

Note: All events will be available **REMOTELY** unless otherwise noted. Origin of the Presenter/s is indicated by "(O)" for **ON-SITE** and "(R)" for **Remote** - for presenter/s zooming from a remote location.

WEDNESDAY, JUNE 22

1:00 - 1:30PM

Hanna Takashige and Board of Directors
The Embodied Voice

OPENING CIRCLE (O)

The conference participants will listen for and resound their singular vibration within the ancestral chorus. Hanna will bring her embodied voice and interactive storytelling as part of the ritual opening of the 2022 BMCA conference.

2:00PM

Bob Lehnberg
Integrating the Kwa in Qigong

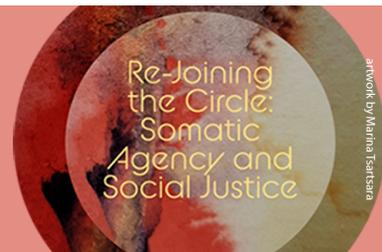
Workshop/Practice (R)

Qigong may be defined in several ways, with one being embodiment. Principles of BMCSM apply to the practice of qigong. The process of practice can support intelligent and integrated cellular being in relationship with the earth, space, self, and others. The simple relationships of up-down, forward-back, and side-side are paramount in everyone's lives. How people presence these more fully gives more range in internal and external space. Simple weight-shifting activities support the fluid flow of qi (vitality) through physical and energetic three-dimensionality. One key skill is by engaging the kwa. The kwa is an integrative power center in the area of the hips. Some go as far as including the whole area between the knees and the solar plexus. Either way, it is central in connecting the lower body to the trunk, and one's center to the earth. No experience is necessary to participate in this experiential session.

Pat Ethridge, Martha Eddy, Kate Tarlow Morgan
Somatic Writing: A Path to More Whole Awareness

Workshop/Practice (O)

Writing has always been a vehicle for knowing oneself more deeply. What does it mean to write from the body-mind or to move from the word? Since 2014, The Somatic Writing Collective, growing out of Currents, Journal of the Body-Mind Centering® Association, has developed on-and-offline symposia, workshops, and publications. From guided exercises, somatically-inspired texts, and languages, this session will invite participants to explore these questions in multi-disciplinary ways, with the intention of expanding individual and collective experience of what somatic writing can be and can do. Time will be provided for participants to dialogue from their experience. Excerpts from this event may be included in the Somatic Writing Collective Chapbook, Vol. III.



Toni Smith **Workshop/Practice-cannot be accessed remotely (O)**

Hands on, Vagus Nerve

Participants will be shown a brief video providing an overview of the 10th Cranial Nerve: form, function, texture, and development. Hands-on BMC palpations will be demonstrated and practiced on self and others. Participants will work in pairs or trios and guided in specific hands-on explorations. The intension is to sense, feel, isolate, and receive feedback from the Vagus Nerve.

Remo Rostagno

Workshop/Practice (R)

The Suspension of the Heart on the Midlines Related to the Earth, Human, and Sky Horizons

Participants will briefly review the primal and fluid midlines and the 3 horizons involved (earth, human, and sky). This workshop will also explore the heart. Between the midlines and the horizons, it seems natural for the heart to explore the depth between them. The heart, as a first and huge perceptual tool, has a suspension quality inside the body that can open landscapes, which are more like soulscapes, with its longing for different horizons (earth, human, sky), between the very near and the very far of things, between the known and the unknown. The suspension quality of the heart mirrors the suspension of the physical body inside the biosphere and inside the natural space which the human being inhabits. The earth is suspended inside the solar system, which is suspended inside the Milky way, which is suspended in the universal space ... like the electron is suspended around the proton and neutron. "We are enfolded within it, permeated, carnally immersed, in the depth of this breathing planet." and "Depth implicates the all of our animal body (this carnal density of muscles and skin and breath), situating us physically within the animate landscape." -- Becoming Animal by David Abram.

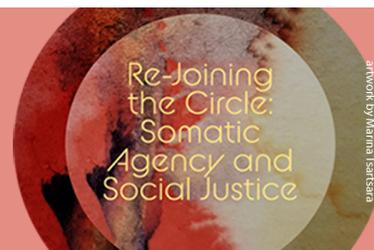
4:00PM

Maruma Rodriguez

Workshop/Practice (R)

The Inner Trees

The imagery of trees meets the imagery of the human body's anatomy. This is an invitation to embrace the body as part of nature from the poetry of the relationships between human and non-human beings. A movement meditation: To explore affinities between some structures of the body and trees; to revisit the breathing process from the space in between the branches of the trees, the lungs, and the brachial plexus of the nervous system; and to allow dance to emerge in consonance with earth, space, and trees.



Suze Smith

Workshop/Practice (R)

Intent, Embodiment, and Imagination

Cultivating a sense of fullness, grace, elasticity, and impermanence, this workshop will be an exploration of storytelling using body, voice, and mind. What makes a good story? How to give voice to the bold, the bitter, and the beautiful of life? Participants will play, exploring ways in which the body speaks, words reveal moments in time and space, and mind and imagination create atmosphere. Beginning with evoking internal imaginative states through somatic practice and a writing task to uncover words, the middle will provide time and space to play with distilling physical language, gesture, spoken language, and words. The end will culminate in sharing snippets of the stories generated, reflecting together on what is enjoyable, moving, and life-giving in the storytelling.

Kim Kaufman, Margaret Guay

Workshop/Practice (O)

Art Making and Somatic Experiences

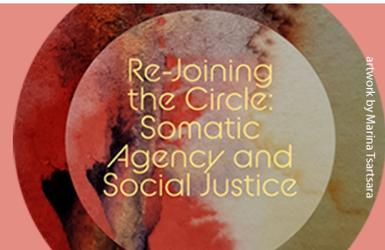
The body experience revealed through image creates a new vision of living tissue, cells, and systems. How is somatic awareness expressed through the visual arts? This workshop is an exploration of how the encounter with alive and conscious tissue is given voice and communicated. Join in an experience of somatic art making and discussion of process and practices.

Debra Wales

Presentation (O)

'One Size Fits All' Shoes ...

This presentation will examine how life is so much more than this set of rules and guidelines called 'functioning,' which is agreed to from birth until death. It's an endless web of knowledge, felt experience, essence, simplicity, and love. Yet, humanness applies equally to vocations, relationships, social paradigms, loves, likes, suffering, and joy. What makes people sanely human is understanding the path as also so much more than this grand version of love – it's about meeting humanity in the struggles and differences -- coming together, not turning away. As a (now proud) Autistic, the presenter will engage in this conversation as a reminder, reflection, and exploration on how allowing others to feel safe enough to be 'themselves' decreases the cycle of shame, risk of suicide, and dis-ease within marginalized groups, and, in fact, with all people in general. Participants will discuss ways to increase compassion and workable empathy with different groups; understand how drawing on sensory experiences common to all enhances both therapeutic and everyday relationships; and learn how to achieve justice internally through somatic agency and personal responsibility until 'One' is achieved in humanity.



8:00 - 9:00PM

VIRTUAL CONCERT (R)

Annie Brook

Live Performance (O)

The Amygdala, Hippocampus, and Caudate Nucleus Perform!

How do we possibly stay emotionally regulated and sane in these times? Enjoy this playful exploration of brain function presented as performance.

Serafima Mehhovits

Performance

Mover Falling and Flowing

In this video piece, the camera is a witness that sharpens the mover's awareness of moving. A mover loses balance to find a graceful and raw moment. Reflexes surface where self-perception and self-presentation peel away, playing with a physical language of automatic reaction, to integrate an ease of being witnessed.

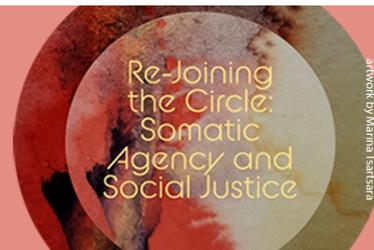
Erika Berland, Wendell Beavers

Performance

Tissue States: A Collage of Movement Studies

Based on Anatomical Systems

During the pandemic Fall of 2021, the presenter and collaborator Wendell Beavers did a series of "basement tapes" to keep the juices flowing and to experiment with putting somatic research into space and time. The studies were inspired by the qualities and mind of the bones, reflexes, righting reactions, toning spirals, and vibration. The intention was to trust the images and sensations engendered by the research and to allow the movement to manifest naturally without an expressive agenda. At the same time, the artists viewed the camera as witness and sought to "compose on the spot" with space and time as the container. Presenters will share a montage of different states. Can you guess their inspiration?



Liao Yu-Ling

Performance

Being fluid: A fading process

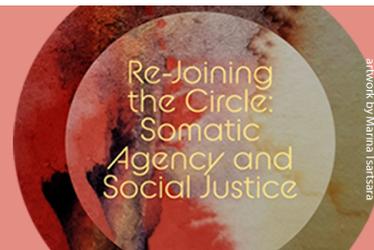
What is the process during the final moment of life? Almost everyone has had an experience of losing an object, a pet or even a person. From the presenter's experience with his grandfather, who had a severe injury from a traffic accident. During the period of a long and high-attention condition, something happened through his body. There was a bodily connection in a sensation way between him and his grandfather. Something like fluid was vanishing through his body. Combining the method of Experiential Anatomy to explore the fluid system and the treasurable resource from the book *The Tibetan Book of Living and Dying*, the process of bodily vanishment can be described sequentially. The image and bodily sensory are also consistent with each other. In this work, to find out the relationship between visual images and embodied movements, there is a fluid stage installation between the performer and itself, expressing the idea of space as created through the growth of being a being.

Natasha Alhadeff-Jones

Performance

Becoming -- Reflection (2021)

In this dance made for the screen, Natasha Alhadeff-Jones explores the confluence of her struggle living in a land not of her birth and her coming home to herself. Not only a collage of visual images, "Becoming - Reflection" is a collage of movement vocabulary, her attempt to form a whole and coherent picture of the scattered nature of her experience living away from her family and sense of security, her attempt to address feeling displaced, foreign, and other. Like the layering of the images of the video, she layers her INTERPRETATIONS of different movement vocabulary meaningful to her: the Dimensional Scale of Rudolf Laban, the traditional Haitian dance of Yanvalou as taught to her by Djola Branner, and the technique of Rosangela Silvestre as taught to her by Luanda Mori and Dominique Rey. "Becoming - Reflection" is a part of an ongoing series of eco-somatic dance explorations, engaging with the question: Beyond assimilating to a place, how can one be at home, in the body?



THURSDAY, JUNE 23

9:00AM

Annie Brook

Workshop/Practice (O)

Supporting Embodied Emotional Clarity When Working with Social Justice

Presence, not Skin Color ... how not to polarize when communicating. Standing clear in difficult conversations from an embodied approach. Ability to listen, not get reactive. Explore this playful performance of brain support to help reactivity transform into deep and open listening.

Tal Halevi

Workshop/Practice (R)

Dynamics of Density

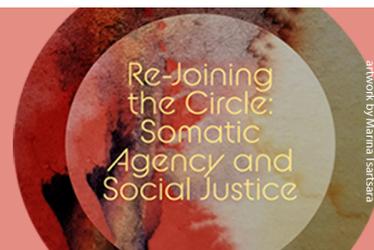
This guided movement journey will explore the condensing and expanding movement rhythm of cells, the pulsating wave-like movement of jellyfish and starfish, as the primal experience of whole-body unity that underlies and integrates differentiated movement. In particular, participants will consider the different states of density in the connective tissue as a portal to unique qualities and dynamics of movement, states of consciousness, and modes of perception and expression. From fluid to solid, undifferentiated to concrete, by embodying different states of tissue density one can embody a continuum of states of being, different states of density, different states of mind.

Kim Kaufman, Sylvia Maes

Presentation (O)

Principles and Practices of BMC

The underlying principles of Body-Mind Centering are rooted in the study of anatomy, physiology, embryology, and developmental movement. The exploration of these ideas has led to many practices and techniques. This presentation of BMC principles demonstrates how an exploration of ease, movement, space, energy, and time can become practical applications in somatic movement therapy. Explore the path from BMC principle to practice; how BMC translates embodied experience into techniques for healing.



Heike Kuhlmann

Presentation (R)

Blood – Menstruation – Taboo

Menstrual blood continues to be a social taboo. Is blood and menstrual blood differently perceived in the quality and expression of movement? There are many negative attributions, such as: women who are bleeding are impure or poisonous. Women had to isolate themselves during menstruation. Menstruation blood is still something hidden even now: Women have "visits from Aunt Rosa," or are in "strawberry week," or they are "PMS-driven menstruating monsters." Period shaming is creating many restrictions. But how much does historical and social proscription interfere in sensing and perceiving? How much can Body-Mind Centering support going underneath these inscribed perceptions through a specific framing? Presenting actual research and a personal approach to find ways to sense, perceive, move, and talk about this taboo.

11:00AM

Christine Cole

Workshop/Practice (O)

Gelation – a Developmental Pattern?

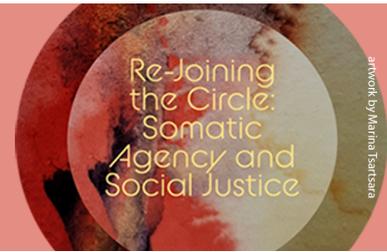
The sea of water in the body has the ability to dynamically change; it can determine its own flow state. Somatic embryological exploration reflects early cell division as a way to hone in on initiations of the different cell fluids, the cellular oceans within, as well as the chorion and amnion. So, it is not only the membranes that have the ability to make decisions and guide fluid. Therefore, in the last 6 years, SomaticBODY has been applying this state as a Developmental Pattern. Participants will be introduced to bodywork, which supports clients to release toxins and holding in the tissues' fluid gel to flow states. The body relies on this changing gel-tone to move fluids through the body.

E.E. Balcos

Workshop/Practice (O)

Global Connections through Soma and Earth

This movement workshop will invite participants to be led into somatic agency through guided somatizations in stillness and movement. Improvisatory movement will be facilitated to participate independently and with others. Metaphors of body systems with elements of nature will help discover agency in relationship to soma, earth, and other participants. Incorporating somatic knowledge about the body is important in this relational process as proprioceptive awareness of different systems of the body will be metaphors with different aspects of natural elements such as the earth, water, and air. In the soma, metaphors can be made such as the earth's crust with skin, the mantle with muscle, the liquid outer core with fascia, the solid inner core with bone, and the world's water resources with the body's fluid system, which makes up more than 60% of the human body. Diversity of experience is welcomed into the discovery of somatic relationship in environmental and social equity and justice.



Lola Gonthier

Presentation (R)

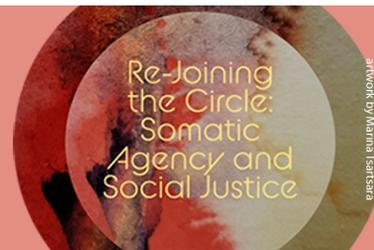
BMC Circle as an Inclusive Pedagogic Tool

The topic for today is: "How the BMC Circle has been inclusive for me and how it could be for others too." The presentation will be a discussion and sharing time after a testimony coming from the presenter's own experience of social injustice, especially in her scolarity, mainly caused by narcolepsy-cataplexy disabilities as well as an un-adapted educative system. During a somatization, each participant will be invited to contact and invite body memories, reminding how The BMC Circle has been inclusive in each person's professionalization process and personal development and how the shape creates a secure space. For students but also for teachers, by setting up membranes, boundaries, and limits, which promotes communication and self-expression as well as building a community mind that cares about the group and others. Giving place to individuality and singularity, encouraging self-presentation, confession, sharing personal experiences and experimentations in a benevolent climate.

Lilian Vilela, Diego Pizarro, Marila Velloso, Patricia Caetano, Luciana Barone **Panel (O&R)**

Links between BMC and University Education in Brazil

In Brazil, the Body-Mind Centering somatic system is propagated in university courses in dance and theater and articulated to different curricular components through disciplines that are taught in a plural way, depending on the focus of each certified professional, their performances, and the contexts of each course and university. In this session, professionals from the Northeast, Midwest, Southeast, and South regions of Brazil will present an overview of their teaching activities, which articulate BMC with university education. These Brazilian universities offer free public education, at state or federal levels, and this allows for democratic access by covering different socio-cultural layers of the population. Some challenges and achievements will be shared about the integrations of the BMC system in the university environment, its singularities and agencies, the pedagogical and research issues, as well as the artistic and community developments arising from outreach projects.



2:00PM

Mary Ann Rund
Fluid Moves

Workshop/Practice-cannot be accessed remotely (O)

This experiential workshop will take place in the pool(s) of the aquatic center where immersion in the water offers a sensory return to the embryonic environment and an integration of the fluid and nervous systems. Through buoyancy and support, interfacing and connectivity, merging and flow, the mind is given the opportunity to rest while the body releases, recuperates and revitalizes.

Amanda Comstock, Dr. Gill Wright Miller

Panel (O)

**The Changing Landscape of Somatics in the Academy:
A Live Interview with Dr. Gill Wright Miller**

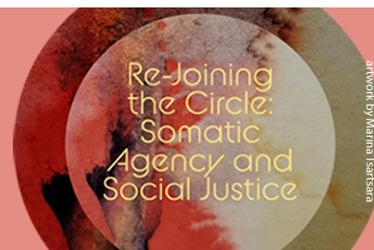
In this live interview, Amanda Comstock will interview Dr. Gill Wright Miller, with a focus on her experience teaching somatics in the academy and on how her teaching content and methods have shifted to meet the students of the cultural and political moment throughout the 40 years since she began her full-time teaching career in 1981. This interview will include an historical inquiry of somatics teaching methods in the academy vis-a-vis the research 'on the ground,' specifically BMC; a philosophical inquiry on how concepts of the body (and agency) have changed for instructors and for students; how the priorities of students have shifted; how cultural/political shifts have influenced the content and methods, with a specific interest in how the need for social justice is (or isn't) present; and lastly, what lies ahead. The interview will last 45-60 minutes. The remaining time will be facilitated for other teachers to share their stories/experiences.

Mariko Tanabe

Workshop/Practice (R)

**An Experiential Journey Through Memory,
the Body, and the Natural World**

This exploration is an invitation to dive through different layers of memory, time, and space, and to journey through the blood, bones, fluids, and DNA to awaken a sense of belonging that moves beyond the isolation and loneliness that many feel. The exploration will touch upon the wisdom of the natural world as a continuum with the living human body. Be prepared to be held with spaciousness, and to move, draw, write or vocalize following a sense of ease and curiosity. All are welcome.



Amélie Gaulier, Sarah Johansson Locke, E.E. Balcos, Nicole Bindler, Martha Eddy, Wendy Hambidge, river jackson-patton, Roxlyn Moret Panel (O)

Engaging with Decolonial Practices to Nurture the Future of BMC

In this conversation, panelists will share how they integrate BMC and social justice practices. Some questions to sit with: How does one experience and engage with concepts of "rejoining the circle" and "somatic agency" – as the BMC community, and as individuals with varying intersectional identities? Everyone has positionality and social location that influence how we see/hear and are seen/heard. How can participants hold accountability, individually and collectively, for actively decentering whiteness, heteronormativity, ableism, and other ways people disconnect from their full humanity? The invitation is to engage with decolonial practices: noticing and questioning internalized assumptions, embodied stories, experiences of belonging and not-belonging. Can one inhabit different truths and inquire collectively about what kinds of social transformation one wants to nurture? The goal is to notice who sits in the circles and who isn't present, in order to co-create a BMC culture that includes all who wish to engage.

4:00PM

**Cathy Boyce
Begin Moves**

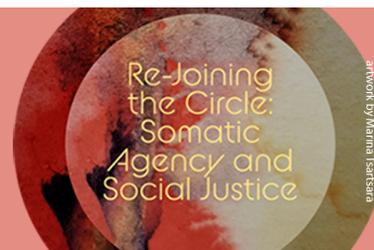
Workshop/Practice (R)

"The power of first year of life movement." Begin Moves is a movement practice that revisits these primary movements. The presentation explains the following: Why are these movement patterns so powerful throughout life? How do they relate to the STRESS response from a movement and posture perspective? How can they change people in a manner that respects the individuality of life experiences?

Brae Onna Weil, Rosana Barragan, Natasha Alhadeff-Jones Panel (R)

Three Views on Social Somatics and What Decolonization Means in Our Practice

The presenters have trained with Dr. Martha Eddy and work as Dynamic Embodiment Practitioners with different populations and in various settings: higher education; dance performance and choreography; social justice and transformative healing. Brae leads a social somatics forum. Natasha and Rosana are active members of the forum. The panel will offer the presenters' experience with the forum and their perspectives on decolonization. Rosana's focus comes from her own history as a Latina, following theories by Silvia Rivera Cusicanqui, Bolivian/Aymara scholar, activist, and renowned decolonial thinker. Rosana will break down the concept of decolonization, applying Cusicanqui's view and in relation to her own work of connecting to her native roots using eco-somatics. Brae will share their perspectives on gender and body size in the



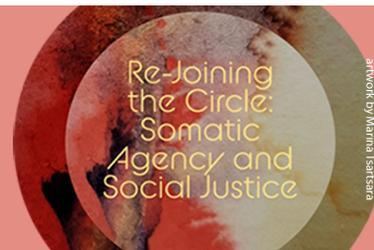
context of decolonization and embodiment practices. Natasha will offer a Black woman's perspective on social somatics and the power of African-influenced somatic dance.

Odile Seitz-Walser, Annick Putz, Beatrice Schlee Panel (R)
Professional Communication Outside the Somatic Field

For the second time, and in the frame of the Conference 2022, the presenters would like to offer an online community discussion around the communication about BMC. Since May 2021 the presenters have met and discussed the way to support BMCA members in professional communication outside the somatic world. How do BMC Professionals communicate efficiently and clearly with institutions about a process-based work? After the rich and exciting experience from last year, presenters will invite two BMC professionals to share their experiences of how they successfully communicated to convince people, especially directors of institutions, of schools, of professional training institutes, etc., to make BMC part of their offer. Furthermore, the working group will share the research and discussions, work in progress, and proposals worked out and on during the last months. The goal is to open the discussion to all interested members of the BMC community in order to allow sharing of experiences and ideas.

Susan Bauer Presentation (R)
**Our Bodies Know: The Interface Between
Authentic Movement and Somatic Movement Therapy**

In the practice of Authentic Movement, people learn to listen to the impulses for movement in their bodies and to give them voice. As a somatic movement therapist, Susan similarly encourages people to seek self-awareness through movement expression that arises spontaneously, such as in a simple gesture or movement phrase. Yet as she has discovered, many clients tend to jump from movement to cognitive 'story-telling' quite quickly -- such that although the movement is expressed, it is not necessarily received by the self. In this presentation Susan shares methods she has developed, based on principles of Authentic Movement, to support people to hold space for their movement knowing to be heard. Through examples of multiple clients, Susan illustrates the transformative power of these simple somatic interventions to help people listen to the voice of their own bodies. Participants will also be invited to experience components of this process and share their experiences.



8:00 - 9:00PM

VIRTUAL CONCERT

Amanda Benzin

Performance

Terra: Oh, the Places ...

This screen dance, co-directed by Amanda Benzin and Matthew Schlieff, features an original music composition by Jesse Manno and explores places and spaces where tap dance is not usually seen or performed. It is a digital adaptation, due to Covid-19, of a larger Project "Terra" that explores solo tap dance, surfaces, and bone conduction headphones.

Lale Madenoglu

Performance (R)

639 Hertz

"639 Hertz" is a video performance created by Lale Madenoglu as her senior year choreography project at MSFAU Contemporary Dance Department. It is inspired by her felt senses regarding vibration. 639 Hertz is a Solfeggio frequency that is said to be related to the heart center of the body. This performance was created by the relationship of the choreographer with this frequency and its vibrational responses in her heart center.

Miranda Rashelle Zapata

Performance

Dance as Social Activism

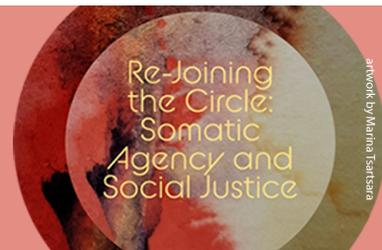
This work focuses on the conditions and treatment that many women and families endure while being held in ICE detention facilities.

Mary Ann Rund, Dawn Karlovsky

Performance

Gravity Rising

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



FRIDAY, JUNE 24

9:00AM

Wendy Hambidge, Jorge Samuel Faria

Presentation (O)

Stand Up, Show Up, Own Up: A Duet Over Time.

Film and Discussion with the Collaborators

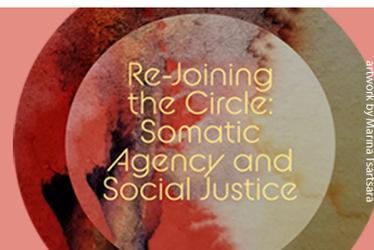
"Where does identity start? With oneself, with ancestors? The generational cycles of one's people, should one continue them? Can one break with them?" This film documents Wendy and Samuel over 4 years as they ask themselves these questions through the lens of choreography, as they dared to acknowledge their histories to one another. The process started with Samuel translating a solo of Wendy's with spoken text. In the first version, it was offered that Samuel reacted to what he was translating, which paved the way for this "solo" to become a duet. Engaging somatic agency-created wisdom, which became patterns for relating that brought together two people who are common and also different, two people learned to appreciate and be patient with one another, being where everything starts, In The Body, Living Body, Colorful Body. Two people of different countries, social and ethnic groups, coming together, reflecting about identity, having different conversations through a common language: Movement.

Trude Cone

Workshop/Practice (R)

Moving Thought: Thinking in Movement

This workshop explores early organizing forces/movements as the foundation for progress. Physicalizing these actions through somatic experience helps to tap into potential, come into motion, and find balance while moving, and encourages participation in the choreography of life, eventually fostering progress in the world. The long-term goal is to apply this progression to facilitate understanding while creating situations and environments for growth. A few concepts introduced in the workshop are the interfacing between host/guest roles in experience; transitions and transformation underlying moving forward; and the gradual ability to take increasing responsibility in participation to tackle the complex problems in the world.



Paula Josa-Jones

Workshop/Practice (O)

Dismantling Dominance: An Interspecies Perspective

There is something profound about entering the mystery of connection with another species that has everything to do with the deep bodily alignment of relationship and what composer Pauline Oliveros calls Deep Listening. All living beings are an interconnected, bio-similar, cross-pollinating network in a constant flux of adjustment, response, and transformation. Awareness of this ongoing, improvisational movement matrix can begin to connect to the richness and permeability of the bodily, animal selves. The presenter will share 25 years of learning to be a "movement speaker" with horses. The intention has been to dismantle the usual dominance model of human/horse relationships and to find a more improvisational, co-regulated, collaborative relationship with these extraordinary beings. In this workshop, participants will explore embodied ways of dismantling the often unconscious, embedded architecture of hierarchical perspectives and behaviors.

Amanda McCorkle, Kaysie Seitz-Brown

Workshop/Practice (O)

Building Blocks: A Foundational Approach to Creating a Socially Just Society

This presentation will be an interactive experience in which the audience participates in a short class, centered around introducing social justice through somatic agency to young children through creative movement. The content will explore connecting to breath, listening to the body, using intuition to guide movement choices, and building community through non-verbal interpersonal connections. These ideas are inspired by the children's book Antiracist Baby by Ibram X Kendi, and will be presented in two age-appropriate lessons for preschoolers and elementary-age children. The class leaders will also show how to continue the work of addressing social justice through somatic awareness and agency beyond the lessons presented. The session will end with engaged group discussion and time for questions.

11:00AM

Amelie Gaulier

Workshop/Practice (R)

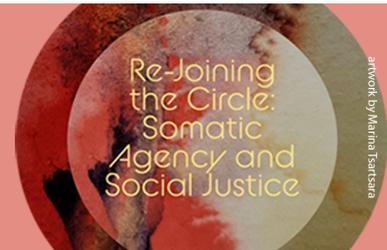
Earthing Our Voice: The Energetic Threads of Bringing Our Whole Self to the World

In a lot of traditions and cultures, the placenta, after birth, is considered with great respect and rituals are made to honor what supported the future being: an ongoing exchange to be nourished and protected when developing as an embryo. This interspecies organism weaves a relationship to time and a particular position and location regarding our ancestry and the unfolding world, co-creating breath by breath. In French, voice and path are almost the same word with different spellings: "voix et

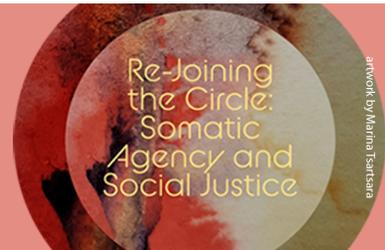
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35th Annual BMCA Conference
June 22-26 2022

Denison University, Ohio
in person & online



voie." Through a somatization/visualization, combined with movement and vocal sound, participants will explore: How can returning to the foundation of paths and ancestry, remembering embryologic gestures, revisiting the earlier steps where belonging occurs help to retrieve the threads of lineages and ancestry? What somatic agency is intended when people anchor their whole selves within the cracks and roundness of earth? How does that support response-ability regarding the socially-constructed realness of what people are called to voice out? What does this placenta -- as in-between inter-species, have to teach?



Tami Joy Hindin, Michelle Cohen

Workshop/Practice (R)

Developing Embodied Sacred Witness to Hold Sacred Space

In this presentation/practice there will be the opportunity to explore the relationship between self and space as preparation for holding sacred space for others. Participants will share personal and shared experience around the questions: What is needed within self to create sacred space for self? Where or what bodily places allow the meeting of others in sacred container? Where do sacred self and sacred space meet? Offering the breath, senses, front/back/middle body, and heart through embodied movement and meditation as a pathway to explore these questions and invite further understanding of what supports the relationship between earth and cosmos as an embodied sacred witness.

Colleen Jorgensen

Workshop/Practice (R)

The Vagal Tone Tango -

Learn to Dance with Your Nervous System

"When you feel safe enough, you can dance at the edge of risk" Dr. Arielle Schwartz

Exploring playful movement while offering a sense of safety and connection allows you to 'dance at the edge of risk'. This empowers you to edit your own story and LIVE life with joy rather than feeling like a spectator who has no control.

The vagus nerve, known as 'The Wanderer' originates in the brain, exits the skull and takes a long and winding path on its journey down through the body innervating many key structures and systems along the way.

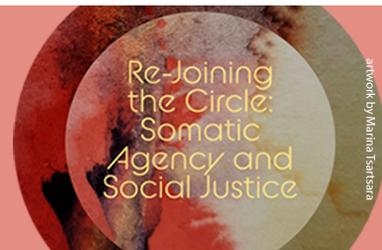
The vagal system is intimately connected to the nervous systems and integral in whether the body chooses to activate the:

1. The Ventral Vagal (Social Engagement System)
2. The Sympathetic System
3. The Dorsal Vagal (Shut down or freeze system)
4. Or a hybrid of the above

Through bringing awareness to NEUROCEPTION participants will learn how to connect & communicate with their nervous systems through:

- Breath
- Self-release
- Vagal tone practices

Join me and teach your system how to fluidly dance back and forth between ALL of these states and learn to regulate from a place of safety and connection.



Dawn Karlovsky

Workshop/Practice (O)

The Alexander Technique®: Opportunities to Observe

F.M. Alexander described his work as "the study of human reaction." By working through the principles of The Alexander Technique and body mapping, participants are invited to discover the interconnectedness and internal communication of mobility and intention. This thinking and sensing practice allows for opportunities to observe the dynamic balance, action, and reaction within oneself. As a pioneer of somatic education, Alexander regarded the "Self" as the Unity of Being. Participants will work through his method as a means to gauging interferences in proprioception caused by overuse and/or underuse of tensions, and by discovering where, when, how, and why these reactions occur. Participants will listen for movement impulses that precede an action and make a conscious choice on how to respond. Participants will be guided and encouraged to explore the dynamic relationship and integrated use of thought, movement, inhibition (non-doing), and sensory awareness to discover easeful and harmonious movement.

12:45 – 2:45 PM

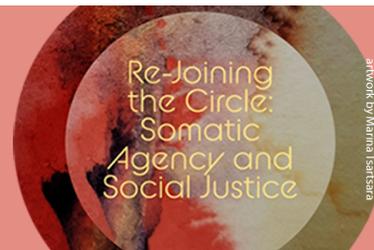
ANNUAL MEETING

3:00PM

Martha Eddy, Bebe Miller **Workshop/Practice-cannot be accessed remotely (O)**

**Mending and Bending
Through Racialized Challenges**

After investigating Resmaa Menakem's book, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, Bebe and Martha invite a participatory-moving-vocalizing-talking dialogue. In call and response style, they will share discoveries and then invite each other and participants to embody responses. Springboard concepts for creative practice can be: anchors for self-care and dealing with 'the long-haul,' somatic abolitionism, *Bodies of Culture*, intergenerational trauma, white-bodied supremacy, VIMBAs, body-centered activism, to name a few. Ideally, group participants will have read the book, or a synopsis or critique of it, before the conference. As interactive somas, this time provides a space to feel how cultural forces, both oppressive and liberatory, impact every-day and unique somatic experience. Dive into choices of creative movement processes, recuperation, performative feelings, intersubjective sensing, and play, while accessing courage and safety.



Margery Segal

Workshop/Practice (O)

Moving In and Out of Connection: Weaving Attachment Principles with Developmental Movement Therapy

Working in the interpersonal relational field, students may become experientially aware of their earliest attachment tendencies. Attachment behaviors are mostly developed (hardwired according to the literature) in the first 18 months. A somatic movement approach allows an opportunity to unfurl earliest tendencies and learn how to honor and, perhaps, repair the earliest bonding needs. This work is applicable to adults as well as children and infants.

Hazal Selculc

Presentation (R)

Singing Through Grief

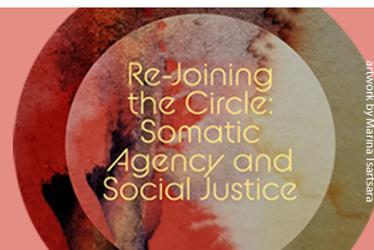
This presentation will explore the grief process through the use of movement, singing, composing, arranging, and video making. The presenter will share her own experience of using the arts as a tool to allow the flow of grief as a way of re-connecting to self, life, and beyond. The presentation will also include original musical work and poetry presented through videos that will explore metaphors and images of the grief process. In the videos there will be collaboration with dancers.

Sara Vogeler

Presentation (O)

The ABC's of Swallowing

Do you know where your tongue goes when you swallow? Participants will trace sucking, swallowing and breathing patterns from infancy to mature established jaw and tongue movements in swallowing and phonation. The workshop will explore early patterns by tracing the bones, identifying specific muscles, and the use of tongue when swallowing and speaking. Activities will explore the connections to life, survival, nursing, taste, reflexes, proprioception, smell and desire. Participants will revisit patterns from in the womb, emersion from the womb: reaching with the mouth, surrendering and attaching to the love of mother and father and caregivers.



5:00PM

Bebe Miller

Workshop/Practice-cannot be accessed remotely (O)

It's Simple, Really: Movement, Awareness and Dancing with your Eyes Open

How we move is how our body speaks: person to person, thoughtful practice to intuitive response, spontaneous action to focused consideration. We'll begin with a somatics-based warm up to tune the body's physical and expressive scale, and continue with improvisation and movement scores, working with full-bodied attention to detail, a range of dynamics and drive, finding the dancing that's ready to go.

Susana Prado, Laicine Barbosa

Panel (R)

Amana: A Dance for Babies

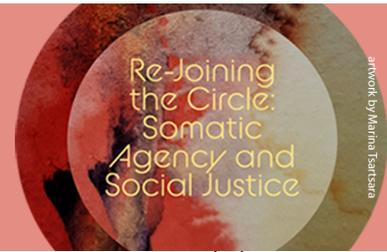
The general purpose of the research focuses on the play AMANA, which aims at sharing another way of the infinite possibilities of movement. Amana uses affection, touch, and movement as essential elements for the bond to be established. It grabs the public gradually, with subtlety, and reverberates into the relationships that are keen to the universe of the baby. Technical visits were carried out for observation experience in public and private day care centers in the Federal District. In addition, a workshop on movement was developed for educators and caregivers from the exchange with babies, in a way to provide a PAUSE for a look at themselves and, henceforth, for opening channels of communication with the sensitive world in order to develop better listening conditions with each other.

Amaia Mugica

Presentation (R)

Somatic Warm-ups in Actor Training

This presentation focuses on the actors' experience when engaging with somatic practices and emphasizes the importance of this type of work in an actor's preparation, especially during the warm-up. Offering a warm-up that prepares the actor to possess a greater sense of connection to themselves, to others, and to the space is paramount. Besides, a somatic warm-up prepares the actor to work within a richer palette of moves and to be aware and in control of the creative process before the final product - life on the stage. Many times, theatre training and, even more, physical theatre training focuses on the physicality, but as an information that comes from the outside in and not from the inside out. When engaging in somatic work during the warm-ups, the actors become more aware of their own bodies through anatomical exploration, as well as an increased alertness of time, space, and others.

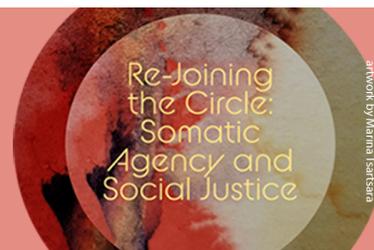


brooke smiley

Presentation (R)

**A Study: BMC, American Indian Communities,
and Ways of Relating Body with Land**

This informational session shares a study of how BMC is in present-day relationship within American Indian individuals and communities. It identifies and contextualizes places of commonalities between BMC and Native, non-English ways of relating bodies with land, while tracing where and how they diverge and counter. Reciprocally, this shares sensitivity in navigating a patient permission process in receiving indigenous knowledge for use in non-Native BMC spaces of learning. While this could be highly anecdotal, this session commits to highlighting informational in-roads between BMC and Indigenous ways of relating body with land. It shares a generative, ongoing study in relationship building, emphasizing accessibility to land and body-based pedagogy and collaborative spaces of learning. It concludes with a deepening study of how indigenous language is functioning in relation with BMC-grounded pedagogy for cellular sensation within new movement possibilities.



8:00PM

VIRTUAL CONCERT (R)

Mariah Maloney

Performance

A Visitor's Intimacy of the Now

As the pandemic began to shutter people in their homes, Maloney found herself dancing alone in her living room with the camera as witness. Months later, she located her choreographic process outdoors, working with natural light and landscape in collaboration with composer JoAnne Maffia, creating A Visitor's Intimacy of the Now, which is a part of the documentary film: The Making of Hammer and Rain. This work explores improvisation in dialogue with choreographic structure, unearthing the articulate, sensing body in response to the natural environment.

Katiane Riberio Negrao, Ricardo Alvarenga

Performance

**Coração Valente – solo em decomposição
(Brave Heart – solo/soil* in decomposition)**

This performance investigates the interaction of bodies departing from the porous quality of the cellular membranes and what reverberates in movement. The Sponge Pattern, Cellular Breathing, and the Fluid System were accessed during the process. A flowerpot clay sculpture in heart form was the inspiration that names the work. The beginning of the process was to put oneself in position with the sculpture (in (de)composition) in different environments. The sand environment was chosen as the soil to put oneself in a porous presence, having as the inner argument to be nourished from what is decomposing, contextualized as the pandemic condition, that brought so many subjective and concrete deaths. Evoking the ancestors and the condition of being back to dust, stardust. Key words: Porosity. Cellular Breathing. Vibration. Fluids. (*Translator's note: the word solo in Portuguese is used to designate soil and a solo.)

Miranda Rashelle Zapata

Performance

Sueños Replaced by Sacrificio

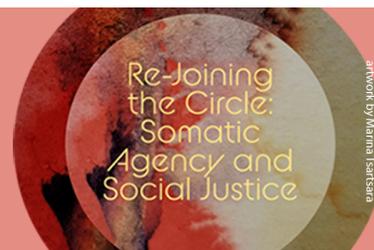
This work encompasses the impairment and healing while honoring the legacy of our past, present, and future migrant farmworkers, both documented and undocumented. The process behind this piece explores how storytelling through movement is a form of spiritual activism.

Andromeda Graziano

Performance

Leap of Faith

"To see the world, things dangerous to come to, to see behind walls, draw closer, to find each other, and to feel. That is the purpose of life." -- James Thurber. In a quest to change the future by understanding the past, to shine a light on self-knowledge, shared vulnerability, and kindness -- a leap of faith is often required -- this film explores and shares that leap of faith. [Filmmaker: Jack Elliott Hobbs]



SATURDAY, JUNE 25

9:00AM

Michele Feldheim

Workshop/Practice (R)

Working with the Chronically Ill:

A Movement Exploration, Discussion, and Self-Reflection

This presentation will take a short look at how people with chronic illness are viewed and the tools used, or needed to know, to effectively work with this population.

Through a movement exploration, the presenter shares tools and the experience she has had working 8 years full-time with this population. Along with discussion and self-reflection, the group will take an honest and detailed look at working with this difficult but very gratifying opportunity of work. All experience welcome.

Cynthia J. Williams

Presentation -cannot be accessed remotely (O)

Molecular Consciousness: Gaga as a Somatic Experience

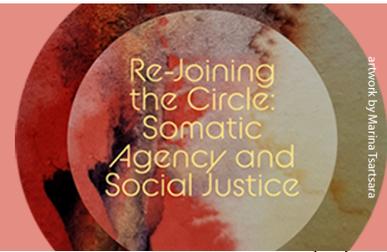
Ohad Naharin's Gaga movement language has clear parallels to somatic methodologies such as Alexander Technique, Body Mind Centering, Feldenkrais®, and Release Technique, yet treads a unique path, not easily catalogued as a somatic practice. Gaga shares with these other orientations an emphasis on internal sensations, of listening to the body, and of honoring physical sensations as kinesthetic research, often with the goals of re-patterning unhelpful movement habits and recognizing default habits. This presentation investigates how Gaga aligns with other somatic practices and where the similarities and differences lie. Central questions include the role of language in shaping this movement language; whether the claims of increased somatic awareness, body/mind connection, and increased "availability" can be corroborated; and what accounts for Gaga's pandemic appeal. Gaga hosts seven classes daily across multiple time zones, drawing hundreds of people eager to find their groove.

Ivan Vukovic

Presentation (R)

A Journey of Transformation

A Journey of Transformation is a sharing of Ivan's journey as a student through the licensed Somatic Movement Education program of Body-Mind Centering, spanning from 2019 to 2022. He wants to share the richness of experience and insights that come out of the moving body-mind, as he encountered them personally on this student trajectory. Each system within the body sings its own song, its own story, and deeper principles of life start to emerge from our own bodies. And this journey is shared with many others in the context of a group, which provides support, safety, and true friendship. This presentation will include somatizations and an invitation for the viewers to share their own experiences of how being a student in the Somatic Movement Education-program enriched their lives.



Sarah Johansson Locke

Workshop/Practice (O)

**Cultivating Resonance in the Interstitial:
Individual and Collective Somatic Agency and Empathy**

A constellation is stars and the space between them. A weaving is threads and the patterns they weave. A river is water flowing and the riverbed holding. Each has substance and space, parts and whole, contents and container. All are made of co-existing, interrelated, dynamic relationships. This session integrates principles and practices of BMC and yoga into movement explorations that tune in to the individual and collective within bodies, between bodies, and in space/s. It invites processes that cultivate responsiveness and responsibility, integration and spaciousness, connections, and exchange, yielding, supporting, adapting. This practice calls on the inter-calibration of the endocrine system in tandem with breathing (cellular, internal/ external), fluids (substance, circulation), connective tissue (and what it connects). Here, repatterning is discovering emergent opportunities – within, around, and between – with which to co-create interdependent and integrated belonging for each and all.

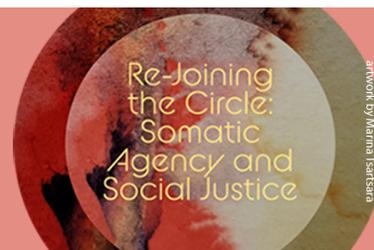
11:00AM

Nina Wehnert

Workshop/Practice (R)

Center -- Centered -- Centering

There are many places in the body referred to as "center." This workshop offers a somatic exploration of the navel as central hub. Its embryologic origin relates and connects to the bladder, perineum, peritoneum, and intestine, all in an area that is often referred to as "center." It's a place where nourishment is received and there is freedom from what was not needed. To feel "centered" is a process. It's a balance of center and periphery, of inside and outside. A place from where one can reach out into the world and at the same time be oneself.



Wendy Hambidge, E.E. Balcos Workshop/Practice (O)

All Time At Once: Transparent Process, BMC in Collaboration and Creation

This workshop involves process, transparency, and agency with permission to be vulnerable and open, giving validation to direct experience. E.E. asked Wendy if she would collaborate on a performance piece that would engage their 30-year friendship, coming and going, dancing together and apart, and their shared love of BMC and the ground and sky it offers. The medium would be movement, text, and music/sound. She said yes. Here they are in the midst of their process, offering a window on investigating and creating through the lens of BMC. The participants will engage in active witnessing, observing oneself and others without judgment. What did one see? What did one feel when one saw that? Followed by moving, writing and/or drawing as both giving reflection and expression to what one witnessed. Discussion about the creative process, BMC, social justice, and activism will conclude the session.

Sara Vogeler

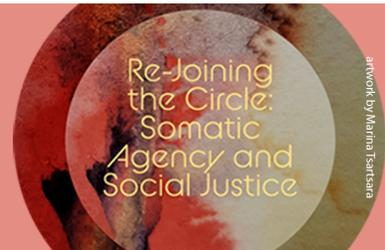
Presentation (R)

**Moving and Measuring – Shifting from Sugar to Fat:
The Journey to Ketosis for a Healthier Body**

Topics: Nurturing One's Self, Saying No, and Saying Yes at "the door." Glucose in breast milk, addiction, genetics, storing sugar or burning it. The 5 Pillars: Eating, Sleeping, De-stressing, Exercising. Connecting, measuring, and reducing inflammation. Navigating the ups and downs in life.

**CoCo Loupe, Mina Estrada, Noelle Chun, Cole Garlando Workshop/Practice (O)
Benevolent Instruction(s)**

Benevolent Instruction(s) (BI) is a gentle, guided movement practice for anyone interested in physically engaging with language in the moment. In a given session, audio-recorded directives or prompts are offered that lead the practitioner through various tasks, images, ideas, physical states, and action potentials. Benevolent Instruction(s) are shared via weekly audio scripts of curious and kind movement instructions that allow the listener to move, imagine, play, meditate, dance, create, and discover the joys and mysteries of inhabiting benevolent worlds that are built right there in the moment. The scripts are also shared in our foursome's virtual practice and in community zoom sessions. The intention is to provide an opportunity for people to listen and translate their own bodily experience as well as enjoying the presence of a supportive community where movement, language, listening, responding, and sharing are valued.



2:45PM

Bonnie Bainbridge Cohen

Workshop/Practice (R)

How do you Embody your Skin?

Our skin is our outer embracing membrane. It defines our form and is an intimate bridge between our felt sense of self and other. In this workshop, we will open our awareness to how we embody each of our three layers of skin: the epidermis, dermis, and hypodermis.

We will explore how these three interconnecting layers relate to the autonomic nervous system and to our felt sense of who we are, the environment, and who is other.

4:45PM

Alison Zuber, Elizabeth Caron

Workshop/Practice (R & O)

Dynamic Outcomes from the Direction of Ease

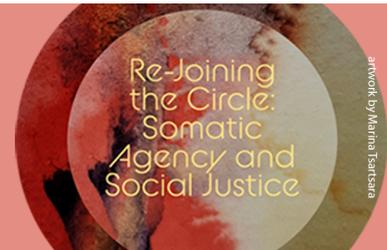
Modern dance is a direct expression of creativity: no equipment, the feet bare, and the sense of creation with and through the human body, unencumbered. In Body-Mind Centering, embodied inquiry invites the mover to journey through the unknown towards understanding. In Biodynamic Osteopathy, one of the main principles is direction of ease and no barrier. This sense of ease in the whole, this willingness to be the question, leads to dynamic outcomes that can change ... everything. In this lecture and movement lab experience, Alison Zuber, a long-time BMC Teacher, and Elizabeth Caron, an Osteopath, former professional dancer with Bebe Miller and Company and teacher of Biodynamic Osteopathy on Dr. James Jealous' faculty, will explore the relationship between movement and creativity as it facilitates change.

Nicole Bindler

Presentation (R)

Scar Talk

Scars are often referred to as disorganized fascia that adheres tissues and disrupts movement pathways. But what do the scars have to say about this? Nicole Bindler has developed a performance practice in which she animates her scars as characters, allowing them to do the talking. Their stories and opinions can often be quite surprising. In this presentation, Bindler will share her findings from years of listening to her scars and sharing their joys, traumas, and desires with audiences. She will offer techniques for conference attendees to develop their own scar-talk practice if they wish. Even those who don't think they have any outwardly noticeable scars can communicate with their navel where the remains of the umbilical cord fell from ... And those belly buttons sure do have a lot of feelings! Attendees are encouraged to bring as much of their whole selves to this presentation as they are able, including their tender parts, wounds, imagination, and sense of play.



Marion Ramirez

Workshop/Practice (O)

CasaCuerpa

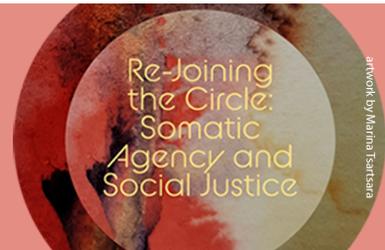
CasaCuerpa is a somatic movement workshop for the body and soul. It invites individuals to inhabit and dance with the qualities present in their anatomy and imagination. Participants are guided through improvisations using storytelling, movement, and drawings to map out the body's sensations and breathing habits. By deepening body-mind awareness they are guided to sense rhythms and movements within stillness and stillness within their dancing. The workshop ends with a group discussion/sharing of the experience. It is taught in Spanish and English. Body in Spanish is cuerpo, which standardized all bodies as male. CasaCuerpa reclaims the female body as home for inherent creative wisdom. CasaCuerpa is a weekly online class running for the last year and a half. It invites and makes accessible somatic movement practice to individuals from the Latinx community, both from the U.S. and abroad, and to adults of all ages moving at their capacity. It was developed as a response to the pandemic.

Susan Bauer

Workshop/Practice (R)

The Language of Embodiment: Teaching Teens and Young Adults

Somatic practices are key to helping youth to thrive, providing an entirely new framework for understanding their bodies and the relationship between their physical and emotional well-being. But what are the essential building blocks to establishing the capacity for somatic work, particularly embodied anatomy? This workshop examines both how to use language to invite students into embodied knowing— (does it invite or inhibit an embodied response?)—and specific practices to scaffold the learning so students gain confidence by building their capacity for embodied practice. Drawing from the presenter's book, *The Embodied Teen*, participants experience a sample exploration followed by a presentation/discussion to 'unpack' the specific language and pedagogy skills used. Crafting an accessible in-road to somatic movement practices helps to set students up for success. Come experience, explore, and discuss how to skillfully pass along our somatic lineage to the next generation!



8:00 - 9:00PM

LIVE PERFORMANCES AND SILENT AUCTION

(O) (Bidding ends 10:30P)

Cynthia J Williams

Performance

Estuary

Performance of Estuary, a solo choreographed by Paula Josa-Jones for Cynthia J Williams.

Dawn Karlovsky & Mary Ann Rund

Performance

Arboreal

Inspired by wise presence and cooperative sustainment within the forest as it lives through seasons of change. This work is a continuation of the choreographer's exploration with nature as collaborator.

LeAnne Smith, Kaysie Seitz Brown, Amanda McCorkle **Performance**

Be Still My Heart

A duet exploring the metaphorical, physical, and metaphysical aspects of the heart and heart space. This choreography is inspired by From Becoming Kuan Yin by Stephen Levine.

Paula Josa-Jones

Performance

Cavallus

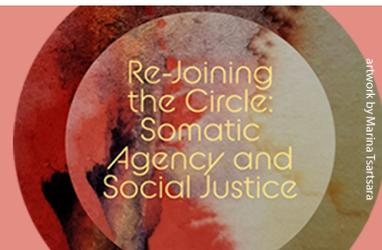
"Cavallus" explores the bio-synchrony of horse and rider in the language of hoof and foot, presence and absence, movement and stillness. It is inspired by the death of Paula's beloved stallion Capprichio and the poem "My Hunger" by poet Jane Hirshfield: "The way the high-wire walker / must carry a pole / to make her arms longer / you carried me / I carried you / through this world."

Sarah Ebert, Stephanie Schaaf

Performance

Play/Pause

Play/Pause is a duet created with the intention to be performed live and is grounded in questions regarding ability, showing up, meeting one another authentically, and embracing non-fruitation. In particular, one collaborator's struggle with a chronic health issue presents a new rhythm within a creative process. Instead of continuing on ingrained paths of moving and responding, the work seeks new regulation and challenges ableist expectations surrounding virtuosity. A fundamental query: How can the work reflect the integrity of the collaboration despite the very real potential of one performer's physical absence during the performance? Can it still be a duet? Without leaning on video or other forms of representation, can the presence of the 'absent' performer still play a critical role in the live performance of the dance? How does one person perform a duet?



SUNDAY, JUNE 26

9:00AM

Eva Maes

Presentation (R)

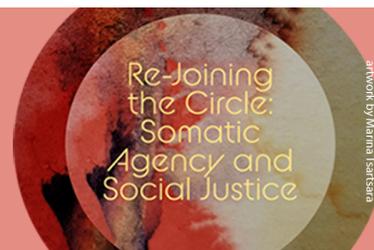
Transmitting the Body

'Transmitting the Body' is an artistic research project, which Eva Maes has conducted since Fall 2020 at the Royal Conservatoire Antwerp (B). The aim is to investigate how certain tools of communication support processes of transmission in diverse dance and movement realms, with the practice of Questions and Answers in the BMC curriculum, but also Lisa Nelson's Blind Learning-score, for example, as soluble containers around questions posed. The research specter slowly but steadily reverses: How to translate a very specific and profound research methodology, a methodology of listening, an incorporated methodology, anchored through years of collective learning and communicating through diverse somatic approaches, at the moment of entering in an institutionalized field? What to preserve, what remains, how to translate? How to 'transmit the body?' This presentation thus starts from a personal account, but engages with questions that somatic inquirers share ... wherever they move to.

Adel Andalibi **Presentation (R)**

Somatic Agency; Lineage/counter-Lineage, Certification/counter-Certification

This line of inquiry explores how different takes on the idea of somatic agency translate into various models of teacher-student relationships in the somatic world. How are these teacher-student relationships crystallized in formalities, rituals, procedures, certifications, lineages, branches, etc.? To what level is the question of agency central to the discourse of various somatic disciplines? In this inquiry the presenter would like to explore these questions regarding contemporary disciplines of Contact Improvisation, Authentic Movement, Feldenkrais Method, etc., in parallel with living practices from Taoist tradition.



Pegge Vissicaro

Presentation (O)

Relating Self and Other: Intersubjectivity Through Dance-Nature Interaction

This presentation offers insights from research conducted between 2020 to 2021, involving semi-structured interviews with twelve professional, contemporary movement-based artists from the United States, Canada, Greece, and Japan, whose work is inspired and/or shaped by the natural world. It focuses on how affective relationships between humans and more-than-humans diminish the culture-nature binary to more evenly distribute agency that may counter planetary destruction, health crises, and social injustice caused by imperialist exceptionalism. Framed by phenomenological theory, this study investigates dance-nature interaction to explore the intersubjectivity of the body's lived experience, which is always in relation to and with others. It also builds on relational ontologies that promote non-hierarchical alliances, affirming both human life and its environments as intertwined. The inquiry has transdisciplinary applications and contributes to the anthropology of situated embodiment.

Sylvia Maes

Workshop/Practice (O)

Recognizing Water in Everyone

Humans are moist and slippery inside. The internal environment is primarily water. Within the cellular, tissue communities, interstitial, vascular, and nervous system fluids; the fluid base is water. Participants will explore water within the many bodily forms. The goal is to come to recognize more fully this common bond. Water is life -- life lives in water.

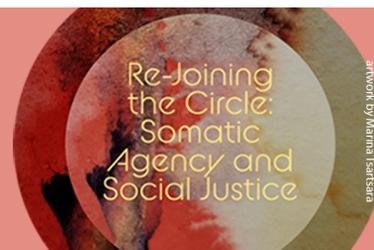
11:00AM

Lani Nahele, Daniel Kinsey

Workshop/Practice (O)

Unwinding Cellular Racism -- for White People

Racism came into people's bodies through ancestry, family culture, and society. It came in through the senses and the emotional and conceptual pathways. Messages of separatist values, superiority/inferiority, and fear were entrained. These imprints came in both consciously and unconsciously. To open the weave and unwind requires willingness, time, guidance, courage, and each other. In this workshop, external catalysts will be offered to be felt in the body at a cellular level, such as a piece of writing, a story, visual media, etc., to elicit memories, emotions, sensations, and ancestral history. Through touch, presence, and witnessing, these memories, cells, and tissues can be shifted, unwound, and made more whole. It is essential to recognize how long the road toward healing may be, that this will be a shallow dip into deep and wide waters of white peoples' complicity in maintaining systemic racism. Participants may feel aware of these issues, but the body can carry it deeper than is known.



Hannah Park Workshop/Practice (R)

Developing Presence through Heart-Centered Movement

In light of the pandemic, it has become more imperative to be aware of the organs, especially the heart, the body's main tool for grounding and conscious, physical reflection during challenging times. In this interactive experiential workshop with safe, easy-to-follow activities, participants explore an integrated approach to movement, the body, and consciousness, using breath, visualization, and touch to attune to the heart -- its anatomy, role, and function in the body, and interactions with other organs -- so that through the phenomenology of presence, participants can develop movement possibilities that embody resilience. The workshop concludes with a few suggested heart-focused rituals, a culminating movement improvisation, and a discussion about the implications of this experience in different movement practices and contexts.

Miroslav Petrovic

Presentation (R)

Embodied Teaching, Speaking, and Facilitating

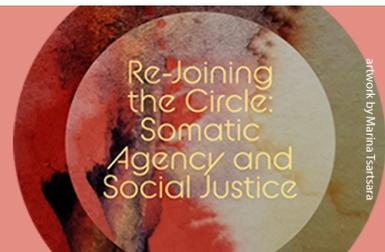
Relationship is THE FOUNDATION for embodied speaking/teaching/facilitation, which allows people to create flow states within their crafts. It creates more engagement and retention and allows for students to begin to own the information as their own. Creating mastery within teaching, speaking, and facilitation is not something people are born with. Creating one-to-many relationships as in teaching/speaking is not running a process or a technique but an enlivening experience of meeting in the present moment. Many people can do this when working with people one-on-one, but it is a whole different dynamic when they stand before others. This obviously brings up unconscious patterning, habitual behaviors, etc. In this session participants will explore the pitfalls and virtues of working in this way with tangible takeaways to be applied in the next group engagement. Dissolve old patterns and stagnancy in teaching. Enliven teaching and create more engagement with students and listeners.

David Hurwith

Workshop/Practice (R)

Sourcing Inner Rhythms

The presenter's work in the studio and with students has led him to a practice of listening and moving from the rhythms and qualities of the body's functions. Breathing and blood circulation and then CSF flow and peristalsis functions have led him (present state of consciousness) to a vital and grounded place. Of course, it is the relationship of these functions and the witnessing of them that leads him to a resonant and useful embodiment. He would like to share his practice and explore the material together.



12:45PM

Hanna Takashige, BMCA Board of Directors
The Embodied Voice

CLOSING CIRCLE (O)

The conference participants will listen for and resound their singular vibration within the ancestral chorus. Hanna will bring her embodied voice and interactive storytelling as part of the ritual closing of the 2022 BMCA conference.

*****ANYTIME*****

Kim Sargent Wishart

Soundscape link -- ear buds recommended

See Where You Are: A Somatic Approach to Contemplative Photography

Contemplative photography is a somatic practice, attending to perception and presence. It invites synchronizing of body, mind, camera, and place, trading expectation for fresh experience. This workshop invites participants into a proprioceptive and visual exploration of their current location through somatization and contemplative photography practice, attuning to what BMC names the 'pre-sensory motor focus' -- how one's perception is influenced by the choice of what to attend to. A link to audio instruction will be given, which can be heard on individual devices, allowing participation from anywhere. Guided somatic meditation will draw on BMC practice with a focus on dynamics of form and space, which leads into a guided photo walk. Participants will need a camera/phone to take photos and are welcome to upload images to a shared gallery.