

BODY-MIND CENTERING®

association, inc.

“Being With” Remote Program Schedule

Wednesday, June 21, 2023

| <i>Time</i> | <i>Session</i> | <i>Presenter(s)</i> | <i>From</i> |
|-----------------|-----------------------------------------------------------------------------------------------------|--------------------------------------|------------------------------------|
| 11:00 – 12:15pm | Midlines applied to movement, BNP, yoga postures, and dance | Remo Rostagno | Italy |
| 12:30 – 1:45pm | “JUNTANZA” Somatic & Autocuidado (Self-care) LAB - Latin American women: leaders and in solidarity” | Erika Paez Manjarres | Spain |
| 2:00 - 3:15pm | Tonguesegrity: understanding tensegrity structure, how it relates to the tongue and nervous system | Elizabeth DeLaBarre | USA |
| | Embodying the Nucleus Acumbens (Hybrid) | Toni Smith | HWS Winn Seeley Dance Studio |
| 3:30 – 4:45pm | Somatic Art Practice: Senses & Perception | Marina Tsartsara | Spain |
| | 3 become 1: utilizing embryology to embrace the 3 dimensionality of the pelvis (Hybrid) | Wendy Hambidge | HWS Winn Seeley Dance Studio |
| 5:00 – 6:30pm | Surfaces: A Doorway to the Other | Snježana Premuš with Anja Bornsek | Slovenia |
| 6:45 – 8:00pm | Embryological Origins of the 3 Dantians | Bob Lehnberg | USA |

BODY-MIND CENTERING®

association, inc.

“Being With” Remote Program Schedule

Thursday, June 22, 2023

| <i>Time</i> | <i>Session</i> | <i>Presenter(s)</i> | <i>From</i> |
|-----------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------|
| 9:00 – 10:15am | my/our/their cycle | Heike Kuhlmann | Germany |
| | Chair Dancing & Balance Work: Rhythmic Movement for Seniors and people with Parkinson's Diseases (Hybrid) | Jill Becker | HWS Winn Seeley Dance Studio |
| | Being with Safety Release Technique: pedagogues together discuss their diverse applications (Hybrid) | B.J. Sullivan with Panelists: Billy Hawkains Caitlin Schrader & KT Williams | Gearan 228 Smart Classroom |
| 10:30 – 11:45am | Body-Mind Centering® And The Feldenkrais Method® : An Integration | Marghe Mills-Thysen | USA |
| 12:00 – 1:15pm | Cultivating Presence | Susan Bauer | USA |
| 2:00 – 3:15pm | Being with Awareness | Cathy Boyce | Canada |
| | Nature Body: Sensing Within The Natural World (Hybrid) | Sandrine Harris | HWS Winn Seeley Dance Studio |
| 3:30 – 4:45pm | Being with the Impact of Yoga & Movement of the Jaw & Tongue during Singing and Speaking | Michaela Bartoskova | UK |
| | Our Ground is Water (Hybrid) | Sylvia Maes | HWS Winn Seeley Dance Studio |
| | Being with geographies; accessing transgenerational memories of place through the body | Nefertiti Charlene Altan with Panelists: Amal ElWardi Samantha Matsumoto & Marjorye Maciel | USA |

BODY-MIND CENTERING®

association, inc.

“Being With” Remote Program Schedule

| | | | |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------------------|
| 5:00 – 6:15pm | Dancemaking: An Activist Framework Using A Four-Phase Sequence To Cultivate and Foster Community | Miranda Zapata | USA |
| 7:30 – 9:00pm Event | 8 Video Performances <ul style="list-style-type: none">★ Lale Madenoglu: <i>As it Is</i>★ Vanessa Chapple, Fiona Harrison, & Kim Sargent- Wishart: <i>Traces</i>★ Bernadett Jobbagy: Lapsúlyos <i>Certain Solitude</i>★ Shay Hartung: <i>a heart unbound</i>★ Dr. Leonard Cruz: <i>Shapeshifting Game</i>★ Lisa Dowler: <i>ELaTlon- Enhancing Lives Through Improvisation</i>★ Anja Bornšek & Snježana Premuš: <i>Touch Tissue Texture</i>★ Caryn Heilman, Sophia Naz, Nana Simopoulos: Hands | | HWS Fish Screening Room |

BODY-MIND CENTERING®

association, inc.

“Being With” Remote Program Schedule

| Friday, June 23, 2023 | | | |
|------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------|
| Time | Session | Presenter(s) | From |
| 9:00 – 10:15am | Mindful Movement, Human Ecologies and Conscious Evolution | Ann Moradian | France |
| | Inviting neuroendocrine, chakral, and developmental awareness in the Sun Salutation practice | Martha Eddy with Shakti Smith | USA |
| 10:30 – 11:45am | Embodying Ayurveda | Faye Berton | USA |
| | Fight/Flight/Fun! | Annie Brook | USA |
| 12:00 – 1:15pm | Floor Dances in Brazil | Lilian Vilela | Brazil |
| | Being with Touch | Susan Bauer | USA |
| 2:00 – 3:15pm | A Community Is a Set of Relations United By People... | Mario Tanga | Italy |
| | Panel Facilitating Embodiment on Zoom (Hybrid) | Toni Smith With Panelists: Olive Bieringa David Hurwith Erika Berland & Miroslav Petrovic | HWS Gearan 228 Smart Classroom |
| 3:30 – 4:45pm | Being With Self, Others, And The Universe: Integrating Animism for Transformation and Empowerment | Dr. Leonard Cruz | Germany |
| | Nature, Art, and Anatomy (Hybrid) | Margaret Guay | HWS Winn Seeley Dance Studio |
| 5:00 – 6:15pm | Being With Distant Healing | Kyra Lober | Canada |

BODY-MIND CENTERING®

association, inc.

"Being With" Remote Program Schedule

Saturday, June 24, 2023

| <i>Time</i> | <i>Session</i> | <i>Presenter(s)</i> | <i>From</i> |
|-----------------|------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------|
| 9:00 – 10:15am | The "Rest" of Yoga: Somatic Restorative | Melissa Smith | USA |
| | Somatic Experiencing and the Embodied Self (Hybrid) | Paula Josa Jones | HWS Winn Seeley Dance Studio |
| 10:30 – 11:45am | A New Protocol to Eradicate Chronic Pain - The Pain Fix Protocol | Michele Feldheim | USA |
| | Forms in Motion (Hybrid) | Tal Halevi | HWS Winn Seeley Dance Studio |
| 12:00 – 2:00 pm | BMCA ANNUAL MEETING | BMCA BOARD | HWS Gearan 228 Smart Classroom |
| 2:15 – 3:30pm | New Frontiers: Our Inner Organ of Perception (Hybrid) | FEATURED PRESENTER: Bonnie Bainbridge Cohen | USA |
| 3:45 – 5:00pm | body/vision/shape/words | Kim Sargent-Wishart | Australia |
| | The Nature of Comfort: a round table conversation (Hybrid) | Wendy Hambidge with Panelists: Jorge Samuel Faria & EE Balcos | HWS Gearan 228 Smart Classroom |

Sunday, June 25, 2023

| <i>Time</i> | <i>Session</i> | <i>Presenter(s)</i> | <i>From</i> |
|-----------------|-----------------------------------------|---------------------|--------------------|
| 9:00 – 10:15am | Touching Sotai (Ancestral Body) | Ryuta Iwashita | USA |
| 10:30 – 11:45am | The Elemental Body | Erika Berland | USA |
| 3:00 – 4:15pm | Moving forward on the path of others | Trude Cone | The Netherlands |