



BMCA SUMMER GATHERING
Friday evening and Saturday, July 25 & 26, 1986

In response to your feedback our meeting date has been chosen. Thanks to those who sent in their cards. We will gather our energies through ritual, dance, facilitated sessions and shared meals, all in a beautiful & recuperative setting. Our theme for the gathering is group building. Bonnie Engelhardt, an organizational consultant from Boston who has been working with the board, will be guiding our Saturday morning session.

Our goals are to:

- * Enhance each person's sense of belonging to BMCA
- * Clarify each person's role within the group
- * Build a bridge between the board and the membership
- * Help members find ways of participating on committees that feel healthy and satisfying
- * Identify one's own decision-making abilities, share and respect our stylistic differences, learn new decision-making skills
- * Continue to define our shared purpose(s)

To support our goal of group building we ask that anyone attending do so for the entire gathering (Friday evening and Saturday). We will begin on time. Beginnings set the tone for meetings. Please plan your schedule so that you're able to participate in the beginning of the meeting with the clarity and unity that our group deserves.

Looking forward to seeing you!

Janice Geller
Lenore Grubinger
Phyllis Krechevsky
Linda Tumbarello

SCHEDULE (Sharna Allison, Eileen Kinsella, facilitators)

BMCA Board

FRIDAY EVENING

- 6:30 - 8:00 Potluck supper
- 8:00 - 9:30 Movement ritual (Rita Marquez), dancing

SATURDAY

- 9:30 - 10:00 Muffins and hot drinks (on the porch)
- 10:00 - 12:30 Session with Bonnie Engelhardt (see goals)
- 12:30 - 1:30 Lunch (bring your own)
- 1:30 - 2:00 Committee reports
- 2:00 - 2:30 Committee meetings
- 2:30 - 2:45 Break
- 2:45 - 3:45 Hands - on (Ellen Barlow)
- 3:45 - 5:00 Movement based decision-making (Anastacia Gourley)
- 5:00 - 5:30 Movement and closing (Janice Geller)

We will meet at Linda Tumbarello's, 545 Riverside Dr., Northampton

From Thorne's drive west on route 9 past Smith College 3 miles to Florence center. Make a left at the second light (Maple St.). Take Maple to end. Make a left onto Nonotuck St. Almost immediately you will take the first right (Landy Ave.). Go to the end. Turn left onto Riverside. Linda's house is the fifth one. It is behind a white house and red barn just past the entrance to the ballpark which you'll see on the right. Park along the driveway. Telephone No. 584-4313.

REGISTRATION FORM/BMCA MTG JULY 25 & 26 1986

Make checks payable and send to: BMCA c/o Phyllis Krechevsky,
22 High Wood Rd., W. Hartford, CT 06117

Name _____ Phone h. _____ w. _____

Address _____

Founding members \$20.00 (\$15.00 if postmarked on or before July 7, '86)
Friends and non-members \$25.00 (\$20.00 if postmarked on or before July 7 '86)



THE 2nd ANNUAL BODY-MIND CENTERING
CONFERENCE UPDATE

October 24 - 26, 1986

Greetings. Thanks for your registration. We're glad you'll be there!
The conference registration is lowered than we planned so we have^{changed} the location.
We have also revised and refined the format to accomodate your feedback
and to utilize our more intimate size group in the best way. The changes
will allow us more time for sharing our skills, ideas and supporting each other.

The change in location will lower the cost some and we'll be able to give
you some refund of your fee. The final cost information will be available at
the conference.

We'll still provide delicious meals for you! We're looking forward to
a great weekend together.

Location: Friday eve will be at Lenore's. > Northampton
Sat. am at Linda and Sara H. office

Accomodations: Available at Lenore's or Linda's or your're free to
arrange your own.

*Please Note - Bring sleeping bags, sheets or blankets, pillows, towels.
(we have some spare ones if this is not possible)

Schedule Specifics: Enclosed is the new schedule

- * Sat am session 8:45-9:45 is for summer 86 Faculty
- * Session at 10am open to all.

*Sunday afternoon session choices: Here are some options for this session.

We'll choose 3 at the conference which will give us 45 minutes for each one

- 1) How we assess individual clients
- 2) Applications of BMC
- 3) Parasympathetic and sympathetic - balances and imbalances
- 4) Applications and integration of reflexes into your work
- 5) New discoveries
- 6) Different ways of presenting specific material
- 7) Syndromes
- 8) Your favorite topic

PLEASE NOTE: With the change in schedule it is important not to arrive
any later than 10am on Sat.

Directions: to Lenore Grubinger's 11 Arnold Ave, Apt 1A Northampton
From the center of Noho proceed west on RT 9, make a left turn by Smith
onto RT 66. Bear sharply to the left staying on RT 66. Make the first
Right turn onto Arnold Ave. Apt is first door on right.

Directions to Linda Tumbarello's office 16 Center St. RM 203 Noho
Right in center of town, by the Iron Horse

With best wishes;

Lenore, Phyllis and Linda