



being with

artwork by Kim Kaufman

The BMCA 36th Annual Conference

Remote Presenter & Video Performers Biographies Alphabetical by first name

Amal ElWardi lives on the line of paradox. Within microcosms of movement, her body's perceptions of connection are revealed in places where dualities meet, and converse; resonating stoic stillness and aliveness. Vibration is the means by which Amal finds frequency and attunes with places, others, and her own self systems. Using dance and specific somatic tools, Amal holistically immerses the body in her native lands and accesses authentic places of "Being With". Born in Casablanca, Morocco, Amal ElWardi is an MFA in Dance candidate at Saint Mary's College of California, cultivating creative practice in somatic education. Her research has been informed by somatic seminars curated by professors Rosana Barragan and Elizebeth Randall Rains, including guests Bonnie Bainbridge Cohen, Sondra Fraleigh, and Martha Eddy.

Anja Bornšek graduated from Salzburg Contemporary Dance Academy and HfMDK Frankfurt University and received an SME certification in Body-Mind Centering® method. Her artistic focus is shaped by her decade-long experiences in somatic studies and performative methodologies, which focus on embodiment, body states and communicative potentials in the context of the stage. Anja has deeply invested in facilitating and developing a pedagogic/artistic format intended for audiences prior to a performance called Physical Introduction. Through it, she is creating a space for practising embodied watching/witnessing, questioning the set ways of viewing dance and building possibilities for a more physically felt experience that can emerge between an audience and the performance.

Ann Moradian is a movement artist, educator, writer and advocate for systemic health. As a researcher, her work explores mindful movement in relation to its social, cultural and ecological environments. Current projects include a 'social choreography' for transformative creative practice, and a collective interdisciplinary effort facilitating discourse and exchange among scientists, clinicians and movement experts. She has danced with Anna Sokolow's Players' Project and Perspectives In Motion, which she has directed and choreographed for since its founding in 1988. Ann holds an MA in Dance Education, a BA in Art & Society, a diplôme universitaire en Danse, Improvisation & Créativité and certificates in Systems Thinking, Social Design, Yoga and Kinomichi (an Aikido-based martial art).

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Bernadett Jobbágy is a Budapest based choreographer, performer and multimedia artist. She graduated as Landscape Architect at Corvinus University of Budapest. Later she studied in the Budapest Contemporary Dance Academy, and then completed an audio-description study program at the University of Theatre and Film Arts. She works as an independent artist, movement pedagogue and filmmaker, mainly in project-based structure, along collaborations. Her defining background in movement is contemporary dance and improvisation, Body-Mind Centering®, Tai Chi and Qigong. As a member of ArtMan Association, inclusive performing art practice is also part of her work. In 2021 she finished film editing study in Lumiere Film School. Currently she is a researcher artist at the Doctoral School of HUFA.

Bob Lehnberg received his certification as Practitioner of Body-Mind Centering® (BMC®) in 1990, and in 2002 Teacher of Body-Mind Centering®. Since then, Bob has received teacher certifications for BMC® Yoga, Integral Yoga and Supreme Science of Qigong. He has been teaching in schools of massage therapy and programs of somatic training since 1990 and has had the good fortune to teach BMC® and somatic practices throughout the US, Europe, Canada, China, and Taiwan. Bob has been on faculty teaching and coordinating the BMC® Somatic Movement Educator and Practitioner certification programs since 2007. He is co-director of the SME program in Taiwan, and faculty for the BMC® Yoga Immersion Series. Bob teaches EmbryoQi and other qigong practices both online and in-person.

Caryn Heilman was authorized by Emilie Conrad after a 20 year mentorship in Continuum. Caryn was introduced to Continuum midway through her ten year career as a modern dancer with the Paul Taylor Dance Company. Caryn is the artistic director of LiquidBody, a dance company. She teaches movement online and in Greece at Bouros Seaview Retreat and creates audience interactive multidisciplinary dances and media art. Caryn has an MFA in Dance and Media and teaches Movement Story at School of Visual Arts.

Cathy Boyce holds a BSc in Kinesiology and is a NASM Personal Trainer, Certified Fitness Appraiser, Spinning and Pilates Instructor. As an Osteopathic Practitioner with Post Graduate work in Biodynamic and Pediatric Osteopathy she specializes in Primary Movements and Primitive Reflexes. Boyce has developed a movement practice known as Begin Moves that engages innate movement patterns in a sequential flow to improve the function and structure of the mind and body. As a Pediatric Osteopath she teaches parents how to support developmental movements of the infant through Purposeful Play; a way of ensuring optimal baseline neural networks and healthy curves of the spine. in Primary Movements and Primitive Reflexes.



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Dana Lyn, a Brooklyn-based musician, has performed at New York's Lincoln Center, Beacon Theater, the Brooklyn Academy of Music, Carnegie Hall and Town Hall, as well as folk festivals and dive bars the world over. A violinist/fiddler, violist, pianist and enthusiastic bass player, she is at home in a wide range of musical genres. Dana is an alum of the Joe's Pub Working Group, and was recently awarded a 2020 NYFA Women's Fund Award for Media, Music and Theater and a Sundance Composer Lab Fellow in 2021.

Elizabeth DeLaBarre is a BMC® practitioner, IDME, RYT, Somatic Experiencing Practitioner, and Continuum Teacher. She is Techniques certified in CranioSacral Therapy and has had a Manual Therapy and Somatic Movement practice in NYC for more than 25 years. She is currently working towards certification in The Fajardo Method of Holistic Biomechanics, the only modality she offers.

Erika Paez Manjarres Certification Somatic Movement educator, Nov 2021. Trained & assisted Donna Farhi. Somatic Coach with Lisa Petersen. Arrived as a refugee in the UK, 1990 from Colombia. Worked in Latin America/Africa/Asia for 30 years as human rights lawyer -Womankind, Save the Children, HIV/AIDS. Wrote book Integrate Child Girl Soldiers. Studied in a school based in critical pedagogic, theology liberation. Something Erika understood better when doing her masters, Women's Studies, learning from authors like bell hooks: lived experience of marginalized groups. Later this resonated when doing BMC® programme. Massage 1997 & Yoga teacher 2008:women & transgender people from marginalized communities. 2021 set up training YSA: combining social justice & body-mind experiences for women leaders.

Fiona Harrisson is a senior lecturer in landscape architecture at RMIT University, a practicing designer, a contemplative teacher and a passionate gardener. She is a student in the Body-Mind Centering® Somatic Movement Educator program at Somatic Education Australasia.

Heike Kuhlmann, dancer, choreographer, RSDME, Body-Mind Centering®-SME, Practitioner Programme, MA Choreography, Diploma IBMT, actual somatic research on menstruation and cycle. 2010-2021 Global Water Dances Performance collective Berlin. Teacher in the somatic movement education programme of the Somatische Akademie Berlin. Facilitating cultural education projects. For Heike art, movement, somatics and activism are aspects of the same thing- expression of being alive. Heike locates herself in between. Being alive is being in cha(n/r)ge. heikekuhlmann.net



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Ivan Vuković is a BMC® Somatic Movement Educator and Yoga teacher from Zagreb, Croatia. After graduating English and Spanish language and literature at the Faculty of Humanities and Social Sciences in Zagreb, he dedicated himself to the exploration of consciousness and movement. He became a Yoga of Heart teacher in 2016, after which he started his ongoing study of BMC®. He is also a hip-hop musician with over 20 years of experience and has so far released 14 studio albums.

Kim Sargent-Wishart (PhD, RSME/T) is an artist, researcher, educator & writer specializing in somatic education, physical practices, somatic writing & contemplative photography. Research interests include experiential embryology and physiology as models for creative practice, and modes presence and perception. A Certified Teacher of Body-Mind Centering® and Registered Somatic Movement Educator & Therapist (ISMETA), Kim has practiced movement education and bodywork since the early 1990s. Her arts practice is influenced by Miksang contemplative photography and dance/movement improvisation. Kim is the co-editor of *The Art of Embodiment* (2021), co-founder of ASTER Association, and co-director of Somatic Education Australasia (SEA). kimsargentwishart.com

Kyra Lober is the creator of Body Being & Heart, Transformational Arts, Healing for Body, and Spirit. She is also the author of *Adventures of Alice Wonderbar*. Alice is, of course, a magical healer! Kyra has taught Reiki Distant Healing for over thirty years and assists Dr. Ken Koles Ph.D., Lac, DSc, CST-D in his distance healing courses *Frequencies and Vibration*. Kyra Lober was a dancer and choreographer receiving good reviews in the *New York Times* when she got ill. Doctors forgot to tell her it was incurable. She got well and became a Practitioner and Teacher of BMC®, Teacher of Feldenkrais Awareness through Movement, CranioSacral Therapist, and Practitioner of Shiatsu. She is a graduate of the 'Fame' High School of Performing Arts and a graduate U.C.L.A with a B.A. and M.A. in Dance.

Lale Madenoglu is a dance artist, choreographer, contemporary dance & somatic awareness teacher based in Izmir/Turkey. She graduated from Mimar Sinan Fine Arts University, Istanbul State Conservatory, Contemporary Dance Department. She performed her own choreographies nationally and internationally. In 2019, she attended her first workshop with Bonnie Bainbridge Cohen and volunteered at the 34th BMCA Annual Conference. Since then, she has been involved with BMC® and has been integrating dance and BMC® practices.



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Dr. Leonard Cruz (PhD in Urban Education with a focus on the Performing and Creative Arts) was born in Pampanga, the Philippines and raised in San Antonio, Texas. They received his B.A. and M.A. Degrees in Dance from U.C.L.A., and later obtained their Master of Fine Arts in Performance/Choreography in 2009. Their PhD dissertation was on, "Laban Movement Analysis as a Methodology for Promoting Creativity and the Arts Across the Curriculum," and successfully defended it in 2013. Dr. Cruz is the Founder of, "The Creative, Arts, and Resilience Project Network," a platform for Black, Indigenous, and People of Color (BIPOC), LGBTQUIA+, and Special Needs/Abilities Artists. Presently, Cruz is adjunct faculty at NYU's Tisch School of the Arts ITM/ICEM Department and HBK Essen, Germany.

Lilian Vilela is a dance artist and professor at the undergraduate and graduate levels in the area of Performing Arts at the São Paulo State University (UNESP) in Brazil. Graduated in Dance and PhD in Education, trained as somatic movement educator -SME by the Body-Mind Centering®- BMC®. She is the author of published articles and books in the field of dance, performing arts and education. She is a creator and researcher of contemporary scenic body practices.

Lisa Dowler is an independent dance artist, researcher, and SME, inspired by Contact Improvisation, Instant Composition and Body-Mind Centering®. Since 2006 she has been Dance Artist in Residence at Alder Hey Children's Hospital, UK. Her research includes one-to-one somatic dance sessions with infants, children, and young people; large-scale public to intimate bespoke bedside performance; two research studies exploring the effects of somatics and improvisation for children with acute conditions/pain; a Somatic Dance App for parents and hospital staff and during the pandemic nature-inspired dance films and 'socially distanced' dance/music performance with video projection. From 2007-15 she was a senior lecturer in dance at Edge Hill Uni, UK and is currently completing her PhD at C-DaRE, UK.

Lola Gonthier is a Dancing Artist & Painting Performer who lives in France. As a survivor of Narcolepsy, she continually researches sleep regulation and pain release. Lola is also a Somatic Movement Educator.



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Marghe Mills-Thysen began studying and working with Bonnie Bainbridge Cohen in the 1960's. A certified BMC® teacher, IDME® graduate and co-author with Bonnie of Developmental Movement Therapy, Marghe trained with Moshe Feldenkrais in the 1980's, the first practitioner certified in both BMC® and The Feldenkrais Method®. Creator of Feldenkrais® audio lessons, co-creator and artist for "Strengthening Your Immune System Through Mind & Movement"® video, her anatomical drawing illustrates Bonnie's CQ interviews and Sensing, Feeling and Action, and books by Martha Eddy and Susan Bauer. Marghe has taught nationally for over fifty years in trainings, hospitals, universities, yoga, community and fitness centers. She currently practices from California with classes through Sebastopol's Senior Center. Marghe's background includes dance (from age 3), acting, directing, illustration and teaching. Marghe trained at New York University's Department of Physical Therapy, and with John Upledger, Suzuki Roshī, Yamada Sensei, and Pierre Pannetier. She holds a master's degree in education from Lesley University and Certification in Arts Therapies. Marghe thanks the BMCA® Conference's organizers and is delighted to have this opportunity to pass on to the BMC® community her integration of two extraordinary somatic movement education approaches.

Maria Helena Cespedes is a Certified Somatic Movement Educator at the CPC the organization where they work and implement self-care: The Centro de Promocion y Cultura CPC (a community-based organization) through Maria Helena Cespedes

Maria Cristina Cruz provided the main guidance around Self-care from a healing justice approach. The CPC has run community programs for 40 years from Kennedy a popular poor area in Bogota (1200000 habitants) with a focus on women, youth and children and have implement Self-care approach for more than 12 years including ex-combatants women from the guerrilla and other women affected by the armed conflict in Colombia. <https://www.revistatribunacultural.com/centro-de-promocion-y-cultural>.

Marie Foulatier has been immersed in BMC® for the past 15 years. Her foundational experience was the discovery of her legs looking for roots. Marie's practice applies to babies, special needs and anyone. Her modalities include writing and movement, always seeking inspirations, limits and synchronicity. Marie Foulatier is an IDME Practitioner and coordinates a BMC® France association. Her goals include the dissemination of BMC® principles in political and social fields.

Marina Tsartsara is a BMC® Practitioner and Teacher, Dance & Visual Artist (MSc), Holistic Life Coach & Mindfulness teacher. Her research interest lies in the relationship between embodiment and visual art making. She named that research space Somatic Art Practice. In her performance work her practice explores embodied spectatorship and medical performance. <https://www.somaticwellbeing.info>

Mario Tanga, PhD in History of Science (University of Pisa, 2007), Degree in Philosophy (University of Siena, 2003), PET (University of Cambridge, Dec. 2001) Degree in Pedagogy (University of Siena, 1992) Postgraduate in Bioethics and Bio-Law (University of Siena, 2006), Ordinary member of the Accademia dei Fisiocritici (<http://www.accademiafisiocritici.it/>), Degree



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in Physical Education (University of Perugia, 1979), Speaker at numerous international conferences about body, Author of several books and articles (printed and online), Teacher in High School and at the University (History of the Body).

Marjorye Maciel is a native of the northeast of Brazil and is currently based in the SF Bay Area. She is a mother, dancer, and actor. Marjorye started her dance journey at seven through classical ballet technique training. She later initiated her studies in theatre, belly dance, and contemporary dance. She obtained a BA in Dance Studies from the Federal University of Ceará (UFC) in Brazil and is pursuing her MFA in Dance: Creative Practice at St. Mary 's College of California. She has dance films exhibited in film festivals in Brazil, including dança em foco - Festival Internacional de Vídeo & Dança. She is most interested in investigating and blurring the boundaries between dance and other art forms and mediums and using this to question gender constructions and explore new corporeities.

Melissa Smith, offering the science and art of rest, explores a more sustainable way to develop practices of rest, movement, and overall wellness. A Yoga Alliance ERYT® 500 educator in Restorative and Sustainable Yoga, and international yoga retreats. She is also a candidate for licensure in December 2022 for Clinical Mental Health (LMHC) through New Mexico Highlands University. Melissa currently lives in Santa Fe, New Mexico where she operates Pranava Yoga Studio. She hosts online wellness retreats for caregivers of Alzheimer's.

Michaela Bartoskova is a singing/voice/movement coach. In addition to running her private studio practice, she leads two vocal projects in London, such as a vocal improvisation group, and voice and yoga classes. She earned a master's degree with distinction in Voice Pedagogy/Research at the University of Wales/Voice Study Centre. One of her research studies was published by Routledge at the peer-reviewed journal Voice and Speech Review. She is an Associate Teacher of Fitzmaurice Voicework.

Michele Feldheim, BMC® Practitioner and Teacher, Pilates Instructor, Massage Therapist, has been having a private practice for many years, specializing in working and teaching the client not only to receive good work, and how to further help themselves afterwards. For the past 9 years Michele has specialized in working with people with chronic illness of all kinds, helping her clients to use their mind and bodies to facilitate a better life for themselves, developing their skills for self-healing along the way.



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Miranda Zapata was born and raised in San Juan, Texas. She is a movement artist and educator who holds a BFA in Dance from Sam Houston State University. Zapata recently received her MFA in Dance and Certification in Multicultural Women's and Gender Studies at Texas Woman's University in 2022. Her work focuses on building solidarity and awareness toward social justice for marginalized communities; she draws on personal and collective experiences and current social-political issues. Zapata's research entails a framework grounded in feminist theory. In continuing her scholarly research on embodied storytelling, Zapata believes that as an artist and activist, it is her moral obligation to amplify and uplift voices of color.

Nefertiti Charlene Altan is a queer mayan-black latina transdisciplinary movement artist, educator, curator, activist creating contemporary and folk work internationally for more than a decade. She has developed works and somatic-based methodologies at the intersection of body, movement, sound, rhythm, memory, place, ritual, decoloniality & feminism, collaborating with artists from the Americas, Africa, Europe interested in embodied ancestral communication across space and time for cross-generational reconciliation, liberation, innovation. She has begun pursuing the MFA in dance at St Mary's college, California where somatics is a central component led by Rosana Baragan, an MBCA member that shares methodologies from Bonnie Brainbridge Cohen, Martina Kotanabe, Sondra Fraleigh among others.

Remo Rostagno, born in 1953, is an Italian dancer and choreographer, Body-Mind Centering® Practitioner and Craniosacral Biodynamics Therapist. In his seminars he offers and shares a deep-rooted knowledge of the interior microcosmos and of the relationship between internal images and metaphors and the expression of movement and dance in the space. His great passion is for all the different stages of human development, from the moment of conception (and even before), through the embryonic and fetal development, till adult life and the last moment of transformation that we call death. After 30 years spent in Germany he is now back to Italy, where he founded in 2018 the association In Flow Biodinamica Torino: interest in movement, yoga, nature, and teaching.

Samantha Tamoki Matsumoto is a Japanese American dancer and choreographer for screen, dance, and stage. Samantha is an MFA in Dance - Creative Practice candidate at Saint Mary's College of California with a somatics focus. She has had the opportunity to participate in seminars with Rosana Barragan, Elizabeth Randall Rains, Bonnie Bainbridge Cohen, Martha Eddy, and Sondra Fraleigh. Her current research examines how memories are carried from ancestors before through the cells of the body that have influenced her movement aesthetic and choreography. Her research is inspired by her family and the Japanese community affected by the Japanese Internment Camps of World War II. Samantha's work shares stories of human relationships and explores her own lived experiences through movement.



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Shay Hartung holds a Master of Fine Arts in Performance and Choreography from Sam Houston University and has served as a Lecturer of Dance at Texas State University since 2008. In collaboration with the Erick Hawkins Dance Foundation, she works to maintain the Hawkins' archives as a founding member of Hawkins West Institute. Shay is the Artistic Director of Shay Ishii Dance Company and Dancestry, a collaborative project that celebrates artistic heritage and revives historic modern dance. She has performed and choreographed for both companies nationally and internationally. Throughout her career, somatic studies have been the essential foundation of her teaching, artistic and research practices.

Snježana Premuš graduated from LCDS London/1998. Her curious, questioning mind led her to various international choreographic and improvisation projects through Europe, where she gained invaluable experience in understanding the body, poetic image, practices and developed her own approach to comical, fantastical or metaphysical imagery. In 2012, she studied somatics at Moveus Berlin and obtained a certificate in EAY. Since then, the somatic approach to movement has deeply marked her artistic development. She has been unfolding somatic and dance research work in the project Physical Manifestations, in which attunement is practiced by spectators and artists. She establishes intriguing environments not only for re-sensitizing the body but also questioning how to be together.

Susan Bauer, MFA, RSME/T, RSDE is a dance/somatic educator, founder of Embodiment in Education™, and author of The Embodied Teen. A Fulbright Scholar, she has taught for 30+ years in the U.S and Asia, informed by her extensive background in dance, Authentic Movement, and Body-Mind Centering®, and offers teacher certification trainings and workshops internationally. Susan's passionate vision of a more holistic model of education—inclusive of movement and body-mind awareness—fuels her quest to support the well-being of adults and youth alike in these challenging times. She offers groups in Authentic Movement and has a private practice as a somatic movement therapist, integrating somatics, Authentic Movement, and meditation as a basis for conscious personal transformation. www.susanbauer.com

Vanessa Chapple is a performing arts director, artist and educator who works across the disciplines of theatre, dance, voice, sound-art and music Her creative works range from solo theatre for intimate settings inspired by personal story, to large scale community performance projects which provide opportunities for participation in the making and performance of live music and theatre and dance. She is currently a PhD student at RMIT Melbourne as well as a student in the Body-Mind Centering® Somatic Movement Educator program at Somatic Education Australasia.