

The Body-Mind Centering Association

presents the

1991 SPRING CONFERENCE

come play . . .

share ideas . . .

relax . . .

get inspired . . .

connect and revitalize . . .

Our conference this year will be held at Woolman Hill, a Quaker Center in Deerfield, MA. One of the first BMCA conferences was held here, and the peaceful, intimate setting beckons us once again. There will be time for walks in the woods, and the chef will not only prepare delicious food to our order, but may grace us with her wonderful singing one evening.

Please bring your own sheets, towels and blankets or sleeping bags. Pillows with cases are provided. Linens may be rented for a fee of \$3 per person.

There will be presentations on various topics including **Slow Motion - moving with water weights; the Gymnastik Balls; Body-Mind Psychology; hands-on work with the Endocrine System** and more!

There are still a couple of places left for those of you who want to present. If so, please call Roberta Roll as soon as possible.

Dates : May 17th - 19th 1991

Cost : \$ 90 if registration and payment in full is received by April 19th
\$105 if registration and payment is received after April 19th

Early registration is welcomed and encouraged.
A non-refundable \$40 deposit will hold your place.
Please let us know by May 1st if you plan to attend.
Some travel money is available.

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

Registration Form

Name : _____
Address : _____
Telephone : day () _____ eve. () _____

Deposit Enclosed : _____
Payment in Full : _____
Linen Rental Fee (\$3) : _____

Office use only
Amt. Rec'd. : _____
Balance Due : _____

Please make checks payable to BMCA and send to :
Phyllis Kreschevsky 22 Highwood Road, West Hartford, CT 06117

BMCA CONFERENCE 1991

Schedule of Events

Friday, May 17

- 5:30 - *Arrival and check in*
- 6:30-7:30pm - Dinner
- 8:00 - Opening circle and welcome

Saturday, May 18

- 8:00-8:45am - Breakfast
- 9:00-10:00 - "Water weights workout" with Sara Vogeler
- 10:15- 11:45- "The Endocrine System - A Hands-on Exploration" guided by Antara Kyra Lober
- 12:00-1:30 - Lunch and free time
- 1:45-3:30 - "BMC and Life-Threatening Illness" presented by Joan Whitacre
- 4:00-5:30 - Group sharing
- 6:00-7:00 - Dinner
- 7:30 - Evening Program: BMCA meeting, discussion of brochure, future plans....
Dancing, singing....?????

Sunday, May 19

- 8:00-8:45am - Breakfast
- 9:00-10:00 - "A Pelvic Floor Exploration" guided by Rita Marquez
- 10:15-11:45 - "Integrating BMC and Craniosacral Therapy" led by Lenore Grubinger and Rita Marquez
- 12:00-1:00 - Lunch
- 1:00-2:00 - *cleanup*
- 2:00 - *Closing circle*
Farewell.....until next time!.....