: Releasing and Integrated Dance
Julie Nathanielsz

The presentation discerns meeting points of Skinner Releasing and the techniques and choreographic practices applied among dancers of diverse bodies and backgrounds in an integrated context. It credits the mixed-ability dance project Body Shift (Austin, Texas) as the means of bringing diverse somatic and embodied practices into conversation.

Julie Nathanielsz, MFA, is a dance artist based in Austin, TX and Ithaca, NY, USA. As an organizer, she has presented other artists, designed residencies, and coordinated the integrated dance project Body Shift, an initiative of VSA Texas and Forklift Danceworks. Julie teaches independently and has served as adjunct faculty at Texas State University and Austin Community College. She holds SRT teacher certifications at the Introductory and On-Going level.



(In/Of)
Mary Ann Rund (P)

Water naturally moves in and out of vessels and channels of all sizes, shapes, and composites. How do fluids and their movement outside our physical bodies correlate to that which is within? Meeting, merging, emerging, and communing in and of the waters of the San Marcos River.

Restored by a sabbatical in an oasis in the mountains of western Colorado, Mary Ann is exploring new ebb and flow. Teaching somatic yoga and movement at Washington University in St. Louis, she keeps one foot in the dance world. SME, IDME, RYT, MFA/Dance

Performance begins at 8:00 pm

FURTHER, an evening of performances featuring work by:

ACT ONE: John William Johnson, Hannah Park, Petra Kupperts, Annie Brook
Intermission

ACT TWO: Beth Goren, Anna Sedlackova, Paula Josa-Jones, Teri Carter, Joy Cosculluella

Audience is welcome to come and go at intermissions

SATURDAY, JULY 29, 2017

9:00 am-10:30 am

'The Eyes Have It': Dancing from Your Vision—An Investigation of Vestibular Vision
Margery Segal (P)

The workshop will investigate the vestibular aspects of vision as it informs sensing, feeling, and movement. Orientation/disorientation and their premotor aspects will be explored and challenged in this dive into dancing our vision.

Margery Segal is a Body-Mind Centering practitioner, dancer, somatic movement therapist, and psychotherapist living in Austin, TX.



Developmental Movement at the Barre: The Fluidity of the 'Barre Mindbody' Technique
Tracey Nicholson

Barre-MindBody is fluid, fun, and challenging. Using a Barre, contemporary music, and underpinned with theory of developmental movement patterns to deliver heightened emotional/physical awareness and mental acuity.

Tracey Nicholson is a registered Dance Therapist, Pilates practitioner, and Somatic educator specializing in education and mental health for 25 years. Executive Officer of Tensegrity Training (Australia), offering accredited training in Somatic Movement Therapy and Pilates.



Fluid Boundaries: Momentary Awareness of the Cell
Clare Knudson (P)

Utilizing principles of Body-Mind Centering and the practice of Authentic Movement, students will be experientially guided to explore ways to build responsive boundaries based on their unique cellular consciousness. Students can expect to cultivate moment-to-moment awareness of the ever-shifting boundaries that arise in contact with their somatic intelligence.

Clare currently lives in San Francisco, CA, where she teaches classes in Body-Mind Centering, Authentic Movement, and Vinyasa Yoga. She completed her Somatic Movement Educator Training in 2015 from the School for Body-Mind Centering in North Carolina. She holds a degree from Naropa University in Somatic Psychology and brings an expansive, creative and detailed approach to the exploration of the body.



Sitting: The Physical Art of Meditation

Erika Berland (P)

This workshop is based on Erika's recently published book on experiential anatomy, Body-Mind Centering principles, and the posture of meditation. Guided exercises and somatic contemplations will be presented. No experience of meditation is necessary.

Erika is a Practitioner of Body-Mind Centering and a senior teacher and meditation instructor in the Shambhala Buddhist lineage. She is a founding faculty member of the MFA in Performance at Naropa University, where she has taught for the past 13 years.



Moving Waters: Choreographers and Water Imagery

Cynthia Williams

Humphrey, Ailey, Taylor, Varone: some of many artists who have created dances with metaphoric water images. This workshop examines these dances and invites participants to respond by creating their own water stories in writing and movement.

Cynthia Williams (BFA University of Utah, MFA Connecticut College), Professor of Dance at Hobart and William Smith Colleges. Co-director of the Somatic Dance Conference & Performance Festivals since 2013, she is a writer, choreographer, and dancer.



Dive Deep: The River Dance

Amanda McCorkle

This workshop will use Butoh practices to engage with the flowing, swirling currents of the river in order to create an improvisational movement experience. Participants will decide upon their personal level of involvement with the water.

Amanda McCorkle is a choreographer, performer, and teacher from Central Texas. She has presented work in Texas, Oklahoma, New York, Scotland, and beyond. Currently, she is on the Dance Faculty at Texas State University.

10:45 am-12:15 pm

Continuum Creative Edges

Teri Carter

The inner process of Continuum discovery spills into the outer reaches of relationship. From a fluid dive preparation tissue structure becomes multi-dimensional, we shift our inner experience into an outer world 'play.' Streams of nourishment are readily absorbed as if one were bathing in the elixir of life itself, and subtle gesture emerges into character expression, reflected in our body as a living process. Part of a planetary process, our body informed by billions of years of bio-creativity, movement possibilities arise from inter-species intelligence.

Teri Carter shares her Embody Life method, a synthesis of 30 years of dance, experiential research, and applied practice. She holds multiple somatic and bodywork certifications, and is a cutting-edge somatic entrepreneur, using multiple platforms to share in-person and virtual experiences worldwide. Former ISMETA President, she has a Masters in Dance, trained in BMC (certified practitioner 1998), became an Authorized Continuum Movement Teacher by Emilie Conrad, and founded SOMAfest, Somatic Movement Arts, Somatic Speaker Summit, and Somatic Equine Arts.



"Move It" Dance Movement Therapy Outreach

Barbara Jo Stezelberger

"Move It" Dance Movement Therapy Outreach Program for adolescents integrates fun with the serious intent to transform lives. This experiential workshop utilizes specific Dance Movement Therapy interventions to demonstrate the application of three theoretical models: attachment theory, Erickson's developmental stages and the residency model. These interventions playfully explore dancing with the individual self, self in relationship, and self in community, to enhance recovery from trauma, abuse, depression, and attachment wounds.

Barbara Jo Stezelberger, LCSW, BC-DMT, is a Board Certified Dance Movement Therapist specializing in movement, dance, and somatic psychology to help individuals access their innate body wisdom and healing capacities. She has over 26 years of experience, primarily treating attachment wounds, trauma, and depression. She is Artistic Director for Kathy Dunn Hamrick Dance Company's outreach program "Move It." Honored by the University of Texas she was the first Texas School Social Worker of the year.



Embodied Bellydance®

Maria Sangiorgi

The Essence of Egyptian dance is based on the spiraling primordial movements of life and the universe. The dance moves through the fluid systems supported by the organs, shaped by the bones, and driven by the pulsatory movement that radiates from the naval in 6 directions. This will be experienced in this workshop.

Maria Sangiorgi is an Artist, Dance Movement Therapist, Teacher, Counselor, Massage Therapist from Australia, based in Italy. She has explored somatic movement practices and their relationship to Ancient dances, particularly Egyptian dance, for 27 years.



Watershed Associations: Locating the Dart Procedures in the Developmental Movement Canon

Elizabeth Johnson

The Dart Procedures remain a relatively lesser-known entity in the greater canon of developmental movement practices. Through an Alexander Technique lens, the workshop will teach the Dart Procedures and explore its relationship to Bartenieff and BMC.

Elizabeth Johnson holds a BFA (GMU), MFA (UIUC), Graduate Laban Certificate in Movement

Analysis (Columbia College Chicago), is certified to teach the Alexander Technique (AmSAT/ATI), and is an Assistant Professor of Dance at University of Florida.



A Theory of Folklore/Performative Inquiry Along Rivers Archiving Human Knowledge
Christine Bellerose

Other ways of knowing: folklore histories, somatics, bodied water. Movement performance-in-rivers and Performance Dance Studies shaping a theoretical argument of access to rivers as human archives. Felt facts and fictions converge, imagining counter histories.

Christine cricri Bellerose is a Québécois movement performance artist and a Dance Studies PhD student at York University (Toronto, Canada). Eastern-Western cosmologies and experiential performative relationships with rivers and flow infuse her practice and research. At the BMCA 2016 Conference in Montreal (Canada), she presented a performance/lecture on choreographic modes of re-performing Butoh via Shinto Zen 'ma' spacetime and Laban Effort qualities. An upcoming book on phenomenology and performance edited by Sondra Fraleigh is publishing Christine's Master's research on 'ma'.

2:30-4:00 pm

Flow, Drawing, and Painting
Rebecca Haseltine (P)

Flow happens in riverbeds, leaves, and bodies, from outer to inner nature and back. This will combine outdoor experience of flow and somatic experience of flow — followed by flow into expression in drawing and watercolor.

Rebecca Haseltine has been practicing BMC and making art since 1990. The two practices have always been intertwined. Both are inquiry-based experiments that talk to each other, and she loves sharing both.



Fluidity and Viscosity: Exploring GYROKINESIS® Flow
Dominika Gaines

A GYROKINESIS class is comprised of sustained gentle, undulating movements of the spine and joints coupled with rhythmic breathing patterns. The class begins seated on stools, progresses to the floor and is completed with standing work.

Dominika Borovansky Gaines owns Kinesphere Center for Movement Education in Phoenix. She became a GYROTONIC® Master Trainer in 2006. She holds both a BFA and MFA in Dance Performance and Choreography and has a rich and varied somatic background.



Sensual Eating Ritual
Beverly Bajema

Beverly guides a sensual eating ritual: contacting the lumen of the digestive tract with sound and movement; meeting food with all the senses, dancing, and drawing; considering the history and future of this specific food; and a sensual eating meditation.

Beverly Bajema engages in seasonal daily practices involving art-making, dancing, writing, and teaching. She completed a two-year Authentic Movement training with Contemplative Dance, has worked extensively with Deborah Hay, and is in BCST training.



Sedimenting and Eroding: An Embodied Expression and Experience of Relationship
Bailey Anderson and Amanda Benzin

This two-part workshop begins with an embodied expression by the artists, followed by a guided movement experience and discussion, which both explore grief, rejection, and nuanced relationships through somatic embodiment and BMC organ and fluid systems.

Bailey Anderson is inspired by the intermingling of influences in the world. She received her MFA in Dance from CU Boulder where she studied disability and the intersection of dance pedagogy, performance, somatics, and feminist thought. Her current work and process centers around the diverse experiences and knowledge that come from disability and the ways that disability can intersect with other ways of knowing.

Amanda Benzin is a rhythmically, emotionally, and somatically-driven teacher, performer and choreographer originally from Buffalo, NY. She received her MFA in Dance from CU Boulder where she focused on the intersection of dance pedagogy, performance, somatics (Body-Mind Centering and Alexander Technique), feminist thought, and vulnerability. Her current work explores the gendered implications of vulnerability within the field of dance and its impact on the body.



Be Moved by Babies
Anna Sedlackova (P)

This presentation and exploration will focus on the activities of Babyfit, an early developmental education center in Slovakia. The methodology of BabySoma that is used in baby parent group classes, as well as in work with children with special needs, will be introduced.

Anna Sedlackova is a Slovak choreographer and dance teacher in the Dance Department of the Academy of Performing Arts in Bratislava. She is a 2013 Practitioner graduate from the German program. Since 2004, she has been the director of the non-profit organization Babyfit.



The Flow of Words: A Panel with Currents' Editorial Board

Panel Facilitator: Kate Tarlow Morgan (P)

Panelists: Dana Davison, Martha Eddy (P), and Pat Ethridge (P)

Somatic Writing has emerged as a literary field while cross-sectioning the already established disciplines of dance, movement therapy, touch, and anatomical experimentation. Somatic Writing invites the Writer to explore the un-canonized tools towards a "moved" literature and incites the Mover to capture the arc of experience. Come jibe with us—the *Currents* Editorial Board, past and present—in considering this new form and the ways in which language engages the body!!

Kate Tarlow Morgan, New York City-born choreographer, writer and Rhythms Teacher in public schools, is editor-in-chief of Currents Journal for the Body-Mind Centering Association, and editorial consultant for The Lost & Found Poetics Document Initiative at The Center for Humanities, New York City.

Dana Davison, RSMT/E, is a faculty member and practitioner of Dynamic Embodiment, specializing in breathing practices. She presented at the Body-Mind Centering Association conferences in Ghent, Belgium, Portland, OR, and Montreal, QC, Canada, and she contributes to the BMCA journal, Currents. She teaches Moving for Life, BodyMind Dancing and Somatic Anatomy, as well as offering yoga workshops and private sessions in Brooklyn, NY. [thesomafox.com]

Martha Eddy, CMA, RSMT, Ed.D, Director -Dynamic Embodiment, Licensed BMC teacher (1984), past-president ISMETA, practitioner, lecturer, author of Mindful Movement. Founder of BodyMind Dancing and Moving For Life — non-profit organization providing free classes for people with illnesses.

Pat Ethridge is a Certified Practitioner who has served on BMCA's Journal Committee and in various other capacities over the years. She lives in New York City.



BMC Water Sessions

Annie Brook (P)

Learn the footwork skills, holding supports, and how to use water work to integrate the developmental patterns. Learn to recognize the difference between presence and dissociative trance states when joining with water flow.

Annie Brook, Ph.D. (Somatic Psychology), author, BMC teacher, and Somatic Geek, loves movement awareness. Founder of the Brook Institute, Annie has been sharing somatic skills for decades. She is a clear, inspiring, and passionate teacher who draws from many somatic practices.

4:15 pm-5:45 pm

PLENARY SESSION

Re-Wire Dancing States

Nina Martin, Leslie Scates, Andrew Wass, The Lower Left Collective

ReWire-Dancing States: A somatic dance method with a focus on sensory/kinesthetic and motor/neuronal movement scores that attempt to bypass "mind" in order to move "under the radar" of the conscious mind to discover unpremeditated expression. Past participants (including persons living with Cerebral Palsy) report benefits that include efficient re-patterning, emotional connection through movement, skills for moving in the pre-conscious state — the liminal time/space frame between subconscious and conscious states — and improved well-being. Members of the Lower Left Collective— Nina Martin, Andrew Wass, and Leslie Scates — will facilitate participants in the lecture/demonstration/workshop. No experience is necessary.

Nina Martin's choreographic/improvisational works and master teaching have been presented nationally and internationally. She was a founding member of Channel Z Performance Collective (NYC), New York Dance Intensive School, and Lower Left (www.lowerleft.org). Nina began developing unique dance systems, such as Ensemble Thinking and ReWire-Dancing States while working in NYC since 1976 and offers teacher certification in them as well as Hamilton Floor Barre. Presently Nina is board president of Marfa Live Arts and Associate Professor at TCU School for Classical & Contemporary Dance. She completed her MFA in 2008 and PhD in 2013 at Texas Woman's University.

Using Ensemble Thinking and ReWire/Dancing States as movement platforms and containers for field research, Leslie Scates has worked with diverse groups and individuals: young adults with neurological differences, women recovering from substance abuse, Alzheimer's patients and caregivers, corporate teams, as well as professional dancers and choreographers. Leslie enjoys working with children, adolescents and grownups who value moving creatively to build community and enhance personal vitality in all moments of life. She is currently earning a Master's of Education in Counseling Psychology from the Psychological Health and Learning Sciences Department of the University of Houston.

By experimenting with aleatoric, improvisational, and indeterminate processes, Andrew Wass finds that movement reveals an inherent awkwardness, a humor that echoes our own vulnerabilities. Influenced heavily by his undergraduate studies of Biochemistry at U.C. San Diego, Andrew works by creating a defined, almost crystalline palette in order to generate a myriad of possibilities. The possibilities are reduced and concentrated in the moments of execution and reception. A member of the performance groups Non Fiction and Lower Left, he is a graduate of the MA program of Solo/Dance/Authorship at the Hochschulübergreifendes Zentrum für Tanz in Berlin.

7:30 pm

FILMS

Global Water Dances

Martha Eddy (P)

Global Water Dances serve a global community of choreographers and movers to lead local change for water issues through live outdoor events. Using decades of experience with Laban Movement Choirs, Global Water Dances engages people in community dance to create social cohesion and activism focusing on specific local water issues. This film depicts the choreography emergent around the world.

Martha Eddy has been part of the Steering Committee for Global Water Dances since its inception in 2008. She is the NYS regional coordinator.

YAKONA, San Marcos River Documentary by Anlo Sepulveda and Paul Collins

Presented by LeAnne Smith

Filmed over a three-year period at Aquarena Center in San Marcos, Texas moviemakers Anlo Sepulveda and Paul Collins tell the centuries-old story of the river from the river's perspective. The area surrounding Aquarena Center's Spring Lake, created by more than 200 springs, is widely recognized as one of the longest continually inhabited areas in North America, and YAKONA—roughly translated as "rising water" in the native Coahuiltecan language—takes viewers from the river's source to the sea while touching on elements of Texas history as varied as skirmishes between native tribes and the Texas Rangers and the erstwhile swimming pigs of the long-closed Aquarena Springs amusement park.

LeAnne Smith serves as Artistic Director for Opening Door Dance Theatre at Texas State University where she has been a member of the faculty for 34 years. LeAnne holds an MFA from Case Western Reserve University where she met Wendy Hambidge.

8:30 pm-9:30 pm

BMCA Dessert Benefit Reception and Silent Auction

Please join us in the Jowers Center back foyer after the films for desserts, a cash bar, and to place your final bids on any items for the Silent Auction!

SUNDAY, JULY 30, 2017

7:30 am-9:00 am

BMCA Annual Meeting breakfast

BMCA members are invited to the Association's annual meeting breakfast. Please purchase breakfast in advance via BMCA.

9:15 am-10:45 am

A Somatic Journey Through the Body Fluids

Lana Gelb

Participants will experience movements and music that correspond with, and will activate, the fluid systems in the body

Lana Gelb, a native of South Africa, has been a Somatic Movement Therapist and Mind-Body Specialist for the past 35 years in South Florida. She is the President of Good Vibes Consultants and has a Masters degree in Community Health Administration.



Submersive Acts: An Embodied Ecology

Cynthia Stevens (P)

This workshop considers the interrelationship of the body, community and environment through water. Participants will engage in a creative process using BMC, dance, voice and ecology to foster a visceral sense of flow from the microscopic to ecosystemic.

Cynthia Stevens slips into streams, swamps, and Great Lakes with her group, INSITU, specializing in environmental performance and media. Her work draws on 30 years exploring the interconnections of dance, ecology, voice, and Body Mind Centering.



Authentic Voice, Authentic Presence

John William Johnson

Learn how to speak to the issues that have led us to leading our lives from our heads instead of our bellies. Experience tools for being present without presenting. Using the voice to access your present sensations and interior landscapes. Handouts.

John William Johnson is a Nationally Certified Massage Therapist and Board Certified Psychotherapist. He has spent the last 40 years developing a tool kit to work with somatic issues. He teaches and performs around the world.



Crossroads: Somatic Anatomy of the Pelvis

Dana Davison and Lissa Michalak

Crossroads are places for change, and the pelvis is a major crossroads of the body. Its bones create a connection between upper and lower; its muscles support the essential organs held within; fluids are stored in the pelvis and run through it; its glands offer grounding and sensuality through the elements of earth and water. By exploring and experiencing the anatomy of the pelvis through the body systems, with visuals, movement, and hands on practice, this workshop will uncover a path to a happier, healthier pelvis.

Lissa Michalak, RSMT/E is a Dynamic Embodiment practitioner who has studied anatomy in relation to movement over 25 years of teaching. She brings a full experience of movement and anatomy to her students and clients in NYC and elsewhere.

Dana Davison, RSMT/E, is a faculty member and practitioner of Dynamic Embodiment, specializing in breathing practices. She presented at the Body-Mind Centering Association conferences in Ghent, Belgium, Portland, OR and Montreal, QB, Canada, and she contributes to the BMCA journal, Currents. She teaches Moving for Life, BodyMind Dancing and Somatic Anatomy, as well as offering yoga workshops and private sessions in Brooklyn, NY. [thesomafox.com]



Envisioning Family-Centered Therapy

Panel Facilitator: Shannon Preto

Panelists: Rebecca Haseltine (P), Margery Segal (P)

One-on-one therapy can be broadened to also become a family participatory therapy, so the client can be returned into the family's dynamic (fluid) system, such that therapeutic gains are not undercut by the family system's "desire" to return to its norm.

Shannon has just completed his Master's of Science in Occupational Therapy from Dominican University of California, in San Rafael, CA. He holds an MFA in Dance from the University of Colorado at Boulder. In 2012, he completed the BMC and yoga programs.

Rebecca Haseltine has been practicing BMC and making art since 1990. The two practices have always been intertwined. Both are inquiry-based experiments that talk to each other, and she loves sharing both.

Margery Segal is a Body-Mind Centering practitioner, dancer, and somatic movement therapist and psychotherapist living in Austin, TX.

11:00 am-12:30 pm

Released from Within: Breath, Words, Bones

Nadine Mozon

This workshop explores the inherent life of words that invite and demand embodiment as an organic response. Text and context serves as a wellspring for somatic response and psyche in concert. Use of Text. Use of Self.

Nadine Mozon is an actress, writer, and teaching artist whose devised work aesthetic honors psychophysical response to the body in space. Performance credits includes theatre, television, and film. Her creative process honors Alexander Technique.



One Fluid, One Membrane: Dance as Somatic Exploration

Tal Halevi (P)

This guided movement journey will explore the history of the body as a fluid-filled membrane. It begins with a circular membrane, the first form. Lying on the floor, feeling all sides of the body as they make contact with the earth. Then rolling, the circularity of the transitions registered through continuous contact of body and floor, membrane wrapped around inner fluid — an existential experience, sensuous and concrete: the starting point for a consideration of the dynamic relationship between boundless flow and form.

Tal Halevi is a choreographer, dancer, and teacher based in New York City. For the past 25 years she has explored the evolution of movement pattern as source for choreographic invention, personal insight, and transformational experience. She is a certified teacher of Body-Mind Centering.



Wielding Weight Through Touch: Contact in Contemporary Dance Technique

Tammy Sugden-Carrasco

This workshop explores Contact Improvisation-based principles in the context of codified contemporary technique class for college-aged dance students. Interspersed through the guided movement exploration will be discussion questions that explore ways in which physical contact can be used to engage formally-trained dancers with a true sense of weight, momentum, and self, as well as enable them to conceptualize their bodies in partnerships, solo dancing, and other choreographic contexts.

Tammy Sugden-Carrasco is an Assistant Professor at The College at Brockport, SUNY. She has studied with Nancy Stark Smith, Bebe Miller, Jennifer Nugent, among many others, and continues to research the ways various dance practices merge in her teaching and choreography. She received a BFA from University of North Carolina School of the Arts, MFA from The Ohio State University, and is Artistic Director of WILD BEAST DANCE, a Rochester-based company.



Water: The Foundational Fluid

Daniel Fruge (P)

Water is the keystone molecule in all of our body fluids, from which all movement originates and through which all chemical reactions occur. Come experience somatizations designed to illuminate the interplay between water and fluid movement.

Daniel Fruge is a PhD chemist who has studied BMC for 12 years. He is a certified BMC Practitioner and holds certificates in Embodied Anatomy and Yoga and Embodied Developmental Movement and Yoga.



Staging Soma, Living Revisionist History: Lower Left's "Secondary Surface Rendered" and the Phenomenology of Possessive Individualism in the American Avant-Garde and Popular Culture
Kirsche Dickson

This presentation re-presents the somatic outlines and effects of Lower Left's interdisciplinary, interactive art installation "Secondary Surface Rendered" in order to explore the embodiment of progressive individualism in American Avant-Garde and Popular Culture — paying particular attention to the fluid body, theatrical/everyday organization of space, and discourses of race and temporality.

Kirsche Dickson is interested in dance and discourses of temporality in the history and culture of American Capitalism. She continues to follow lines of research outlined in her dissertation, Liberty Dances: American Women's Movements and the Revival of Faith in Democratic-Capitalism (UCR 2003) independently as a scholar, artist, activist and healer. She is gainfully employed at the moment as a licensed massage therapist working in the luxury spa industry in Austin, TX.



The Future of Somatic Movement Education and Therapy: A Roundtable Conversation
Panel Facilitator: Teri Carter

Join your colleagues and imagine the future of our emerging profession. This interactive conversation will focus on topics most relevant to our practices today. Together we will identify challenges and envision solutions that support us all professionally.

Teri Carter, MA, RSME-T, CMT, dedicated to integrating embodied creativity and healing arts, shares 35 years of experience in dance and mindful body practices through international sessions, workshops, and performances. With a BFA and Masters in Dance, she trained in BMC (Certified Practitioner 1998) and became an Authorized Continuum Movement Teacher by Emilie Conrad. Founder of SOMAfest, Somatic Movement Arts certification training, Somatic Speaker Summit, and Somatic Equine Arts, Teri has served as President of ISMETA.

2:30 pm-5:00 pm

FEATURED PRESENTERS

Awakening Whole Body Intelligence: Moving/Writing
Andrea Olsen

As somatics practitioners, we use language as a portal into experience, to describe and articulate our work, and to partner the moving body in private work, in the classroom, and in our communicative, expressive lives. In this workshop, the Discipline of Authentic Movement provides a frame for accessing visceral, embodied writing. Holding the on-going experience of movement as primary, we will journal and script, verbalize and edit, and question the interconnectedness of words and movement.

Andrea Olsen, dance artist, author, and educator, has been a Professor of Dance at Middlebury College in Vermont over the past three decades and is the author of a triad of books on the body: Bodystories, Body and Earth, and The Place of Dance with colleague Caryn McHose. She currently

teaches on Middlebury's Monterey, CA campus, bringing mindfulness practices into graduate courses on global communication. Recent projects include hosting a Whole Body Intelligence with colleague Nu_khet Kardam and continuing the "Body and Earth: Seven Web-Based Somatic Excursions" film project with Scotty Hardwig and Caryn McHose. <http://andrea-olsen.com> and <http://body-earth.org>.



Developmental Technique™: Structuring Technique from Experiential Research and View
Wendell Beavers

A somatic technique class with application to choreography:

(A) Warm-up sequences differentiating and integrating anatomical systems; establishing all surfaces of the body as support and initiators of movement; establishing the equality of all six limbs as initiators and supporters of movement; moving through levels and through space with reference to the reflexes and developmental/evolutionary vocabulary.

(B) Guided research via improvisation of the primary developmental and experiential anatomy material as a source for generating original, repeatable movement.

(C) Sharing individual research through a variety of "teaching off" methods to collectively create repeatable movement sequences (katas).

We will sequence and compose in time and space all of our research into a simple but elegant choreographic presentation for our own enjoyment and celebration.

The material in this workshop is based on Wendell's research into developmental movement and experiential anatomy and the application of this research to building dance and physical theater curriculums in many settings: NYU's Experimental Theater Wing, Naropa University's MFA Theater: Contemporary Performance Program, The American Dance Festival's Six-Week School, The School for New Dance Development (SNDO) Amsterdam, EDDC Arnhem, Rotterdam Modern Dance Academy, Movement Research (NYC) and many other programs.

Wendell Beavers was the founding chair of Naropa University's MFA in Contemporary Performance. He was also a founding faculty and Director of New York University's Experimental Theater Wing (ETW) and a founder and early Director of Movement Research (NYC). He continues to teach, choreograph, write, and direct physical theater using developmental movement, experiential anatomy, and psychophysical acting techniques.

5:05 pm CLOSING CIRCLE

Performance Programs
Curated by Jeanne Feeney

THURSDAY, JULY 27, 2017, 8:00 pm

WATER

ACT ONE: Anna Antoniewicz and Shay Ishii, Martha Eddy (film), Rebekah Chappell, Koren Wicks, Michelle Nance

Intermission

ACT TWO: LeAnne Smith, Kathy Diehl, Wendy Hambidge, Mariah Maloney, Allison Caw and Caitlyn Tella

Audience is welcome to come and go at intermissions

ACT ONE

Echoes of Undercurrents

Anna Antoniewicz and Shay Ishii

An intergenerational piece with dancers from 4 to 70, performing on either side of the studio window. The window acts as a membrane connecting bodies across space and time as movements are silhouetted, echoed and translated fluidly through the membrane.

Anna Antoniewicz started her love for modern dance by taking a class for P.E. credit at Texas State University. Little did she know that it would change her life so dramatically. Wonderful teachers and peers created a haven for artistic expression and somatic learning that she integrates into library and Montessori programming for children.

With each new artistic endeavor, Shay Ishii seeks to immerse her audience in a kinesthetic and aesthetic experience of movement, light and sound. As a teacher at Texas State University, she seeks to guide her students to a more profound connection to their own bodies. She is the Artistic Director of Shay Ishii Dance Company and Dancestry.

The Story of Water

Martha Eddy

This film features the 2011 global performances from over two dozen countries woven together to get a picture of the entire choreography about the beauty, necessity, and fragility of water. It is the Movement Choir section - the same dance performed around the world of the day's event.

Martha Eddy has been part of the Steering Committee for Global Water Dances since its inception in 2008. She is the NYS regional coordinator.

Nowhere to Go

Rebekah Chappell

This solo explores the act of sustaining oneself in the midst of a personal crisis, using dance making as a way to process, receive, and accept the event. It uses choreography as a ritual to transform the experience and transition to a new state of being.

Rebekah Chappell received her MFA in Dance from The University of Iowa. Her choreography considers the relationship between art and efficacy by investigating performances of experience, dances made in, out of, and from an event, rather than about it.

Embodied Ecology

Koryn Wicks

Embodied Ecology uses dance and interactive media systems to depict the impacts of climate change on ocean ecosystems. The piece was developed in collaboration with marine ecologist Piper Wallingford.

Koryn Ann Wicks is a choreographer and dancer based in southern California. She received her MFA in dance at the University of California, Irvine. Koryn's work integrates video, projection, and interactive media systems with dance. Koryn's work has been shown in New York, Southern California, Montreal, Canada, and Rome, Italy.

And So She Did

Michelle Nance

This solo, grounded in Butoh improvisation, showcases the dancer's journey through somatic experiences. From a mysterious start, to sublime slowness, to evocative imagery, the solo demonstrates Butoh's transformational possibilities.

Michelle Nance (Professor of modern dance and choreography at Texas State University) is an active educator/performer/choreographer in the US and abroad. She has practiced the modern dance technique of Erick Hawkins for 27 years in addition to other dance and somatic forms. Dr. Caroline Sutton Clark (Michelle's co-creator and Butoh teacher) has enjoyed a wide-ranging career in dance, performing professionally with ballet, modern, and Butoh companies in addition to studying several Asian, Pacific, and African forms. Dr. Clark recently earned her Ph.D. in Dance from Texas Woman's University, and is currently a "Caroline Plummer Fellow in Community Dance" in New Zealand.

Intermission

ACT TWO

Immersion

LeAnne Smith

A solo that will explore the healing potential of water. Video of the San Marcos River will hopefully be incorporated into this choreography.

LeAnne Smith serves as Artistic Director for Opening Door Dance Theatre at Texas State University, where she has been a member of the faculty for 34 years. LeAnne holds an MFA from Case Western Reserve University, where she met Wendy Hambidge.

...And Another Wave Approaches

Kathy Diehl

This solo performance is an exploration of the waves of life...ebb and flow, heart beats, breath. Some waves are comforting through a sense of predictability and rhythm. Others are chaotic, sudden, and overwhelming.

Kathy Diehl is an Assistant Professor of Dance at Cleveland State University. She holds an MFA from The College at Brockport and an MSW from Case Western Reserve University. She was a founding company member of Rochester City Ballet and has danced with Bill Evans Dance Company, Present Tense Dance, Biodance, Treeline Dance Works, and Anne Burnidge and Dancers. She is certified in Evans Method of Laban/Bartenieff-based dance and is also a certified yoga instructor. Diehl's choreography has been presented nationally at various universities and festivals. For more information about Diehl's project-based dance collective, please visit www.kdiehldanceworks.com.

Discovering My Fluid Body

Wendy Hambidge

A performance piece of movement and text. Story of discovering embodiment, embryology, connection and reflection of nature in my body, my rivers, my wetlands, my bogs, my lakes, my oceans, my mountains, my fluid bones. Felt sense, natural magic.

Wendy Hambidge is a BMC Practitioner, IDME, and Teacher along with serving as Board Chair and President of BMCA. She teaches in several SBMC licensed programs in the US and Europe, teaches in her hometown of Portland, OR, and sees private clients.

Filter (2017)

Mariah Maloney

This solo lives in memory and weaves a dance gleaned through daily improvisations. JoAnne Maffia's field recordings quote and remix the sound environment of Guana Tolomato Matanzas National Estuarine Research Reserve located in St. Augustine, Florida. Inside this work, Maloney and Maffia collaborate inside a movement and sound conversation.

A former Trisha Brown Dance Company dancer, Mariah creates work from the sensing body, accessing movement scores and choreography through improvisation. Mariah presents work nationally and internationally and is an Associate Professor at Brockport.

WILD: a subconscious fantasia

Allison Caw and Caitlyn Tella

A young woman traverses the river of her subconscious in search of the wild and sacred feminine. Unsung cries of ancestors ignite, repressed shadow selves dance out of control, while the soft song of "the one who knows" beckons her from the dark.

Allison Caw holds an MFA from Naropa University and a BFA from the University of the Arts. She creates original performances that collage dance, song, and poetry. Her work offers a remembrance of the possibility for personal and collective transformation.

Caitlyn Tella is a theater artist who uses psychophysical and somatic approaches to generate work. She was exposed to BMC through a performance lens by Erika Berland at Naropa University, where she received an M.F.A. in Theatre: Contemporary Performance. This past year she was visiting faculty in the Theatre department at the University of Toledo, where she taught voice and movement and directed various theatrical events.

FRIDAY, JULY 28, 2017, 8:00 pm

FURTHER

ACT ONE: John William Johnson, Hannah Park, Petra Kuppers, Annie Brook

Intermission

ACT TWO: Beth Goren, Anna Sedlackova, Paula Josa-Jones, Teri Carter, Joy Cosculluella

No Way I'm That Old

John William Johnson

Improvisational sound and movement story about hitting a certain number on the line between 1 and 120.

John William Johnson started telling stories doing Primal Theater off Broadway in the 70's. He has also choreographed and performed as modern, post modern, and Butoh dancer. In his free time he teaches Soul Motion and Yamuna Body Rolling.

Roots and Petals

Hannah Park

The dance grapples with themes of dependence, independence, and interdependence, as well as adjusting to the irreversible effects of change and our body's need for balance as it highlights the bodily dimensions of sensations and flow through movement.

Dr. Hannah Park is an assistant professor and director of the dance program and the residential dance ensemble at Iona College. She has served as educator, performer, choreographer, movement specialist, and researcher and enjoys integrating somatic inquiries.

Soma Land: Queercrip Water Explorations

Petra Kuppers

Petra Kuppers shares movement gestures and poetic material from water adventures with fellow disabled and queer artists and community participants. A short glimpse into this political somatic vocabulary, with audience participation.

Petra Kuppers is a queercrip disability culture activist, a community performance artist, and a Professor at the University of Michigan. She is editor of Somatic Engagement (2011) and author of Studying Disability Arts and Culture: An Introduction (2014).

Performance

Annie Brook

Passion, play, and mystery ... a deep listening art. A chance to join Annie in her mysterious

audience participation dialogues.

Annie Brook uses performance art as communion, inviting the audience into deeper muse and mystery of interactive dialog. She has performed and directed for Naropa University, Boulder Fringe Festival, and BMCA conferences.

Intermission

ACT TWO

Two Tribes: Music, Chant, Stories from New Guinea's Rainforest and Highlands

Ziji Beth Goren

Ziji Beth Goren reads portions from the manuscript *Two Tribes*. Ancient music and fluid chant set the tone and accompany stories from Dani-Asmat cultures of West Papua, New Guinea.

Ziji was certified as a BMC teacher in 1980. She's a member of ABMP and ISMETA, founding member of BMCA and Movement Research, NYC. She studied/performed with Nancy Topf, Simone Forti, Sara Mann, and Al Wunder. Her focus weaves voice-movement-writing-travels.

Stories of Be-Coming – excerpt

Anna Sedlockova

Stories of Be-Coming is a movement theater performance which reflects on and creatively transforms stories related to our early development. It aims to reveal a continuum of basic archetypal energies, relationships and movements.

Anna Sedlackova is Slovak choreographer and dance teacher, teaching in the Dance Department of the Academy of Performing Arts in Bratislava. Recently she is performing with the Late Crop collective.

Rave

Paula Josa-Jones

A dance performance by Paula Josa-Jones based on the line "raving in wind" from Anne Lauterbach's poem, "Rancour of the Empirical." Sound score by Paula Josa-Jones with music by Port Mone.

Paula Josa-Jones is a dancer, choreographer, writer, visual artist, and movement educator. Her work includes choreography for humans, inter-species work with horses, dancers and riders, film and video.

Tender Currency

Teri Carter

A solo performed by Teri, this piece was premiered at SOMAfest 2016. The sound score is a mix of music by Nawang Khechog and Didginus. The piece looks at the nature of our body as a source of nourishment and splendor, where the medium of exchange is our organism's innate bio-

creativity, the potential of our fluid system and ever-shifting cellular states to resonate with the environment.

Teri Carter, MA, RSME-T, CMT, dedicated to integrating embodied creativity and healing arts, shares 35 years of experience in dance and mindful body practices through international sessions, workshops, and performances. With a BFA and Masters in Dance, she trained in BMC (Certified Practitioner 1998), serves as Director for Continuum Movement® and an Authorized Teacher by Emilie Conrad. Teri is founder of SOMAfest, Somatic Movement Arts certification training, Somatic Speaker Summit, Somatic Equine Arts, Continuum Virtual, and was formerly President of ISMETA.

Remembering

Joy Cosculluela

We tap into nature's bodies to remember our bodies. Grounded in questions such as "Who are my people/ What is my mountain/ What is my ocean," we re-embodiment, remember, and reflect on who we are. We use Tamalpa Life-Art Process to explore current themes and generate resources.

Joy Cosculluela, MFA, RSME, is a performing artist, movement educator, and somatic practitioner. She is artistic director of The Wayfinding Performance Group in San Francisco. Joy has performed extensively with Anna Halprin and teaches at Tamalpa Institute.

Conference Credits

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