

JUMP INTO
SPRING!



B
BODY

M
MIND

C
CENTERING

A
ASSOCIATION

MAY 4-6, 1990



CONFERENCE

Reconnect and deepen your experience of BMC....Renew friendships....Get a new slant on your work and your life....

Join us in beautiful upstate New York for a weekend of sharing, inspiration, movement, fun and games and provocative discussions. There will be guided movement explorations, sharing of our work and presentations on various topics, including working with children, integrating other body therapies with BMC, observation skills, using movement, meditation, sound and visualization in healing, and much more!

The conference will be held at Sacks Lodge in Saugerties, New York. Comfortable yet rustic accomodations with private baths, delicious vegetarian meals (with chicken or fish also provided), hiking trails, sauna and beautiful grounds all contribute to a sense of harmony and community.

TIME: Friday, May 4 (arrive 4-6p.m.) through Sunday, May 6 (depart about 3 p.m.)

COST: \$150 all-inclusive
A \$50 deposit along with your registration form will reserve your place and must be received by March 1st.

Please note: You must be a member of BMCA in order to participate in the conference. If you are not currently a member, we are offering a special deal! Join now and pay only \$5 for the rest of the membership year (ends May 31st) plus the regular \$35 for the next membership year - a total of only \$40 for a \$70 value!

See reverse side for travel directions.

If you have any questions, please call Roberta Roll at 212-989-6376.

Registration Form

Yes, I will attend the BMCA Conference!

Name: _____

Address: _____

Telephone: (day) _____ (eve) _____

___ Enclosed is my \$50 non-refundable deposit

___ Enclosed is payment in full (\$150)

___ Enclosed is my \$40 special membership package to BMCA

___ Yes, I can provide a ride to the conference for those needing it.

Please make all checks payable to BMCA and send to Phyllis Kreschevsky,
22 Highwood Rd., West Hartford, CT 06117

TRAVEL DIRECTIONS:

Car:

From New York City: NY State Thruway (87) to Exit 20 Saugerties. (101 miles)
Turn left upon leaving exit. Bear right on Rt. 32 and continue for two miles.
Keep right at fork, then straight ahead for one mile. (Total travel time 2½ hrs.)

From Boston area: Mass Pike (90) west to NY State Thruway south to Exit 20. Continue as indicated above.

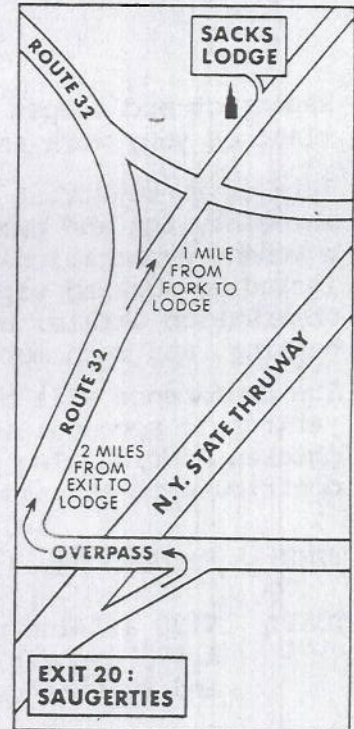
Bus:

Trailways from Port Authority, NY. Southbound travelers make connections in Albany for Saugerties.

If you are traveling by bus, you may call Sacks Lodge for a pick-up in Saugerties.

Tel.# 914-246-7219
or 246-8711

Ask for Terry Ryan or Cindy Pitcairn



EMCA CONFERENCE 1990

Agenda

Friday May 4 Arrival 4:00 - 6:00p.m.

- 6:30-8:00pm - Dinner
- 8:30 - Opening welcome and circle**

Saturday May 5

- 7:30-8:30am - Breakfast
- 9:00-10:00 - Movement exploration with Gymnastik balls - given by Ninoska Gomez
- 10:15-11:45 - "The tongue and swallowing: an analysis of the deviate swallow" - presented by Sara Vogeler
- 12:00-1:30pm- Lunch
- 1:45-3:30 - "Practitioner/Client Communication: Aspects of Body-Mind Psychology" How do we talk to clients? How do they make the change toward wellness? How can we prevent "burn out"? Can we get out of the "fixer" role? - presentation and discussion led by Rita Marquez
- 4:00-5:30 - Group sharing - a discussion of our work and experiences.
- 6:00-7:00 - Dinner
- 7:30-9:00 - Evening program - EMCA meeting: update and committee reports sharing ideas and networking for the future.

*** Music, dancing and good-nights!

Sunday May 6

- 7:30-8:30am - Breakfast
- 9:00-10:00 - Movement, music and vocal exploration - open format, bring your instruments!
- 10:15-11:45 - Hands-on workshop: Integrating BMC and Cranial-Sacral Therapy - presented by Lenore Grubinger
- 12:00-1:30pm- Lunch
- 1:45-3:00 - Closing circle

Au revoir ...till we meet again!

** If you have something special - a crystal, a shell, a feather, a poem, etc. - please bring it for the opening and closing circles.

*** *Weather prevailing, there will be a "fire ceremony" outside. Bring something to contribute: a song, a poem, a dance, etc.*

There will be mini presentations by:
~~Janice Geller - Dreams, Healing and Bodywork~~
~~Alison Granucci - The miracle of surviving a life threatening event.~~
~~Carolyn Rosenfield - Working with Children~~

LOOKING FORWARD TO A NATUREING, NURTURING, RE-CREATIVE WEEKEND

Cancellations must be made by the morning of Wed. May 3rd by calling Roberta at 212 989-6376. EMCA is committed to paying full fee to Common Ground for all registrants listed 48 hours prior to conference.