



Program & Presenters

Jump to Date

Note: Dates correspond to U.S. Eastern Daylight Time and may not be the same as your time zone.

[Thursday, May 13](#)

[Friday, May 14](#)

[Saturday, May 15](#)

[Sunday, May 16](#)

[Monday, May 17](#)

[Tuesday, May 18](#)

Thursday, May 13

Thursday, May 13

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

6:15 AM | 9:15 AM | 10:15 PM | 2:15 PM | 3:15 PM | 11:15 PM

Opening Circle

Join the BMCA board of directors to kick off the Spinning a BMC Web 2021!

Thursday, May 13

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

7:00 AM | 10:00 AM | 11:00 AM | 3:00 PM | 4:00 PM | 12:00 AM

Moving Towards and Restraint: a discussion with Michal Shahak (Community Discussion)

Moving Towards and Restraint – COVID's physical/social distancing restrictions effects on the front of our body; the bodily self; our social hormones; how can we invite/invent new ways for connecting and embracing. Crystals of restraint amidst COVID's restrictions and moments of reconciliation and resolution. The discussion will invite people's experiences both on personal and BMC professional levels and will aim to entice a discussion from the BMC points of view and thoughts about how we can maintain fluidity amidst the "crystals of restraint" in our bodies.

Michal Shahak holds a BA in Dance and a MA in Dance Movement Therapy. She has been a BMC Practitioner since 1994, a Certified Teacher since 2001, and a Somatic Experiencing senior practitioner since 2007. She has 25 years experience of clinical private practice in Somatic Movement therapy, specializing in trauma in Jerusalem and Tel Aviv, and teaches BMC at the Jerusalem Academy of Music and Dance, and in Body-Lab (an independent initiative of hers) in Israel.

Contact: michal.shahak@gmail.com

Thursday, May 13

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

9:00 AM | 12:00 PM | 1:00 PM | 5:00 PM | 6:00 PM | 2:00 AM

BMC, Trauma, and Imagination with Thomas Greil (Practice)

To deal with strong experiences in our lives we need to find coherence on different levels: rational, poetic, affective, and instinctive as well as on the level of body systems, fluids, cells, and tissues. We will explore the way imagination helps to integrate these levels, to create a bridge between past, present, and future, to transform habits, and to let go of projections. Over the last years, I have been researching the specific ways BMC can contribute to the field of trauma therapy.

Thomas Greil is a Practitioner and Teacher of BMC. He has worked with babies, children, and adults for more than 20 years. His interest in children with special needs and their families comes from years of research of developmental movements, neuroscience, healing trauma, and embodiment. He is currently studying the Jeremy Krauss Approach (JKA) in Germany. He lives in Faenza, Italy, where he directs, together with Carla Bottiglieri, Minima Somatica, a nucleus of somatic research in practices and narratives of embodiment.

Contact: thgreil@gmail.com

Thursday, May 13

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

11:00 AM | 2:00 PM | 3:00 PM | 7:00 PM | 8:00 PM | 4:00 AM

We Are Transformed By What We Focus On: An Exploration Magnifying the Infrastructure of Assumptions and Process of Somatic Presentations with David Hurwith (Practice)

When we bring our consciousness to the functions of our body, we are changed by the experience. Those shifts of the quality in our perceptual tone represent a

re-assemblage of the self. This session is about honoring the new selves that emerge from our somatic practice.

David Hurwith made a life dancing and in the midst of that exploration, the study of the body's natural expression and health supplanted an art career. For the last 30 years he has been studying Authentic Movement and Body-Mind Centering. Now, he helps people understand how the body functions and expresses itself in movement.

Website: <https://www.ritualandresearch.org>

Contact: antediluv5@gmail.com

Thursday, May 13

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

1:00 PM | 4:00 PM | 5:00 PM | 9:00 PM | 10:00 PM | 6:00 AM

Inclines, Re-finds, Streamlines with Ellen Barlow (Practice)

What does bringing equilibrium into your movement practice offer? Using one's outdoor and home environments to elicit balance responses changes the mind and complements other practice goals. BMC provides the basis for safe play, let's use it.

Participants are asked to have available: an open wall space - a slant board or firm wedge or stack of large books - a sturdy chair - a physioball.

Ellen Barlow, a founding member of the Body-Mind Centering Association, has been applying the wellness practices of BMC in dance, fitness, yoga, and physical therapy since the mid-1980's. She is a certified Practitioner and Teacher of Body-Mind Centering, a Certified GYROTONIC® and GYROKINESIS® Trainer, and a Registered Somatic Movement Educator (RSME - ISMETA), currently serving on the board of directors of the International Somatic Movement Education and Therapy Association (ISMETA). She resides in Washington, DC where she maintains a private practice and works at Elements Fitness & Wellness Center as a Physical Therapy Aide and Senior Instructor.

Contact: ellenbarlow@gmail.com

Thursday, May 13

**US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
3:00 PM | 6:00 PM | 7:00 PM | 11:00 PM | 12:00 AM | 8:00 AM**

Glistening Webs – Contacting Our Smallest Physiology with Sylvia Maes (Presentation)

I will present the BMC processes I have used to access health in the smallest areas of our bodily functions. My explorations include tissue surfaces, mitochondrial light signaling, meeting the ions at nerve edges and the salts in tissue layers, encouraging the jiggle that moves the fluids of physiology, and welcoming sunlight in our chromophores like the sunflowers we are. After the presentation there will be an open time for questions and clarifications.

Sylvia Maes is fascinated by the body. Her first class with Bonnie in 1984, articulating brain patterns into a bodily movement pattern, inspired her to continue a lifetime of explorations. She has assisted in many BMC trainings and classes, including teaching connective tissue at the 2019 BMCA conference, as well as practicing BMC at Healing Hands-Movement Therapy in Massachusetts.

Contact: sylviamaes@gmail.com

Thursday, May 13

**US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
5:00 PM | 8:00 PM | 9:00 PM | 1:00 AM | 2:00 AM | 10:00 AM**

Unlearning Racism as Somatic Repatterning with Sarah Johansson Locke and Amélie Gaulier (Practice)

Acknowledging that race is a social construct embedded in the body, how can BMC principles and practices support the work of individual and collective repatterning, so that we can all embody and experience our own and others' inherent dignity as well as realizing accountability? Using a BMC lens to embody aspects of the fluids and nervous systems, this workshop invites participants to consider and reflect on how these systems are shaped by lineage, culture, and environment. This process of embodied research will explore questions around narrative and cultivating the

capacity for generative discomfort, allowing spaciousness for complexity and paradox.

Sarah Johansson Locke is dedicated to creating opportunities for people to learn about themselves, each other, and the world in order to live more engaged and fulfilling lives. Using an alchemy of principles and practices from the fields of art, education, and wellness, she works with individuals and groups to cultivate creativity, inquiry, and vitality through experiential learning, research, mindfulness, embodiment, creative exchange, and collaboration. A graduate of the BMC Embodied Anatomy and Yoga Program, Sarah holds an MA in Dance Education and has extensive training and certifications in several forms of traditional and contemporary dance, yoga, meditation, and somatics.

Website: <https://www.alchemySJLcatalyst.com>

Contact: sarah@alchemySJLcatalyst.com

Amélie Gaulier is a Body-Mind Centering Practitioner and a Registered Professional Somatic Movement Therapist member of ISMETA. She is currently studying Body-Mind Psychotherapy with Susan Aposhyan and in training to become a certified MNDFL meditation instructor. As a performance artist, she has been teaching improvisation through movement, voice, and imagination to children and adults for 14 years. Amélie recently completed a Masters Research Degree at the INSPE/UPEC, National Institute of Professorship and Education in Paris; her research focuses on enactive pedagogy and embodied cognition.

Website: <https://www.ameligaulier.com>

Contact: amelie.gaulier@gmail.com

Thursday, May 13

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

7:00 PM | 10:00 PM | 11:00 PM | 3:00 AM | 4:00 AM | 12:00 PM

The Dance of No Return with Annie Brook (Practice)

Learn the dance of stability, balance, and harmony. When you learn to use your body-mind as a resource you are changed forever for the better. Move beyond the paradigm of fear, blame, confusion, or self-attack thinking. Learn to interrupt emotional pulls or inner flooding. Do this not in the mental body, but fully! Take

pre-cognitive tissue and cellular memory from implicit to explicit and participate in the dance of your own healing. Find the movements of cells, membranes, tissues, and your own inner dance of faith.

Annie Brook, a long-time Somatic Educator, since the '70's has been learning, sharing, writing, and teaching people to find their way. She leads training groups, supervises interns, and helps clients (infants to adults) to integrate their life experiences and find more joy in the day to day. A beloved and sought-after educator, she presents at congresses world-wide. She spends her time in Boulder, CO and enjoys somatics, songwriting, playing instruments, dancing tango, creating art, and sharing resources with others so we share in a more embodied world.

Website: <https://www.anniebrook.com>

Contact: annie@anniebrook.com

Friday, May 14

Friday, May 14

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

11:00 PM | 2:00 AM | 3:00 AM | 7:00 AM | 8:00 AM | 4:00 PM

Cellular Empathy Cellular Curiosity: BMC Core Approaches in Relating to the Body-Mind and Exploring Our Bodily-Self Experience with Michal Shahak (Practice)

In my experience, studying BMC 30 years ago, what got encoded in me on a deep level is the approach to any experience - what I call "cellular empathy/cellular curiosity;" this informs anything I do - whether a private session, teaching, leading workshops, and so forth. This cellular listening is at the core of my work, supports and informs what and how I do what I do and I'd like to share that. The workshop will include experiential explorations and verbal group sharing of the subject as it unfolds in participants' practices, whether teaching or private practice.

Michal Shahak holds a BA in Dance and a MA in Dance Movement Therapy. She has been a BMC Practitioner since 1994, a Certified Teacher since 2001, and a Somatic Experiencing senior practitioner since 2007. She has 25 years experience of clinical private practice in Somatic Movement therapy, specializing in trauma in Jerusalem and Tel Aviv, and teaches BMC at the Jerusalem Academy of Music and Dance, and in Body-Lab (an independent initiative of hers) in Israel.

Contact: michal.shahak@gmail.com

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1:00 AM | 4:00 AM | 5:00 AM | 9:00 AM | 10:00 AM | 6:00 PM

Contribution of BMC for Intellectually Gifted People. Apport du BMC pour les Personnes à Haut Potentiel/Zèbre with Marine Trennec-Arents, Translator: Cécile Mont-Reynaud (Presentation)

Intellectually gifted people do not have something specific only on the intellectual level, but also on the emotional and sensorial level. BMC, thanks to its embodied approach of embryology, makes it possible to make contact with the structures involved in these specificities, which derive from the ectoderm: nervous system, senses, skin. This conference will aim to present how I have been accompanying this audience with specific needs for several years using BMC tools.

Marine Trennec-Arents, with a background in engineering, a profession she practiced for 8 years, was identified as a gifted person at the age of 16. Thanks to the BMC tools, she accompanies both gifted adults and children. She is a somatic movement educator in BMC and is currently completing the IDME and Practitioner programs. The contribution of BMC for gifted people is the subject of her personal project.

Website: [https://https://www.unetrefunambule.com/](https://www.unetrefunambule.com/)

Contact: marine.trennecarents@yahoo.com

Friday, May 14

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

4:00 AM | 7:00 AM | 8:00 AM | 12:00 PM | 1:00 PM | 9:00 PM

When Sleep Becomes Part Of Our Embodiment with Lola Gonthier (Presentation)

In some of the deepest somatic explorations I have experienced, sleep occurred in a way that was short and efficient, a seemingly fundamental path in my embodiment process which helped me recognize my sleeping crisis due to narcolepsy. I was surprised, for example, to observe in others how often sleep happened during or after somatizations, observations which made me feel more and more 'normal,' welcoming 'who I am.' In this presentation I want to share about my personal process of listening to, feeling, and understanding what sleep has to say rather than fighting it, and give space to discussion time for all to share around the intriguing link between sleep, dreaming, sensations, and somatizations.

Lola Gonthier graduated as an SME in 2017. She discovered BMC thanks to dance, where she came to find a softer way to balance her health impacted by narcolepsy. On her way to being a practitioner, she has been researching ways in which Body-Mind Centering can be a hope in a complementary soft treatment of sleeping disorders such as narcolepsy, hypersomnia, or even insomnia.

Contact: gonthier.lola@gmail.com

Friday, May 14

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

6:00 AM | 9:00 AM | 10:00 AM | 2:00 PM | 3:00 PM | 11:00 PM

BMC Yoga Inspired by the Embryology of the Head (Tongue) and the Heart: Playing Catch between Salem-Massachusetts and Mito-Japan with Minako Yoshida and Elaine Wintman (Practice)

Minako Yoshida and Elaine Wintman will offer a yoga class, beginning with anatomical drawings and embodiment. The asana practice will derive in part from

embryological development (when the heart and tongue were of similar size and in close proximity) and will include asanas initiated from or guided by the heart and/or tongue. They will reference the work of Shigeo Miki, a comparative anatomist, embryologist, and morphologist, and they will give participants the opportunity to explore the mind of the heart and tongue as support for movement.

Minako Yoshida is a certified Practitioner of BMC, completing the Teacher Training program in Paris in 2012. She is Adjunct Professor of the faculty of Humanities in the Department of Health and Physical Education at Sophia University, Tokyo. Minako works with special needs children and teaches BMC at nursing schools. She is a member of the committee of the Japan Association of Somatics and Somatic Psychology.

Contact: m-yoshida-8w6@sophia.ac.jp

Elaine Wintman is a certified Practitioner and Teacher of BMC. She is a visual artist working in clay and a writer. She has been in the practice of yoga since 1973, teaching yoga since 1993 and BMC yoga since she met Bonnie in 2000.

Contact: ewintman@gmail.com

Friday, May 14

**US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
8:00 AM | 11:00 AM | 12:00 PM | 4:00 PM | 5:00 PM | 1:00 AM**

Re/source: Adaptive Renewal and Regeneration with Sarah Johansson Locke (Practice)

These times require everyone to tap into resources beyond ones already known, to access processes of renewal and regeneration that go deeper or wider than before. This session will integrate principles and practices of BMC and yoga into movement explorations around these concepts, with the intention of cultivating sources of support, curiosity, vitality, and belonging – as well as considering the interplay of individual and collective experience. Embodying the interrelated capacities of breath, fluids, organs, and the nervous system, participants will explore how to discover new connections, perspectives, and approaches; how to reinvent and re-engage with motivations and intentions; how to recognize and benefit from adaptive and emergent opportunities that are around, between, and within.

Sarah Johansson Locke is dedicated to creating opportunities for people to learn about themselves, each other, and the world in order to live more engaged and fulfilling lives. Using an alchemy of principles and practices from the fields of art, education, and wellness, she works with individuals and groups to cultivate creativity, inquiry, and vitality through experiential learning, research, mindfulness, embodiment, creative exchange, and collaboration. A graduate of the BMC Embodied Anatomy and Yoga Program, Sarah holds an MA in Dance Education and has extensive training and certifications in several forms of traditional and contemporary dance, yoga, meditation, and somatics.

Website: <https://www.alchemySJLcatalyst.com>

Contact: sarah@alchemySJLcatalyst.com

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10:00 AM | 1:00 PM | 2:00 PM | 6:00 PM | 7:00 PM | 3:00 AM

SomaticDisco with Kjerstin Lysne (Social Hour)

SomaticDisco asks the question: surrounded by illness and loss, how are we celebrating today? SomaticDisco is a resisting, an honoring, an online dance party. For this party - for Spinning a BMC Web 2021 - I propose the theme "Season of Song" (from the late Diane di Prima's First Draft: Poet Laureate Oath of Office: "my vow is: / to remind us all / to celebrate / there is no time / too desperate / no season / that is not / a Season of Song") which we will explore through a guided Body-Mind Centering warm-up transforming into free movement and dance, accompanied by a collaboratively curated playlist (send your "Season of Song" inspired song requests to kjerstinlysne@gmail.com).

Participants will be required to play music from a personal Spotify account through a shared playlist. A link to the playlist will be provided.

Kjerstin Lysne loves to dance, especially when there's music playing. A performer and performance maker currently based in Brussels, Belgium, she facilitates and co-creates experiences that fall somewhere between participatory art projects and healing arts projects. She completed her Somatic Movement Educator training with Moveus in Germany in 2018.

Contact: kjerstinlysne@gmail.com

Friday, May 14

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

12:00 PM | 3:00 PM | 4:00 PM | 8:00 PM | 9:00 PM | 5:00 AM

The IDME Experience: Supporting the Postpartum Mother to Move Out of Stress Response and Into Embodied Self-Response with Tami Joy Hindin and Michelle Cohen-Cote (Practice)

In this presentation/practice, we will share our experience (both as facilitator and participant) of how IDME can support the mother in the postpartum transition period. We will discuss the importance of holding sacred space inside and out and creating the opportunity for the mother to be a participant in the process rather than being overwhelmed and stuck in a stress response. We will use IDME principles and practical experience to show how when the mother understands her baby more through the IDME experience in her own body, she creates more ease, understanding, and a deeper connection with her baby.

Tami Joy Hindin (L.Ac, Dipl.OM) is a licensed Acupuncturist and Chinese Medicine Herbalist and certified IDME. She incorporates CST and BMC among other modalities to hold sacred space to help heal mothers, babies, and children through the inevitable transitions that we are always encountering. After completing Yoga and Embodied Anatomy at the Breathing Project, she was inspired to continue her studies in IDME with Kinesthetic Learning Center and Embody Move.

Website: <https://www.INSPIREmindbodyspirit.com>

Contact: tamijhindin@me.com

Michelle Cohen-Cote (MA) is a registered somatic movement therapist/educator and currently in the IDME program directed by Amy Matthews. She helps children through seniors connect to their bodies through movement, reflection, and ritualized practices. She began her BMC training with Dr. Martha Eddy and is a certified Dynamic Embodiment Practitioner and Body-Mind Dancing Teacher, continuing her studies at the Breathing Project. She is also a certified BMC Embodied Yoga Teacher.

Contact: mlynncohen@gmail.com

Friday, May 14

**US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
2:00 PM | 5:00 PM | 6:00 PM | 10:00 PM | 11:00 PM | 7:00 AM**

Dancing with the Body Mind with Martha Eddy (Practice)

Join in a brief introduction followed by an embodied experience of BodyMind Dancing (BMD). An opportunity to digest aspects of the conference: somatize, investigate, interact, and play with BMC concepts and principles through the art of dancing. Learn how BMC interacts with Laban/Bartenieff and Dynamic Embodiment as well. Try on phrases developed while studying BMC in the 1970s - 90s. As you somatically dance, create your own dance motifs, which can serve you for decades too.

Martha Eddy has been making dances since she was 8 but is happiest when dancing with others in virtual or real-time shared spaces. She loves the experience of following the group mind and guiding 'communities-in-the-making' as we dance our intentions. She is the Ferraro Fellow of Social Justice and Dance at Marymount Manhattan College, Founder of ISMETA-approved Dynamic Embodiment Somatic Movement Therapy Training, and a Licensed Teacher of BMC and CMA, with a doctorate in Movement Science.

Website: <https://www.dynamicembodiment.org>

Contact: drmarthaeddy@gmail.com

Friday, May 14

**US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
4:00 PM | 7:00 PM | 8:00 PM | 12:00 AM | 1:00 AM | 9:00 AM**

Working with Children II: "It's not much of a tail but I'm sort of attached to it..." with Margery Segal (Presentation)

“It’s not much of a tail, but I’m sort of attached to it.” (Eeyore). Shadow work and the fluid relationship to inherent potency in every child. A presentation delving into Body-Mind Centering applications to working with Children with Special Needs.

Margery Segal is a Body-Mind Centering Teacher, Practitioner, and IDME. She is a Registered Somatic Movement Therapist, Cranial Sacral Therapist, and Psychotherapist with a specialty in early development and Pre and Perinatal Birth Attachment Therapy. She is a movement artist and writer of body stories.

Website: <https://www.wholemovementcenter.com>

Contact: margerysegal@gmail.com

Friday, May 14

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

6:00 PM | 9:00 PM | 10:00 PM | 2:00 AM | 3:00 AM | 11:00 AM

Shining a Light on Grief Mary Ann Rund (Practice)

Grief has touched each of us, personally and/or collectively, in the past year and possibly prior in our lifetimes. As much as grief may settle in tissues and feel stuck, it may also be moved and thus, move us. Using focused breathing, awareness techniques, and gentle guided movement, we will internally sense its place in our bodies, observe its energetic composition, feel its movement potential, and then tenderly coax it to expand, contract, shift, travel, lighten and/or open up to outward expression.

Mary Ann Rund (aka Reis) (MFA, SME, IDME) is an educator, dance artist, and mentor in the fields of dance, yoga, and somatic movement whose work is greatly influenced by her BMC training with Maryska Bigos and exchanges with BMC colleagues. She has been teaching for several decades at institutions including Washington University and Webster University in St. Louis, MO. Most recently, Mary Ann's creative expression has been informed and shaped by illness and loss of loved ones, while balanced by the joy and curiosity that bursts forth in the presence of her grandchildren, canine boy child, and beauty of the Colorado mountains.

Contact: marund@att.net

Saturday, May 15

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US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

10:00 PM | 1:00 AM | 2:00 AM | 6:00 AM | 7:00 AM | 3:00 PM

Cultivating Self-Touch with Stefanie Hahnzog (Practice)

This is an experiential session for detailed self-touch practice. After awakening the fluid body, we will travel through different layers and tissue qualities in our own body. Touching as an invitation to meet ourselves in a soft and caring way - maybe all the way to our bone marrow.

Stefanie Hahnzog, BMC Practitioner and Teacher, shares the poetry of body wisdom in workshops, trainings, and art projects, mostly in Munich and Bavaria. She teaches in different BMC Programs in Europe and is the Educational Director of the SME Program Somaatikum, Estonia. A dramaturg and performer, she is dedicated to artistic networking and inspired by Contact Improvisation, Capoeira, Taichi DaoYin, Yoga, and women's circles.

Contact: stef.hahnzog@web.de

Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

12:00 AM | 3:00 AM | 4:00 AM | 8:00 AM | 9:00 AM | 5:00 PM

Emerging Self Through Nuzzling with Aki Omori (Practice)

Gentle and open-minded exploration of "nuzzling" as one of life's ways into experiencing connection and co-regulation and to find comfort, safety, and trust with other(s) or the environment. Whilst being playful, we will follow our curiosity to investigate whether there is a continuum with an emerging sense of self in nuzzling. Deeply informed by BMC's approach to developmental movement with an interest in integrating such experiences to a profound therapeutic process.

Aki Omori is a certified teacher of Body-Mind Centering and an early developmental trauma therapist. Over the years, she has been exploring ways to integrate the richness of BMC practice into therapeutic work. She offers regular trainings for therapists and yoga teachers whilst continuing to be committed in her own on-going personal process and explorations.

Website: www.akiomori.com

Contact: aki2002@gmail.com

Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

2:00 AM | 5:00 AM | 6:00 AM | 10:00 AM | 11:00 AM | 7:00 PM

Speaking the Unspeakable: The Power of Words in the Embodiment Process with Gloria Desideri, Translator: Caterina Gottardo (Presentation)

Following the release of the latest Italian edition of Bonnie Bainbridge Cohen's Sensing, Feeling, and Action, in early 2020, I launched a seven-month online series of book presentations and experiential classes attended by a large Italian audience approaching BMC for the first time. The results were profound and inspiring. Drawing on my experience and reflecting on notes, video recordings, and participant journaling, I propose to share my research findings and together explore new pathways and means for facilitating embodiment and self-learning.

Gloria Desideri is a BMC Teacher (class of 1998) and, since 2006, the Program Director in Italy. For more than 20 years she has devoted herself to spreading the BMC approach in her country, training several generations of students, developing a sense of community among graduates, and supporting BMC-based projects in various private and public institutions, with particular attention to the fields of dance, child education, and special needs. During the Pandemic, her new center, 'CasaNave Alle Mura', was under construction and is now ready to host the local and global BMC community.

Website: <https://www.lebensnetz.it>

Contact: gloria.desid@gmail.com

Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

4:00 AM | 7:00 AM | 8:00 AM | 12:00 PM | 1:00 PM | 9:00 PM

More Midlines ... the Fluid Midline and the Horizon with Remo Rostagno (Practice)

We will explore the embryological gesture of the developing neural tube and of the structures that slowly emerge from it, mainly cerebral ventricles, CSF, and membranes. Finding the Fluid Midline (fluid and air) just in the back of the Primary Midline (earth and fire). Opening both Midlines to the Horizon, allowing our awareness to explore the deepness between these two polarities.

Remo Rostagno is a 67 year old dancer and choreographer. He undertook his BMC training in the first European training in Amsterdam (director Jacques van Eijden), followed by the Biodynamics Craniosacral Therapy with Franklyn Sills at the Karuna Institute (Devon). He opened a school for Somatics and Biodynamics, teaching regularly and inviting always the embodiment of the shared material, the student knows better...

Website: <https://www.craniosacralebiodinamica.it>

Contact: remo.rostagno@gmail.com

Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

6:00 AM | 9:00 AM | 10:00 AM | 2:00 PM | 3:00 PM | 11:00 PM

Moving Thought: Thinking in Movement with Trude Cone (Practice)

Moving Thought applies principles how movement is used in teaching/learning to dance, and how to make/participate in choreographic processes that make dances, to early movement sequencing which eventually builds the organizing foundation we use daily to actively construct and realize every moment of life.

In this workshop, we explore how the framework offered from the interrelationship between host/guest illuminates the different roles, perspectives, responsibilities, and

contributions each has on what happens in any given moment, and eventually influences the way we communicate, participate, problem-solving, decision making and the realization of goals and outcomes. These insights can be applied to (re)organizing daily, weekly, yearly actions, routines, scheduling, and formats to move forward again, find a dynamic balance towards new pathways, journeys, and entrances into the moving world around us.

Trude Cone lives in Amsterdam, Netherlands and has worked for 40 years for the Amsterdam University of the Arts (AHK), most of the time as dance educator, and for the last 14 years as student coach for students with problems in study/work/life from all faculties studying at the AHK. She is a certified Body Mind Centering Practitioner, Neuro Physiological Psychological (INPP) therapist, and Rhythmical Movement Consultant, specializing in early movement patterns and learning strategies.

Website: <https://www.movingthought.eu>

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Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

8:00 AM | 11:00 AM | 12:00 PM | 4:00 PM | 5:00 PM | 1:00 AM

Cellular Respiration in the Alveolar Niche – The Space of Exchange at the Interface of Air and Fluid with Sarah Barnaby and Satu Palokangas (Presentation)

In this presentation we will focus on how each alveolus in our lungs (including its surrounding capillary network) facilitates the exchange of gases between the atmosphere and our blood. Our proposal is that ‘going under’ to the level of an alveolus – its local environment and structure, its multicellular community, and the microdynamics of diffusion, surface tension, and membrane shape-change – can deepen our understanding of our lungs on an organ scale and of homeostasis on a systemic, whole organism level. The perceptual agility to traverse various scales of time, organization, and size also supports our appreciation of our evolutionary survival strategies as air-breathing, multicellular, warm-blooded holobionts entangled in the web of life.

Sarah Barnaby is a BMC Practitioner, Teacher, and IDME. She co-founded and co-directs Babies Project in NYC with Amy Matthews. She is collaborating with Satu

Palokangas on a 3-year research project on cells, babies, and community, funded by the Kone Foundation.

Contact: sarah.barnaby@gmail.com

Satu Palokangas is a BMC Practitioner and Teacher. Since 2006 she has been researching and creating the practice of Ecosomatics, which she teaches at the Theatre Academy of Helsinki, Finland. Currently Satu is collaborating with Sarah Barnaby on a 3-year research project on cells, babies, and community, funded by the Kone Foundation.

Website: <https://www.satupalokangas.com>

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Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

10:00 AM | 1:00 PM | 2:00 PM | 6:00 PM | 7:00 PM | 3:00 AM

The Physical Breath, the Emotional Breath, and the Spiritual Breath with Susan Aposhyan (Practice)

This workshop includes a lot of breathing practice. We will discuss and experiment with the embryonic breath, the autonomic nervous system, and healthy and dysfunctional patterns of breathing relative to anxiety and depression, as well as emotional overwhelm and emotional release.

Susan Aposhyan is a BMC teacher (1985) and practitioner (1982), founder and trainer in Body-Mind Psychotherapy, and meditation teacher/spiritual guide. Her most recent book, *Heart Open, Body Awake: the Four Steps of Embodied Spirituality* (Shambhala 2021), integrates all three areas of her work and follows *Natural Intelligence* (1990) and *Body-Mind Psychotherapy* (2004).

Website: <https://www.susanaposhyan.com>

Contact: aposhyan@comcast.net

Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

12:00 PM | 3:00 PM | 4:00 PM | 8:00 PM | 9:00 PM | 5:00 AM

This New Day/This New Body/This New Dance: A Disarmed Personal Dance Practice with Margery Segal (Practice)

For many years I would wake forgetting if I could dance, and I would rush to the studio without an identity to look for my dance. In the studio I would discover that day's dance, that body's story, and that day's embodied relationship with space, time, and cosmos. COVID has again necessitated open, identity-less self and body research. In this class we will explore practices of beginner's mind, arrival, micro-renewal, letting go, claiming ground, exploding forms, and researching dynamic inner and outer connections.

Margery Segal is a Body-Mind Centering Teacher, Practitioner, and IDME. She is a Registered Somatic Movement Therapist, Cranial Sacral Therapist, and Psychotherapist with a specialty in early development and Pre and Perinatal Birth Attachment Therapy. She is a movement artist and writer of body stories.

Website: <https://www.wholemovementcenter.com>

Contact: margerysegal@gmail.com

Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

2:00 PM | 5:00 PM | 6:00 PM | 10:00 PM | 11:00 PM | 7:00 AM

Archiving in Community with Eva Maes, Basha Cohen and Kate Morgan Tarlow (Community Discussion)

As a reflection of BMC, created in community, we welcome all to come and share on the challenges and potential of 'archiving in community.' We will present an overview of the different trails in relation to archives that exist in the BMC community— trails that we presented at the previous online symposium and deepened in the meantime. In this Community Discussion, we invite you to bring your own questions, possible contributions, and personal musings as the work of 'archiving in community' evolves.

Eva Maes, after obtaining a Masters in History at the University of Ghent, Belgium, Eva studied dance at the International program at the Cunningham Dance Studio, NY. In 2003 she met the work of Lisa Nelson and started her studies at the School for Body-Mind Centering (USA), graduating in 2006 as a Certified Practitioner and in 2019 as a Certified Teacher. She currently conducts her research “Transmitting the Body” within the CORPoREAL group at the Royal Conservatoire Antwerp, Belgium.

Contact: evamaes@hotmail.com

Basha Cohen has been documenting Bonnie's teaching since 2009 through video, writing, and images. She is a videographer, video editor, and project manager for Bonnie's books and videos resources and online events. Basha is a graduate of the School for Body-Mind Centering® Somatic Movement Education and the Embodied Anatomy and Yoga programs.

Kate Tarlow Morgan, dancer, writer, is managing editor of Currents: Journal of the Body-Mind Centering Association and consulting editor of Lost and Found: Poetics Document Initiative at Center for Humanities (C.U.N.Y). Kate, a certified teacher of Body-Mind Centering and The Rhythms Fundamentals©, has created a synergistic approach to the body through natural movement and choreographic practices.

Contact: katetarlowmorgan@gmail.com

Saturday, May 15

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

4:00 PM | 7:00 PM | 8:00 PM | 12:00 AM | 1:00 AM | 9:00 AM

BMC Student Discussion Moderated by E.E. Balcos (Community Discussion)

A round-table discussion with BMC Students in SBMC programs, BMC allied programs, or Bonnie Bainbridge Cohen online students. Share your BMC experience with others around the world. Learn from one another: identify the benefits, the challenges, the insights, and applications of the work.

E.E. Balcos (BMCA Student Member) MFA, RSDE from Minneapolis, Minnesota is a Professor of Dance at UNC Charlotte and has led a professional career as a dancer and choreographer for 35 years. He was introduced to Body-Mind Centering-based dance

classes with Margie Fagnoli and Alexander Technique work with Elizabeth Garren in the late 80s and studied Body-Mind Dance with Martha Eddy at Bates Dance Festival in the early 90s. In 2014, he began BMC coursework towards an SME certification at the Kinesthetic Learning Center with Maryshka Bigos and currently studies at Esprit en Mouvement with Mariko Tanabe.

Contact: eebalcos@uncc.edu

Saturday, May 15

**US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
6:00 PM | 9:00 PM | 10:00 PM | 2:00 AM | 3:00 AM | 11:00 AM**

"The Hill" - Interpreting Children's Movement Development and Somatic Experience in Outdoor Landscapes with Llewellyn Wishart (Presentation)

How can Body-Mind Centering developmental movement principles deepen understanding of young children's multi-sensory, kinesthetic, and subjective experience in outdoor terrain and playscapes? Llewellyn will share previously published international research investigating the potential impacts of topographical features and elements upon children's movement and physical activity experience. In this presentation this peer-reviewed research and a previous conference presentation are reinterpreted and re-read through the lens of Body-Mind Centering principles.

Llewellyn Wishart (Ed D), holds post graduate qualification in early childhood, adult education, and movement-dance education. He maintains Australian early childhood teacher professional registration and is a Certified Practitioner of Body-Mind Centering. Llewellyn works as a lecturer/researcher in the School of Education, Faculty of Arts-Education, at Deakin University (Geelong – Waurin Ponds Campus) Australia.

Website: <https://llewellynwishart.com/>

Contact: contact@llewellynwishart

Sunday, May 16

Sunday, May 16

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

12:00 AM | 3:00 AM | 4:00 AM | 8:00 AM | 9:00 AM | 5:00 PM

Performances: Return to Cycle | Sizes | Scores from Body/Project | Gravity Rising

1) Return to Cycle - Anka Sedlačková (Performance)

This performance is one part of the artistic research focused on the selected aspects of ecology and its place in dance. Embodiment and relationships between all parts and the whole are the ground of this artistic research.

Anka Sedlačková is a dancer and performer teaching at the Academy of Arts, Bratislava. She has been studying BMC since 2000 and has graduated as an Infant Developmental Movement Educator, BMC Practitioner and Teacher. In 2003 she started to work with babies and children with special needs. Together with Angelika Kováčová, they founded non-profit organization Babyfit, which focuses on education in the field of developmental movement. She has been teaching in France, Japan, and the Czech Republic.

Website: <https://www.babyfit.sk>

Contact: anka@babyfit.sk

2) Sizes - Maruma Rodríguez Pino (Performance)

It is a fact that the body changes size from conception to death and that a body, by moving, folding and unfolding, occupies more or less space. How does the relational space behave in measures and sizes? I have been exploring these ideas through BMC developmental approaches, principles, and body systems during a dance lab in Madrid and with the recorded performance share some thoughts, questions, and reflections during a group process for movement expression.

Maruma Rodríguez Pino is a Venezuelan artist and movement researcher based in Madrid. She is an IDME and Teacher of BMC. Maruma explores relationships between art, body, and nature to facilitate processes that refine sensitivity and creativity.

Website: <https://www.marumarodriguez.com>

Contact: maruma.rodriguez@gmail.com

3) Scores from Body/Project - Amanda Comstock (Performance)

This performance/workshop will show film (and perhaps Live Performance) generated from earth/body-based scores developed while in residence. This work-in-progress continues to be workshopped with volunteer dancers. Scores emerged from a somatic inquiry into connection and relationship-building with the land.

Amanda Comstock is an Ohio-based SME, certified in Body-Mind Centering® since 2018. Her driving questions are about how reconnecting with our bodies and/or how reconnecting with the land can mutually support one another's healing and ability to thrive.

Website: www.empoweredlearningbydesign.com

Contact: amanda.comstock@gmail.com

4) Gravity Rising - Mary Ann Rund, Collaborator & Videographer: Dawn Karlovsky, Film Editors: Dawn Karlovsky & Mary Ann Rund (Performance)

We gather our weights, wittingly or unwittingly... sinking down to saturation... floating up to new shores.

Mary Ann Rund (aka Reis) (MFA, SME, IDME) is an educator, dance artist, and mentor in the fields of dance, yoga, and somatic movement whose work is greatly influenced by her BMC training with Maryska Bigos and exchanges with BMC colleagues. She has been teaching for several decades at institutions including Washington University and Webster University in St. Louis, MO. Most recently, Mary Ann's creative expression has been informed and shaped by illness and loss of loved ones, while balanced by the joy and curiosity that bursts forth in the presence of her grandchildren, canine boy child, and beauty of the Colorado mountains.

Contact: marund@att.net

Dawn Karlovsky (MFA, BA) is a choreographer/performer and artistic director of Karlovsky & Company Dance, a collaborative contemporary modern dance company based in St. Louis, MO. Her choreography has been commissioned and presented by universities and modern dance/theatre companies nationally and worldwide including France, Beijing, China, and Cape Town, South Africa. Karlovsky teaches Modern Dance and the Alexander Technique at Washington University/University College and Webster University in St. Louis and is a nationally certified teacher of the Alexander Technique (AmSAT) since 2004.

Website: <http://www.karlovskydance.org>

Sunday, May 16

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

2:00 AM | 5:00 AM | 6:00 AM | 10:00 AM | 11:00 AM | 7:00 PM

Mitochondria & the Sea of Qi: a Somatic Art Exploration with Marina Tsartsara (Practice)

This BMC exploration will extend into somatic drawing, so have any type of drawing materials, a pen and paper close by!

In this workshop we will explore the relationship between mitochondria and the area referred to as the 'Dantian' in martial arts or the Enteric Nervous System' (ENS) that is our lower abdomen. Both generate vital qi, and are linked both from a BMC and TMC (Traditional Chinese Medicine) perspective.

Marina Tsartsara is a BMC Practitioner and Teacher, Dance & Visual Artist (MSc), Holistic Life Coach, Mindfulness and Yoga Vinyasa Instructor. Her research interest lies in the space between BMC and visual art making. It could be named as Somatic Art or Embodied Art making. In her somatic performance work her practice explores embodied spectatorship and medical performance.

Website: <https://www.somaticwellbeing.info>

Contact: tsartsaram@gmail.com

Social Media: <https://www.facebook.com/marina.tsartsara.3/>

Sunday, May 16

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

4:00 AM | 7:00 AM | 8:00 AM | 12:00 PM | 1:00 PM | 9:00 PM

Professional Communication Outside the Somatic Field with Odile Seitz-Walser, Annick Pütz and Kim Sargent-Wishart (Community Discussion)

This community discussion would like to be the starting point of a BMCA working committee in order to offer to its members some reliable and available references (texts, trailers of applied BMC) for professional communication outside the somatic field. To get the discussion started, we invite some BMC professionals to tell us about their experiences, and how they successfully communicated in order to convince people, especially directors of institutions, of schools, of professional training institutes, etc., to make BMC part of their offer

Odile Seitz-Walser, born in France in 1973, studied at the Conservatoire National Supérieur de Musique et de Danse, Lyon, dancing in different dance companies. Since 2011 she has worked as a Practitioner and Teacher in Body-Mind Centering, as a dancer and choreographer, as well as a healing practitioner for Craniosacral Therapy in Berlin. She teaches internationally at diverse dance schools, festivals, high schools for dance, and choreography in Berlin (HZT) and Stockholm (DOCH) and for Soma, the French School for BMC.

Website: <https://www.odile-seitz.de>

Contact: odile.seitz-walser@gmx.de

Annick Pütz is a freelance dancer, choreographer, and a contemporary dance teacher at the Conservatoire du Nord, Luxembourg. She is a certified Body-Mind Centering Practitioner (2012) with Soma, France and was part of the 2018/19 Teacher Training program. In 2020 she started to teach BMC-based development principles to teachers from primary schools.

Contact: annick.putz@cmnord.lu

Kim Sargent-Wishart (PhD, RSME/T) is an artist, researcher, and educator living on the Bellarine peninsula (Wadawarrung country), Australia. Research and practice interests include embryology and creative process, improvisation, screendance, contemplative photography, somatic writing, and Tibetan Buddhism. Kim is a

certified practitioner and teacher of Body-Mind Centering and the Administrative Director of Somatic Education Australasia.

Website: <https://www.kimsargentwishart.com>

Contact: kimsargentwishart@gmail.com

Sunday, May 16

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

6:00 AM | 9:00 AM | 10:00 AM | 2:00 PM | 3:00 PM | 11:00 PM

BMC South American Communities – Decolonizing Somatic Perspectives with Diego Pizarro, Marila Velloso, Adriana Pees and Tarina Quelho de Castro (Community Discussion)

Starting from a history of more than two decades, which includes professionals and a community that has been expanding in the last many years between countries of South America, this is an opportunity for BMC students, professionals, and enthusiasts worldwide to engage in a fruitful discussion together. We want to share, exchange, and discuss our experience of building community in the South and our points of view around decolonization, also from a somatic perspective. It concerns a needed and wanted stance on how Somatics may be perceived as a singular field of integration among communities. BMC perspective will serve as a spiral of connection between participants, considering their own cultural context as we understand that this “start” from communities from the South may open the discussion for other distinct DNAs and regions

Diego Pizarro is a Doctor of Performing Arts, professor at Federal Institute of Brasília, Brazil, dancer, choreographer, BMC teacher, GDS Articulation and Muscle Chains practitioner, Gyrotonic® and Gyrokinesis® instructor. He currently serves as a teacher and is the Administrative Director for the BMC Brazilian Program. In January 2020 he started a term as BMCA board member.

Website: <https://www.cedasi.com.br>

Contact: diego.pizarro@ifb.edu.br

Marila Velloso is a Dance Artist, Researcher, and Teacher at the Dance Department of UNESPAR in Curitiba, Brazil. As a BMC teacher she is a guest on the Brazilian and Uruguayan Programs by Corporalmente. Her practice in Education articulates the BMC

somatic approach to dance and cultural policies. She was formerly president of BMCA's Board of Directors and is currently a BMCA volunteer.

Contact: marilaemovimento@hotmail.com

Dr. Adriana Almeida Pees is a dancer, dance scholar, choreographer, cultural producer, and curator. She graduated as a psychologist at the Faculdade Metropolitanas Unidas (FMU) São Paulo and did her post doctorate and doctorate at the Universidade Estadual de Campinas-SP, Brazil (State University of Campinas - UNICAMP) at the Institute of Arts in the Department of Dance. As a Body-Mind Centering teacher, practitioner, and Infant Developmental Movement Educator (IDME), she has been leading the BMC training program in Brazil since 2009 and in Uruguay since 2015.

Website: <https://www.bmcnobrasil.com.br>

Contact: adriana@almeidapees.com

Tarina Quelho de Castro, BMC Certified Teacher, Bachelor of Performing Arts (UNICAMP), Master's candidate in Clinical Psychology (PUC-SP), and Professor and current Vice-Director of the School of Dramatic Arts at the University of São Paulo, Brazil. She currently serves as teacher and co-director of the BMC Brazilian Program.

Contact: tarinaquelho@hotmail.com

Sunday, May 16

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

8:00 AM | 11:00 AM | 12:00 PM | 4:00 PM | 5:00 PM | 1:00 AM

A Literary History of Proprioception and a Dance with Kate Tarlow Morgan (Presentation)

"Down 2 Bone" is a 6-minute choreographic lecture created to illustrate 10 years of research into the roots of "proprioception," as well as to demonstrate the perceived experience of it. This dance draws from the basic neurocellular patterns that engage the nervous system's relationship to gravity at the body's joint ends called "Golgi bodies." Prior to viewing the dance, Kate will share her score written in the canon of "composition-by-field," a phrase coined by American poet Charles Olson. After viewing, Kate will invite open discussion into both traditional and experimental modes for dance and writing-making.

Kate Tarlow Morgan, dancer, writer, is managing editor of *Currents: Journal of the Body-Mind Centering Association* and consulting editor of *Lost and Found: Poetics Document Initiative* at Center for Humanities (C.U.N.Y). Kate, a certified teacher of Body-Mind Centering and *The Rhythms Fundamentals*©, has created a synergistic approach to the body through natural movement and choreographic practices.

Contact: katetarlowmorgan@gmail.com

Sunday, May 16

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

12:00 PM | 3:00 PM | 4:00 PM | 8:00 PM | 9:00 PM | 5:00 AM

Featured Presenter: Researching the Fourth Phase of Water through Embodied Movement and Consciousness with Bonnie Bainbridge Cohen (Practice)

We are creative researchers in the movement arts. We are on the cusp in that we regard experience through embodied movement and consciousness as our source of knowing. We are the shadow scientists working in first-person research. We embrace consciousness and movement always within the context of the unified whole.

This workshop will explore the relationships of water to fluid, gel, and structure. It will be a dialogue between our personal experience and new scientific research on gel as the primary state of water in our cells (cytoplasm) and interstitial fluid throughout the body.

Bonnie Bainbridge Cohen is a movement artist, researcher, educator, and therapist and developer of the *Body-Mind Centering*® approach to movement and consciousness. Her work has influenced the fields of bodywork, movement, dance, yoga, body psychotherapy, childhood education, and other body-mind disciplines. In 1973, she founded *The School for Body-Mind Centering*. She is the author of three books *Sensing, Feeling and Action*, *Basic Neurocellular Patterns: Exploring Developmental Movement*, and *The Mechanics of Vocal Expression*, and has created numerous videos on the *Body-Mind Centering* approach.

For more information about Bonnie and *Body-Mind Centering*®, visit bonniebainbridgecohen.com and bodymindcentering.com

Sunday, May 16

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

1:15 PM | 4:15 PM | 5:15 PM | 9:15 PM | 10:15 PM | 6:15 AM

Improvised Music with John Genyo Sprague

Following after Bonnie's presentation using the same Zoom link

John Genyo Sprague is an award-winning musician and performer, an authorized Zen teacher, and a holistic practitioner and facilitator. John has been providing improvisational music for movement, dance, and contemplation for over 30 years. He began working with Bonnie in the 80s and early 90s, creating music for a weekly class she taught for dancers, and also playing a couple times at her summer programs. They renewed their connection last summer, when John was the resident musician for Bonnie's summer workshop at Pomona College. They also collaborated last September at the Somatics conference in Northampton, MA.

Website: <https://www.johngenyosprague.com>

Sunday, May 16

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

2:00 PM | 5:00 PM | 6:00 PM | 10:00 PM | 11:00 PM | 7:00 AM

Currents' Corner, Text Support with facilitators Kate Tarlow Morgan and Pat Ethridge (Social Hour)

This Café gathering invites discussion about Currents: Journal of the Body-Mind Centering Association. Is there something you want to write and don't know where to start? Do you have a new idea, but need a collaborator? Do you have ideas for the journal's sustainability? Or, how about telling us what has been working well for 23 years!

Kate Tarlow Morgan, dancer, writer, is managing editor of Currents: Journal of the Body-Mind Centering Association and consulting editor of Lost and Found: Poetics Document Initiative at Center for Humanities (C.U.N.Y). Kate, a certified teacher of

Body-Mind Centering and The Rhythms Fundamentals©, has created a synergistic approach to the body through natural movement and choreographic practices.

Contact: katetarlowmorgan@gmail.com

Pat Ethridge, BMC Certified Practitioner, lives in NYC and is on BMCA's Currents Journal Editorial Board. She is a co-founder of the Somatic Writing Collective. She was president of BMCA's Board of Directors for 10 years and has participated on several BMCA committees over the years. Her other interests include dance, music, art, acupuncture, and bird watching.

Contact: gpatjump@gmail.com

Monday, May 17

Monday, May 17

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
12:00 AM | 3:00 AM | 4:00 AM | 8:00 AM | 9:00 AM | 5:00 PM

The Architecture Field Regulation of the Fascia System with Dr. Adriana Almeida Pees (Practice)

This BMC presentation aims to explore and access the potentiality of the fascial system and how it can repattern the body tonus. In this experimental practice we will address the architecture of the fascial system. Through self-touch we will build a sense of how the fascia is interconnected and can affect movement not only locally, but also globally. In this bodywork we try to dialogue between the connected architecture and the continuity field and regulation of the tissue tonus.

Dr. Adriana Almeida Pees is a dancer, dance scholar, choreographer, cultural producer, and curator. She graduated as a psychologist at the Faculdade Metropolitanas Unidas (FMU) São Paulo and did her post doctorate and doctorate at the Universidade Estadual de Campinas-SP, Brazil (State University of Campinas - UNICAMP) at the Institute of Arts in the Department of Dance. As a Body-Mind Centering teacher,

practitioner, and Infant Developmental Movement Educator (IDME), she has been leading the BMC training program in Brazil since 2009 and in Uruguay since 2015.

Website: <https://www.bmcnobrasil.com.br>

Contact: adriana@almeidapees.com

Monday, May 17

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

2:00 AM | 5:00 AM | 6:00 AM | 10:00 AM | 11:00 AM | 7:00 PM

Making Connections – BMC and Special Needs with Thomas Greil and Anka Sedlačková (Presentation)

We would like to share our experience working with children and families with special needs. Making connections refers to the connections inside the body and to the larger field, especially the parents, caregivers, and professionals working with the child. We want to discuss together the specificity of BMC and Bonnie's approach and how the tools we use differ from other approaches.

Thomas Greil is a Practitioner and Teacher of BMC. He has worked with babies, children, and adults for more than 20 years. His interest in children with special needs and their families comes from years of research of developmental movements, neuroscience, healing trauma, and embodiment. He is currently studying the Jeremy Krauss Approach (JKA) in Germany. He lives in Faenza, Italy, where he directs, together with Carla Bottiglieri, Minima Somatica, a nucleus of somatic research in practices and narratives of embodiment.

Contact: thgreil@gmail.com

Anka Sedlačková is a dancer and performer teaching at the Academy of Arts, Bratislava. She has been studying BMC since 2000 and has graduated as an Infant Developmental Movement Educator, BMC Practitioner and Teacher. In 2003 she started to work with babies and children with special needs. Together with Angelika Kováčová, they founded non-profit organization Babyfit, which focuses on education in the field of developmental movement. She has been teaching in France, Japan, and the Czech Republic.

Website: <https://www.babyfit.sk>

Contact: anka@babyfit.sk

Monday, May 17

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

4:00 AM | 7:00 AM | 8:00 AM | 12:00 PM | 1:00 PM | 9:00 PM

holding on...letting go...and the space between with Andromeda Graziano (Practice)

From whence we come, unto where we go, we are in an ever-evolving, dissolving, regenerating, disseminating relationship with ourselves. Holding on ... letting go ... our lives lived in the spaces between, in each and every breath until our last. This is an experiential exploration sharing philosophical questions I hold around 'what is our essence and from where is it derived.' I will invite participants to discover for themselves, through embodied movement and stillness, what occurs in the space between holding on and letting go.

Andromeda Graziano trained in classical ballet at the Royal Ballet School and Merle Park Studios, in contemporary dance and choreography at Middlesex University and London Contemporary Dance School, and Pilates Based Body Awareness with Christine Hocking. A BMC Certified SME, Practitioner, and Teacher, she is on the faculty for Embody Move, and STEM (Somatic Teachers Embodied Movement). She is passionate about this work and making it available and accessible to all to provide opportunities to enable, enhance, encourage, and support both body and mind. She works from her private practice as a freelance teacher, dancer, and choreographer in London.

Website: <https://www.andromedagraziano.com>

Contact: atgraziano@aol.com

Monday, May 17

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

7:00 AM | 10:00 AM | 11:00 AM | 3:00 PM | 4:00 PM | 12:00 AM

A Given or a Goal: What is embodiment? Who gets to say? With Amy Matthews, Sarah Barnaby and Satu Palokangas (Community Discussion)

If embodiment is approached as a goal (rather than a given), are we perpetuating the colonization and the commodification of the body that we think we are undoing? This conversation will engage with questions about holding power and privilege in discussions about embodiment, including our assumptions about what embodiment 'looks like' and the idea that we can tell if someone is embodied (or not). This will also be an opportunity to share our questions about what it means to teach somatics, to be BMC "professionals" and to view embodiment as an industry

Amy Matthews is a BMC Practitioner, Teacher and IDME. She co-founded and co-directs Babies Project in NYC with Sarah Barnaby and is the Program Director of Sonder Movement Project, which offers the SME and IDME Programs for the School of Body-Mind Centering. She is also the co-author of the book *Yoga Anatomy*.

Website: <https://www.babiesproject.org>

Contact: spiralamy@gmail.com

Sarah Barnaby is a BMC Practitioner, Teacher, and IDME. She co-founded and co-directs Babies Project in NYC with Amy Matthews. She is collaborating with Satu Palokangas on a 3-year research project on cells, babies, and community, funded by the Kone Foundation.

Contact: sarah.barnaby@gmail.com

Satu Palokangas is a BMC Practitioner and Teacher. Since 2006 she has been researching and creating the practice of Ecosomatics, which she teaches at the Theatre Academy of Helsinki, Finland. Currently Satu is collaborating with Sarah Barnaby on a 3-year research project on cells, babies, and community, funded by the Kone Foundation.

Website: <https://www.satupalokangas.com>

Contact: satu.palokangas@gmail.com

Monday, May 17

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

9:00 AM | 12:00 PM | 1:00 PM | 5:00 PM | 6:00 PM | 2:00 AM

An Embodied Exploration of Space, Legacy, and Belonging with Mariko Tanabe (Practice)

As human beings, we have an innate need for a sense of belonging in our world and long for comfort, safety, and purpose as we follow the paths of our lives. With a BMCSM approach through our bones, fluids, cellular consciousness, and breath, we will explore the spaces inside our bodies, how we are informed by the spaces between us, and ways that we embody our ancestors as we create a sense of self and relate to the natural world around us. Be prepared to move, draw, write or vocalize. Each person is welcome to participate at their own level of experience and curiosity.

Mariko Tanabe (RSME/T) has performed her dances internationally for the past twenty-five years. Collaborations include Toronto Dance Theatre, Steptext dance project (Germany), Fabrication Danse, Montréal Danse, and Benoit Lachambre. She is an adjunct professor at l'Université de Montréal à Québec, the Program Director of the BMC Licensed Program in Montreal, and a BMC Certified Teacher and Infant Developmental Movement Educator. For twelve years she danced with the Erick Hawkins Dance Company and was rehearsal director and teacher at the company school in New York City.

Websites: <https://www.marikotanabe.com> | <https://www.espritenmouvement.com>

Contact: marikotanabedances@gmail.com

Monday, May 17

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

11:00 AM | 2:00 PM | 3:00 PM | 7:00 PM | 8:00 PM | 4:00 AM

Ecosomatic Practices for Living and Dying with Olive Bieringa (Practice)

In this session we will share a practice for dying and decomposing to build connectivity between our bodies, land, sky, sea, and other beings. This practice emerges from a larger project titled “Resisting Extinction,” a performance work that will offer embodied practices for grieving and resisting extinction amidst our spiraling ecological devastation.

Olive Bieringa is a dance, performance, and visual artist working at the intersection of social and creative practice, pedagogy, and healing. She is a Teacher and Practitioner of Body-Mind Centering, a program director of Somatic Education Australasia, and collaborates with Otto Ramstad as the BodyCartography Project. Their work has been presented by Oslo Kommune, San Francisco Museum of Modern Art, Weisman Art Museum Minneapolis, Performance Space 122 NYC, and Lyon Opera Ballet, amongst other contexts. She lives in the collection of the Te Papa Tongarewa National Museum of New Zealand.

Website:

<https://bodycartography.org/portfolio/resisting-extinction-in-development/>

Contact: olivebier@gmail.com

Monday, May 17

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

1:00 PM | 4:00 PM | 5:00 PM | 9:00 PM | 10:00 PM | 6:00 AM

Reemergence: Intentionality in the Aftertime with Nicole Bindler (Presentation)

During the dark northern hemisphere winter, I taught an interdisciplinary Body-Mind Centering workshop series exploring strategies for planning to move together again in the flesh with ease, respect, and generosity, using BMC tools such as the perceptual-response cycle, the relational cycle, and frontier material around the nervous system and the microbiome. I will share my findings from these classes that grappled with consent culture, polyvagal theory, and rebuilding in-person somatics communities in a way that tangibly addresses inequities laid bare by the pandemic.

Nicole Bindler is a Philadelphia-based dance-maker, Body-Mind Centering Practitioner, educator, writer, and activist. Her performance work and teachings have been presented at festivals, conferences, and intensives throughout the U.S., Canada, Argentina, Europe, Tokyo, Beirut, Bethlehem, Mexico City, and Quito. Her writing on dance, somatics, and politics has been published in *Critical Correspondence*, *Contact Quarterly*, *Emergency Index* by Ugly Duckling Presse, *Jewish Currents*, *BMCA Currents*, *Curate This*, *Journal of Dance & Somatic Practices*, *Somatics Toolkit*, and *American Jewish Studies Perspectives*.

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Contact: nicolebindler@gmail.com

Monday, May 17

**US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
3:00 PM | 6:00 PM | 7:00 PM | 11:00 PM | 12:00 AM | 8:00 AM**

Differentiating Energy from Soma: through Movement, Mind, and the Senses with Michele P. Feldheim (Practice)

In this workshop/class we will explore what our innate beliefs are about working with "energy," in all its aspects as Somatic Practitioners. We will explore different forms of "energy" in and around our bodies and learn one very important Energy Practice called "activating the core energy." We will conclude with an honest and brief discussion of our biases towards somatic work versus energy work. All levels welcome.

Michele P. Feldheim is a Certified Body Mind Centering Teacher and Practitioner, massage therapist, Pilates instructor, and musician. She full-heartedly believes in the power of somatic work and particularly BMC and energy work to help people recover from trauma, pain, and physical immobility. She lives and works in Northampton, MA, where she has a bodywork/movement therapy practice teaching classes and workshops.

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Monday, May 17

**US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney
5:00 PM | 8:00 PM | 9:00 PM | 1:00 AM | 2:00 AM | 10:00 AM**

BMC, Race, and Identity: Delving in the Experiential Anatomy of BMC and Improvised Performance with Students in Brazil with Wendy Hambidge and Marila Velloso (Presentation)

In October of 2018, on the invitation of Marila Velloso and Tarina Quelho, Wendy experimented with dance and theatre students in Curitiba and Sao Paulo, Brazil in a

workshop and performance. First sharing the experiential anatomy of BMC (bones, blood, and skin), then developing an improvisational score sharing “simple” statements of identity and the experience of seeing and being seen and standing together. In this hour we will watch video documentation, including comments from the participants and discussion of the application of BMC in addressing identity and race, both for the participant/performer and the audience.

Wendy Hambidge is an artist and Body-Mind Centering Teacher and teaches on BMC certification programs nationally and internationally. She stewarded the Body-Mind Centering Association as board chair for 5 years; a board member for 12 years, she continues to volunteer. Her current passion is to employ performance and BMC to engage in social justice.

Website: <https://www.livinginthebody.com>

Contact: hambidgewendy@gmail.com

Marila Velloso is a Dance Artist, Researcher, and Teacher at the Dance Department of UNESPAR in Curitiba, Brazil. As a BMC teacher she is a guest on the Brazilian and Uruguayan Programs by Corporalmente. Her practice in Education articulates the BMC somatic approach to dance and cultural policies. She was formerly president of BMCA’s Board of Directors and is currently a BMCA volunteer.

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Monday, May 17

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

7:00 PM | 10:00 PM | 11:00 PM | 3:00 AM | 4:00 AM | 12:00 PM

New Directions, New Research with facilitators Martha Eddy and Ellen Barlow (Social Hour)

Discuss the rigor behind the Body-Mind Centering approach and gather support for our unique findings.

Martha Eddy has been making dances since she was 8 but is happiest when dancing with others in virtual or real-time shared spaces. She loves the experience of following the group mind and guiding ‘communities-in-the-making’ as we dance our intentions. She is the Ferraro Fellow of Social Justice and Dance at Marymount

Manhattan College, Founder of ISMETA-approved Dynamic Embodiment Somatic Movement Therapy Training, and a Licensed Teacher of BMC and CMA, with a doctorate in Movement Science.

Website: <https://www.dynamicembodiment.org>

Contact: drmarthaeddy@gmail.com

Ellen Barlow, a founding member of the Body-Mind Centering Association, has been applying the wellness practices of BMC in dance, fitness, yoga, and physical therapy since the mid-1980's. She is a certified Practitioner and Teacher of Body-Mind Centering, a Certified GYROTONIC® and GYROKINESIS® Trainer, and a Registered Somatic Movement Educator (RSME - ISMETA), currently serving on the board of directors of the International Somatic Movement Education and Therapy Association (ISMETA). She resides in Washington, DC where she maintains a private practice and works at Elements Fitness & Wellness Center as a Physical Therapy Aide and Senior Instructor.

Contact: ellenbarlow@gmail.com

Tuesday, May 18

Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

11:00 PM | 2:00 AM | 3:00 AM | 7:00 AM | 8:00 AM | 4:00 PM

The Three Meninges with Ka Rustler (Practice)

The meninges refer to the membranous coverings of the brain and spinal cord. They protect, nourish and supply a spatial and supportive framework from the outer to the innermost meninx layer. Acting with the cerebrospinal fluid we delve into these membranes and their envelopment around our central nervous system in movement and exploration.

Ka Rustler Over the course of 35 years, Ka has integrated BMC as a leading member of Tanzfabrik Berlin, a networker and co-organizer of European Contact Improvisation

Teacher Conferences, Dance Festivals, and Somatic Symposiums, a performer, choreographer, researcher, educator, and improviser. She is a BMC Teacher and her work experience includes Body Psychotherapy and international top management trainings. She has collaborated with numerous artists worldwide, inspired by her curiosity to explore and finding the joy, risk, and freedom to go beyond limitation.

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Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

1:00 AM | 4:00 AM | 5:00 AM | 9:00 AM | 10:00 AM | 6:00 PM

Exploring Male and Female Prostate with Patricia Gracia Parra (Practice)

In this practice I would like to briefly share my findings and questions on the female prostate, a gland surrounded by controversy that continues to inspire my embodied curiosity. I propose we explore this gland together from a BMC perspective so we can shed some light on how it relates to other glands and body systems, and how it offers support for movement, alignment, and awareness. I look forward to researching with you!

Patricia Gracia Parra is a dance/movement artist fascinated with pedagogy as a vehicle to facilitate the confluence of creative, social, and healing practices. She studied Contemporary Dance at the London Contemporary Dance School and Dance Movement Therapy at the Universidad Autónoma de Barcelona. She is a Body-Mind Centering Certified Practitioner, Teacher, and IDME and Administrative Director of the SME and IDME programs in Spain (Zaragoza), through Movimiento Atlas.

Website: <https://www.movimientoatlas.com>

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Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

4:00 AM | 7:00 AM | 8:00 AM | 12:00 PM | 1:00 PM | 9:00 PM

Embodying Love with Debbie Allan (Practice)

How might our earliest embryonic structures provide a way to understand the possibilities for greater unity and connection in a world that is increasingly divided? Our beating heart is considered the organic center where loving wisdom, courage, and power reside, but our heart, along with many structures related to action, fluid filtration, and reproduction, emerged from the union of cells that were contained in two distinct layers (Ectoderm and Endoderm). From these two distinct layers, a third was created - our Mesoderm. It is from this tissue that our heart was formed. I would like to explore with you some ways in which this embryological flow might awaken within us, the inherent and embodied possibility for union, and new ways of flourishing together in our increasingly polarized and divided world.

Debbie Allan works as a dance artist and movement facilitator and as a researcher and evaluator on creativity-based projects throughout the UK. She completed her Somatic Movement Education training with Embody Move in the U.K. and SOMA in France and is part way through her Practitioner training, having completed modules with both organizations.

Website: <https://www.yetproject.com>

Contact: debbie@yetproject.com

Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

6:00 AM | 9:00 AM | 10:00 AM | 2:00 PM | 3:00 PM | 11:00 AM

Healing Vitality of Qi Gong with Patrice Heber (Practice)

Qi Gong, meaning energy plus cultivation, is a simple but profound moving meditation practice. Explore these ancient movements to supplement our deep understanding of the vitality of the spine and its core power to heal. References will be made from Bonnie's Fall spine class to enhance our understanding of the pelvis/leg or ilium/femur connection to free the spine, awaken the pelvic floor diaphragm, and discover breath in all four diaphragms.

Patrice Heber is a dancer, Body-Mind Centering Practitioner, and a somatic movement therapist in practice in the Hudson Valley, New York. She recently discovered the joy of Qi Gong and delights in sharing this gem of a practice with others. Other studies which have informed her moving journey are Authentic Movement, Contemplative Dance Practice, and Feldenkrais.

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Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

8:00 AM | 11:00 AM | 12:00 PM | 4:00 PM | 5:00 PM | 1:00 AM

When Bonnie Came Into My Living Room with Lilian Vilela (Presentation)

In 2020, we lived in unprecedented times, and it was in this situation that I had the opportunity to start following Bonnie Bainbridge Cohen's classes of BMC practices. In following courses with Bonnie I was able to experience with surprise how principles and fundamentals of BMC could be shared in the online format. My report is about this online somatic experience, in which engagement, a guide narrative, and material can instigate the wisdom of being a body, as our deep memories towards repatterning. I realized that somatic empathy could be established by the voice, gestures, and images on the screen in an atmosphere of affection created in adverse circumstances.

Lilian Vilela is a Brazilian citizen, dance artist, researcher, and teacher. She trained in the Body-Mind Centering program as a Somatic Movement Educator and with Laban/Bartenieff Studies, both carried out in Brazil. She is the author of articles and books in the area of dance and education. Since 2015 she has been a professor at The Arts Institute of São Paulo State University.

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Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

10:00 AM | 1:00 PM | 2:00 PM | 6:00 PM | 7:00 PM | 3:00 AM

The Voice's Heart: Our Vocal Organ as a Social Tool with Amélie Gaulier (Practice)

How do we approach the mind of the voice by finding the supportive layers of the heart? By activating facial expressions and playing with the relationship with the body's extremities, the workshop will explore how breathing patterns initiate the production of speech. The workshop will draw inspiration from the embryological common origin of the heart and the larynx to start with a somatization, to then provide guidance for the participants to explore the social foundation of the voice through movement and vocalization from their glandular aspects.

Amélie Gaulier is a Body-Mind Centering Practitioner and a Registered Professional Somatic Movement Therapist member of ISMETA. She is currently studying Body-Mind Psychotherapy with Susan Aposhyan and in training to become a certified MNDFL meditation instructor. As a performance artist, she has been teaching improvisation through movement, voice, and imagination to children and adults for 14 years. Amélie recently completed a Masters Research Degree at the INSPE/UPEC, National Institute of Professorship and Education in Paris; her research focuses on enactive pedagogy and embodied cognition.

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Contact: amelie.gaulier@gmail.com

Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

12:00 PM | 3:00 PM | 4:00 PM | 8:00 PM | 9:00 PM | 5:00 AM

The Power of Fluids with Irene Cena (Practice)

Our body is a symphony of fluids moving, gelling, passing through membranes, carrying nutrients, clearing waste. What do we feel when we tune to this symphony? A journey supported by the practice of Body-Mind Centering and theories of water behavior.

Irene Cena graduated as a Body-Mind Centering Practitioner in 2016 and took part in the BMC Teacher Training 2018-19. She studied as a dancer in Italy and in the UK, completing a BA in dance at TrinityLaban in London in 2009.

Website: <https://www.facebook.com/somaticworld/>

Contact: ireninacena11@gmail.com

Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

2:00 PM | 5:00 PM | 6:00 PM | 10:00 PM | 11:00 PM | 7:00 AM

The Beauty of Letting Go - Autophagy - The Art of Healthy Cellular Death with Sylvia Maes (Practice)

I will present information and imagery of cellular and subcellular autophagy and recycling. We will then, together, go through a led experience of this letting go and recycling of self, supported by my voice and mind and intention. The last portion of the class will be a personally inspired exploration of "The Beauty of Letting Go" in writing, moving, dancing, and sharing (in break-out rooms if technologically feasible) for personal rejuvenation.

Sylvia Maes is fascinated by the body. Her first class with Bonnie in 1984, articulating brain patterns into a bodily movement pattern, inspired her to continue a lifetime of explorations. She has assisted in many BMC trainings and classes, including teaching connective tissue at the 2019 BMCA conference, as well as practicing BMC at Healing Hands-Movement Therapy in Massachusetts.

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Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

4:00 PM | 7:00 PM | 8:00 PM | 12:00 AM | 1:00 AM | 9:00 AM

Becoming Multiple: The Gestures of Cell Division with Kim Sargent-Wishart (Practice)

Our cellular internal landscape is continually morphing. One of the primary gestures of change that underpins biological life is cell division - the dynamic process through which one cell becomes two. This workshop shares an overview of the process of cell division through visual images and somatic movement meditations, proposing mitosis and cytokinesis as a basis for creativity, self-reflection, and decentralized identity.

Kim Sargent-Wishart (PhD, RSME/T) is an artist, researcher, and educator living on the Bellarine peninsula (Wadawarrung country), Australia. Research and practice interests include embryology and creative process, improvisation, screendance, contemplative photography, somatic writing, and Tibetan Buddhism. Kim is a certified practitioner and teacher of Body-Mind Centering and the Administrative Director of Somatic Education Australasia.

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Tuesday, May 18

US Pacific | US Eastern | Brasília | UK | Cent Europe | Sydney

5:30 PM | 8:30 PM | 9:30 PM | 1:30 AM | 2:30 AM | 10:30 AM

Closing Circle