



OCTOBER 1-5, 2020

SPINNING A BMCSM WEB

...a Body-Mind Centering[®] Online Somatic Symposium



Program with Links

All times are listed in U.S Eastern Daylight (New York) time.

Thursday, October 1

Oct. 1 | 9:15 am | Spinning a BMCSM Web: Welcome Circle

Kick off Spinning a BMC Web with the BMCA board of directors and meet fellow conference attendees.

Oct. 1 | 10am | Heart, Brain Axis with Lee Morgan

This class is an experiential anatomical journey of the vagus nerve relationship to the heart-brain axis. Beginning with the embryological spatial relationship underlying the heart-brain axis, we will explore fascial and movement support for ways to balance and regulate our nervous system.

Oct. 1 | 12pm | Material for the Spine and BMC with Otto Ramstad

This workshop will be a brief introduction to Material for the Spine, the work created by Steve Paxton after Contact Improvisation. I will share how some aspects of BMC relate to Material for the Spine and how this practice, which is narrower in scope, can offer something to BMC.

Oct. 1 | 2pm | Breathing and Moving: Finding Support by Integrating the Body's Systems with David Hurwith

Beginning by focusing on the breath as an entryway to listening to the body in its own language and having the mind transformed by the experience. Now, we move in space and gravity as we feel sensation and emotion. The organs and fascia offer stability without rigidity for the bones, muscles, and perceptions to travel and express.

Oct. 1 | 4pm | Body Image and BMC, a Community Discussion with Margery Segal & Andromeda Graziano

We arrive with our bodies to a BMC session hoping to be witnessed, accepted, nurtured, challenged, and connected with. How does this enhance our body image? How do BMC practices reflect, enhance or hurt or transform our body image?

Oct. 1 | 6pm | BMC and Compassion Training with Erika Berland

The somatic training of BMC has been integral to my contribution to Naropa University's Mindful Compassion Initiative, which has been offering courses for the public over the last four years. Embodiment is the ground that supports the ability for empathetic resonance with another as well as the necessary grounding to extend one's compassionate care. In this presentation, I will share the intertwining of traditional Buddhist-inspired practices with specific BMC modalities that have inspired me.

Oct. 1 | 8pm | Addressing White Privilege in the Field of Somatics with Martha Eddy

Body-Mind Centering moves deeply into what is shared by all humanity, and it, like most somatic training, is still a predominantly white-led community. This workshop is meant to dig into why, and what it would take for this dynamic to change.

Oct. 1 | 10pm | Embodiment of Embryology of Heart Whole-Quest for 守破離 (Shu-Ha-Ri) in BMC Learning with Minako Yoshida

Embodiment of embryology of heart is my life-long learning. I am still attracted by the journey of heart, not only as a single development but along with the simultaneous movements of the rest of the body as a whole. I would like to share this experiment with the BMC community based on the Japanese concept of the three stages of learning process to mastery, 守破離 (Shu-Ha-Ri: the fundamentals, breaking through tradition, and creating one's own technique) in BMC learning.

Friday, October 2

Oct. 2 | 5am | Roots, Breath, Space with Nina Wehnert

Finding the roots! Balancing the front and back of the tail through the interrelationship of the diaphragms. I will offer a guided somatization and exploration in movement and breath of the relationship of cranial diaphragm, soft palate, thoracic diaphragm, pelvic floor, and their rooting into the front and back of the tail.

Oct. 2 | 7am | Membrane with Katy Dymoke

Exploring the skin, embodying the tactile sense. Moving from the skin, into moving and touching. Exploring the kinesphere, from the center, from the periphery, from the whole. Exploring self touch and concept of stasis-motility and transition.

Oct. 2 | 9am | 'Going Under' Dominant Narratives and Faulty Norms, a Community Discussion with Sarah Barnaby, Satu Palukangas

Inspired by the BMC principle of 'going under' as well as queer theory, the disability rights movement, decolonization, and the history of scientific paradigm shifts, this presentation will turn a critical lens to the study of anatomy and physiology. Our starting point will be cells: how might appreciating the wild diversity of cellular manifestations disrupt the artificial categories of a body system approach to anatomy and free us from the arbitrary reference point of a standard cell? We want to argue for the relevance and generativity of 'going under' in the practice of teaching and learning, which can be an ongoing, radical exercise in questioning and dismantling dominant narratives, allowing alternate stories and new potentials to emerge.

Oct. 2 | 11am | What Organs Know with Wendy Loren

Listen to the wisdom of digestive organs: "our innards" by bringing in something new, mixing it around (a lot), asking for support to digest it, absorbing some and definitely letting some go. Playfully explore / collaborate/ remember the digestive system organs while moving in and out of some gentle yoga poses: their structure and location (anatomy); function and activity (physiology); motility and repose (movement and rest). Translate into other languages: muscles, bones, fluids, moving, breathing, dancing.

Oct. 2 | 1pm | Releasing Pain from Our Bodies into the Space Around Us with Michele Feldheim

This 45 minute class will be about exploring how and if we hold onto our physical and emotional pain through a somatization and some movement. We will explore how to release pain through the different tissues using cellular

breathing, connecting mind to body on this topic, and including releasing pain from our auric field and membrane. Connecting mind to body in this way, cellular breathing, and connecting Mind to Body are all BMC applications.

Oct. 2 | 3pm | My Hands are Your Hands with Marcella Fanzaga

I will present my online sessions, as both BMC practitioner and Occupational Therapist, with a man who has had a cerebral ischemia. While using BMC principles on touch and sensory-motor integration, I guided caregivers or family members with my words, explanations and demonstration through the screen. Which resources, challenges, limitations, and potential do we encounter in these online facilitations?

Oct. 2 | 5pm | The Importance of Frenectomies with Elizabeth DeLaBarre

This will be a presentation of the fascial continuity of the tongue and diaphragms, the effect of tethered oral tissues on dental/maxillary development, swallowing, breathing, and general health, and an exploration of our own mobility in our tongues, palates, and diaphragms. Related BMC topics include mouthing, reach and pull, expanding and condensing, cellular breathing, and self and other.

Oct. 2 | 7pm | Resilience, Resistance and Strength: Evolution of Tone in Utero with Tal Halevi

This guided movement meditation will explore the development of tone. The presentation will begin by embodying the primordial fluid rhythms of expanding and condensing in utero. This will be followed by the recreation of the progressive building of tone through contact with the uterine wall. The presentation will consider the ideas of resilience, resistance, and strength, and the effortless flow and play of fluidity beneath the surface of density.

Saturday, October 3

Oct. 3 | 8am | A Collection of Fluid Spaces with Olive Bieringa

We will share our artistic research practices emerging from our project "a collection of fluid spaces; a radical embryology laboratory." Using touch and movement as a doorway into our embryological history, we are creating a series of unfolding dances, participatory workshops, performance lectures, and conversations for a medical museum in Oslo in 2021.

Oct. 3 | 10am | Dance Exercise to Stimulate Heart, Lymph and Muscle with Sara K. Vogeler

Using BMC principles, the class integrates stroking towards the heart (lymphatic fluid), arterial pumping (fast, high-intensity repetition), bone pressure using squats and lunging with weights to build muscle. All set to music aimed to stimulate the flow of all the fluids while having fun!

Oct. 3 | 12pm | The Supportive Layers of the Heart with Amélie Gaulier

Through Body-Mind Centering principles and inspirations from Eastern Medicine, I will share my ongoing research through anatomical maps and a guided somatization and movement exploration. How do we approach the mind of our heart and how can we support and protect its function at a physical and emotional level? I invite participants to discover and nourish their internal landscape of sensations, noticing the vibrational and emotional tone of the heart membranes and embodying the heart as a dynamic fluid space protected by a hollow cavity and a fibrous network of connective tissue: the pericardium.

Oct. 3 | 2pm | Featured Presenter: Bonnie Bainbridge Cohen - New Frontiers in Body-Mind Centering®

Bonnie will present embodying facial expression through breathing, sounding & movement.

Oct. 3 | 3pm | Improvised Music with John Geno Sprague

Ambient music to move freely to, following Bonnie Bainbridge Cohen's workshop. This will continue on the same meeting link used for Bonnie's workshop.

Oct. 3 | 4pm | Going with the Flow: Theories and Practices from the Somatic Writing Collective, a Community Discussion with Kate Tarlow Morgan, Pat Ethridge, Martha Eddy

Somatic Writing has emerged as a literary field cross-section of the already established disciplines of dance, movement therapy, touch, and anatomical experimentation. SWC will present some participatory tools that incite the Mover to capture the arc of experience. Come jive with this new form and the ways in which language engages the body!

Oct. 3 | 6pm | Flowing In and Flowing Out with Linda Tumbarello

In these times of being flooded with overwhelming, difficult information, it is essential that we allow both a flow in of nourishing breath, food, and information, and a flow out of what is not helpful, or needs to be eliminated and released. We will connect with our fluids, our breath and our digestive

system. This workshop explores and integrates the body systems aspects of BMC with movement, self-touch and mind.

Oct. 3 | 8pm | Open Social Hour

Come connect with other attendees in the large group or small group breakout rooms.

Sunday, October 4

Oct. 4 | 2am | Entering the L.A.R.E.: Embodiment as a process of listening; allowing; responding; expressing, with Debbie Allan

In this guided exploration I am offering a personal approach to embodiment that has emerged during my decade-long relationship with Body-Mind Centering. 'What is your practice' is an often-asked question of any mover, and though I knew cellularly that I had found a nourishing practice, it became an interesting question to 'know' it in a way that might be articulated and shared with others. Through these 4 simple words whose initials form the acronym L.A.R.E. I hope to stimulate your curiosity and provide an interesting scaffold where you might discover something of value for your own embodied journeying.

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Oct. 4 | 4am | Midlines with Remo Rostango

I'll introduce the concept of midline from a Biodynamic craniosacral point of view, comparing it to the BMC explorations. Deepening into embryological moments and ignitions...

Oct. 4 | 7am | Connecting Through Our Hands with Irene Cena

A journey moving the formation of arms and hands, referencing the heart, finding cellular presence and migration in touch, integrating through modelling clay.

Oct. 4 | 9am | Team Cells: Syncytia and Myocytes with Christine Cole

In crucial moments during embryogenesis cells join together as teams into one cell membrane: when we enter into the uterine wall and when we mobilize our muscles. We will explore the potential of action in these multi-nucleated cells and the process of giving up individual membranes for the team through movement and somatization.

Oct. 4 | 11am | Dancing with the Whole Child with Margery Segal

Working with children and families with special needs and medical needs: a Somatic Approach.

Oct. 4 | 1pm | Archiving in Community, a Community Discussion with Eva Maes, Kate Tarlow Morgan & Basha Cohen

How to hold the past, present and future from a BMC perspective? After more than 50 years of Body-Mind Centering, we want to initiate a collective mapping of this rich and diverse archive. As a reflection of BMC, created in community, we welcome all to come and share on the challenges and potential of "archiving in community."

Oct. 4 | 3pm | Body-Mind Psychological Skills for Our Times with Susan Aposhyan

Understanding trauma, finding intimate body-felt connection via the internet, integrating verbal communication and embodiment. We will explore these processes from the perspective of the nervous system, the heart, pulsation, yield, and cellular consciousness using techniques from Body-Mind Psychotherapy and Body-Mind Centering.

Oct. 4 | 5pm | A Journey Through Heritage & Self with Mariko Tanabe

How do we embrace and embody the layers of our ancestors in this life? Come and journey through your inner matrix and memories and move through aspects of your genesis, your fluid bodies, endocrine glands, and cells. You will be guided to dive inside and invited to move, vocalize, witness self and exchange, and it is suggested you have writing or drawing materials handy.

Oct. 4 | 7pm | Tissue Tone, a New Level with Annie Brook

We think of the tone underneath our fingers when we use touch. Did you know you can pay attention to tone in the emotional field, your emotional social body, and in your own behavior? Come play with tone from the physical to the energetic relational!

Oct. 4 | 9pm | Navigating, Redirecting, and Being Where You Are with Sarah J. Locke

We are living in a time of disorientation and reorientation, reevaluating our inner and outer landscapes as well as how we inhabit and move through them. BMC and yoga provide tools for locating ourselves and each other, for navigating these terrains – practices that cultivate responsive alignment and awareness, allowing for integrated support and space, presence and movement. Embodying the capacities of the ligaments and nervous system through yoga, we will explore pathways to different perspectives and new connections, tactics to engage with obstacles and limitations, resources to discover where we are and what's next.

Monday, October 5

Oct. 5 | 7am | Dialogues With Immunity with Thomas Greil, Carla Bottiglieri & Patricia Gracia

We would like to open a space for collective thinking, following key themes of our class "Dialogues with Immunity;" an invitation to reach and sustain collective enquiring and intercultural dialogue around the themes of embodied critical thinking, learning, and processing in the times of COVID-19.

Oct. 5 | 9am | Vera's Butterfly with Phoebe Neville

The pelvis is a dynamic complex, shaped by movement: a pair of three fused bones, joined at the Pubic Symphysis, serving as the point of origin of five muscular groups, the structure for the Pelvic Diaphragm, and the quadratus lumborum. Starting from the late Vera Orlock's image of the pelvis as a butterfly, we will acquaint ourselves with the subtle mobility of the pelvis via drawing, self touch, developmental imagery, and movement.

Oct. 5 | 11am | Blank Pages...How Does One Find Resolution? with Andromeda Graziano

If we think of our body-mind as a book written by us, one way is by rewriting our stories in our future blank pages, by remembering at a cellular level our past processes through the art of touch, contact, movement, and re-patterning. By remembering at a cellular level, we can move with and from the fluid in our cells, look in and out of our membranes, hold space, and create

the capacity of change in our transitional fluid that flows between our cells. Through this process of embodied listening and moving, we create an opportunity to rewrite our stories, thereby offering an informed choice as to how you feel today about yesterday and tomorrow.

Oct. 5 | 1pm | Embodied Conversation on Racialized Trauma: Applying Resmaa Menakem's Anti Racism Work To and Through BMC with Amélie Gaulier & Sarah J. Locke

How do we engage with the reality of racialized trauma and white-body advantage (privilege) in our community of somatic practitioners, and how can we activate BMC principles and practices toward the work of creating real access to healing for all, for social justice as well as personal transformation? Resmaa Menakem's book *My Grandmother's Hands* presents research and resources for us to engage with how racialized trauma is embodied in people of all cultural backgrounds, and how it must be reckoned with and healed on both an individual and communal level. As part of a much larger ongoing process of embodiment, reflection, dialogue, and action, this Community Discussion invites an embodied conversation among people who have been working with this book (as part of the Rooted study group and outside of it), those with experience in other fields of embodied activism and social justice, and those curious to learn more about the possibilities we can cultivate by integrating BMC with somatic abolitionism. This discussion will draw from the work of a year-long study group on Resmaa Menakem's *My Grandmother's Hands* organized by Karine Bell, founder of the Embodied Trauma Conference and Rooted.

Oct. 5 | 3pm | Ascending Out of the Collage - A Literary History of Depth Sensibility with Kate Tarlow Morgan

Kate has been tracing literary and philosophical sources that support the practices of Body-Mind Centering for many years. From the Wu Wei of Chi Gung, to the Hebrew "wonder of body," through the 18th c. "vital sense," to a modernist's "problem of the three bodies," and finally, "projective verse" of the Beat Era, Kate will offer a conceptualizing experience for BMC work that she calls "ascending out of the collage."

Oct. 5 | 6:15pm | Spinning A BMCSM Web: Closing Circle