



THE 3rd ANNUAL BODY-MIND CENTERING ASSOCIATION CONFERENCE



OCTOBER 10-11 1987, WOODSTOCK, NY

This year's gathering will be held in a beautiful country home, equipped with jacuzzi and sauna, and surrounded by breathtaking fall foliage. Come join us for the last truly intimate conference amongst BMCA friends. (By next summer our ranks will swell with certification students being eligible for membership.) The house accommodates 15 people, therefore MEMBERS will be accepted on a first come first serve basis. The conference will officially begin at 12 noon on Saturday with lunch and end Sunday at 4:30pm. For those who would like to party hearty, we encourage you to spend Friday night at the house free of charge. (See next page for details.)

Conference Highlights

The overall theme will be on the uniqueness of each person's journey with the Body-Mind Centering material.

- * Each person will be able to share different aspects of their work. Think about what's been going well, what are your difficulties, visions, and how you would like to be supported by our community.
- * We will problem solve around a few case studies. If you have an interesting client situation that you'd like to present and get group feedback on send a brief description to The Conference Committee along with your check.
- * There will be a general discussion of syndromes, integration of other body therapies, psychology and whatever is on your mind.
- * Jacuzzi and sauna breaks
- * Business and committee reports
- * Saturday night Chinese banquet and fortune cookies for all. The cost will be approximately \$10.
- * Share inspiration, growth, excitement, skills and relaxation

Conference Specifics

- * You must be, or become, a current member of the BMC Association in order to attend this conference. Conference and membership fees may go on one check. If you received this mailing you ARE an eligible member and we would love for you to join us.
- * The house will be available Friday night, prior to the conference, free of charge in exchange for helping to prepare Saturday or Sunday lunch. Those interested should contact Joan Whitacre at (914) 993-0138 from 9-11pm except Wednesdays.
- * The conference fee covers lodging, Saturday lunch, and Sunday breakfast and lunch. The fee does not cover Friday night, Saturday morning and evening meals.
- * Each person must bring their own sheets, blankets, sleeping bags, towels and pillows.
- * If you can offer a ride, need a ride, or need transportation from the airport, bus or train call Susan Milani at (212) 243-0574.
- * The Association can offer some financial assistance for people travelling long distances. To apply contact Phyllis Krechevsky, 22 High Wood Road, West Hartford, CT 06117 or call (203) 523-4596.
- * Checks must be sent by September 25th. Due to limited space we urge you to act quickly.

It's going to be a blast! We look forward to seeing you there.

With best wishes,

The Conference Committee
Sharna Allison
Erika Berland
Susan Milani
Susan Rossman
Joan Whitacre

Please register me for the 3rd annual BMCA Conference, October 10-11, 1987

NAME _____ PHONE _____

ADDRESS _____

I am interested in arriving on Friday evening: yes ___ no ___ undecided ___

	<u>CONFERENCE</u>	<u>CONF. & MEMBERSHIP</u>
FEES: Registration postmarked on or before September 25th	\$55	\$55 + \$50 = \$105

Please circle amount you have enclosed, make your check payable to BMCA and send to Erika Berland, 203 West 14th Street, New York, N.Y. 10011.

