

PRE CONFERENCE WORKSHOPS

*Voice and Movement for the Immune System

with Ziji Beth Goren

Tuesday, April 22, 2:30 - 5:30

Wednesday April 23, 9:30 - 12:30

Fulfills 6 category A "NCBTMB" continuing education units.

How do song, sounding, and story guide and generate our movement?

How do we fill ourselves with intention?

How does chant protect you and your garden?

What is the echinacea of sound for winter immunity?

We will explore the relationship of optimal health and sustainability within the immune system structures to the voice-movement counterparts found in vibrational support, rhythmical changing, breath-vocal releasing, and sounding as a tool for steadying, shaping, embracing, and stimulating—all immune functions.

Ziji Beth Goren has devoted the past 29 years to understanding and applying voice/movement practices to the BMC systems and world/tribal culture. Her immune system is a friend and helper through mystery travels and the stresses of daily living.

*Healing from Physical and Emotional Trauma

with Linda Tumbarello

Wednesday, April 23 2:30 to 5:30

Thursday, April 24 9:30 to 12:30

Fulfills 6 category A "NCBTMB" CEU's, including 2 hours of Ethics Credits.

Body-Mind Centering offers us many rich possibilities for fully healing from the effects of trauma. Linda will share her expertise gathered over the past 25 years in working with trauma from a BMC perspective. We will discuss the effects of trauma from both single traumatic events (accidents, injuries, medical procedures, assaults) and long term abuse, and explore difficulties that can arise from injuries. Often when we are physically injured, our protective response is to deeply restrict our movement and our self expression. This restriction can become a pattern that interferes with healing. Inviting our clients to move both internally and externally supports both physical and emotional healing. Work with ways to release unexpressed responses to trauma through our fluids and the nervous system and move into the cellular level to continue this release and to invite in ease and joy. The workshop will include a blend of moving, hands-on work, information about trauma and time to share experiences working with clients.

Linda Tumbarello practices in Northampton and Somerville, MA. She has been on the faculty of the School for BMC since 1977. She has been involved in integrating physical and psychological ways of healing since 1971. She is one of the founders of the BMCA. She brings her love for BMC and the BMC community to this workshop.

BMC®

c/o Judith Ginzberg

55 First Ave. #13

New York, NY 10003

The Body Mind Centering®

Association

presents

Pearls of Wisdom

Past, Present, Future

18th Annual BMC®A Conference

and the

30th Anniversary

Celebration

of

Bonnie Bainbridge Cohen's Teaching

of the

Body-Mind Centering Work

April 24th - 27th, 2003

pre-conference workshops April 22-23

at

Bucksteep Manor

Washington, Mass.

Conference Highlights

*New Frontiers

with Bonnie Bainbridge Cohen

*Tummy Time : Comfort & Challenge

Comfort & challenge in Tummy Time for babies, parents & providers.
with Catherine Burns & Lenore Grubinger

*Bringing the Foreground Out of the Shadow

Are we avoiding the full dimensionality of muscular expression?
We will explore concentric action of prime movers of support in the context of developmental movement.
with Tom Arnold assisted by Amelia Ender

*Understanding Our Heads

Focusing on the human head as a whole, to gain an embodied understanding of why it's parts join together as they do, we will play with differentiating the vertebral segments (most easily seen in the cranial nerves) from which the head evolved.
with Erik Bendix

*Simultaneous Condensing & Expanding Yield & Oigong

We will visit the fluctuation of condensing into the infinite as we disperse the non-essentail present.
with Bob Lehnberg

*BMC in the Marketplace: Making the Case

A look at our professional roles and what communication context and style work best.
with Ellen Barlow

*From the Periphery to the Center

The telling of a personal journey from illness through recovery to recognition and realization,
if not reconciliation, and an exploration of softening.
with Alice Cummings

*Somatic Applications to Developmental Delays

A video documenting BMC touch and movement applications with autistic children.
(working with the filmmakers son)
video by Darcy McGehee

*Celebration, Party, Rituals

Plus Pre-Conference Workshops, qualifying for NCBTMB Category A CEU'S

See back of brochure for details

Registration & Payment Form

Name:	
Address:	
Phone: (Home)	
Phone: (Work)	
Fax:	email:
List of family members attending:	
Will you be using childcare?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Preregistration is required by April 1st	
Childcare for the conference (Thurs.-Sun.)	\$75 \$
Conference Fees	
	members nonmembers
Conference Registration	\$125 \$175
Preconf. Workshop (one)	\$100 \$100
Preconf. Workshops (both)	\$175 \$175
Preconf. Workshop &	
Conference Registration	\$275 \$325
Add \$25 fee if registering after April 1st	\$
Room & Board	
Conf. (Thurs. 4/24	\$185 \$
Preconf. (Tues 4/22 - Thurs 4/24)	\$125 \$
Preconf. & Conf. (Tues 4/22 - Sun 4/27)	\$300 \$
Camping (per person/per day/including meals)	\$35 \$
Donations	
Would you like to make a tax deductible donation to BMC®A?	
Please indicate below the donation amount.	
Childcare Fund	\$
Travel Fund	\$
Journal / web site	\$
General	\$
TOTAL	
\$	
For additional information call Judith Ginzberg @ 212.477.2713 until 1 AM	

See reverse side for payment form

17TH ANNUAL
BMC[®] A CONFERENCE

A Celebration of 30 years of the work

*Pearls of Wisdom:
Past/Present/Future*

April 22-24, 2003

Pre-Conference "Category A" CEU Offerings:

Beth Goren – Voice and Movement for the Immune System

Linda Tumbarello – Healing from Physical and Emotional Trauma

April 24-27, 2003

Presenters:

Bonnie Bainbridge Cohen

and

Tom Arnold, Ellen Barlow, Eric Bendix, Cat Burns/Lenore Grubinger

Alice Cummings, Bob Lehnberg, and Darcy McGhee

*Buck Steep Manor
Washington, Massachusetts*

Questions?

Call or write:

Judith Ginzberg

55 First Avenue, #13

New York, New York 10003

(212) 477-2713

**COME TO THE GALA PARTY TO CELEBRATE
THE 30TH ANNIVERSARY OF BODY-MIND CENTERING!!**

And appreciate and honor Bonnie and Len Cohen
at the 18th Annual BMCA Conference

Come and celebrate with us – even if you can't make the conference!

Dinner, Music and Dancing with the Ron Freshley Quartet followed by
dancing to DJ Ron spinning some of the hottest tunes from BMC parties
through the years plus new selections.

* Silent Auction & Raffle Announcements *

Saturday, April 26, 2003
7:00 p.m. - ?
Bucksteep Manor
885 Washington Mountain Road
Washington, Massachusetts 01223

Send \$35/person to reserve your place to:
Judith Ginzberg
55 First Avenue, #13
New York, New York 10003

Party/Casual Dress
RSVP BY APRIL 15

Questions? Call Judith: 212-477-2713
Or email Gill at: millerger@denison.edu

If you wish to contribute a page to the Memory Book for Bonnie
(which can be writing, photos or art)
– even if you are not coming – please send it to Judith at the address above.

**Pre-Conference:
Body-Mind Centering®
Association**

Wednesday, April 23
2:30-5:30 pm
and
Thursday, April 24
9:30-12:30 am

Healing from Physical and Emotional Trauma

**Offered by:
Linda Tumbarello**

**NCBTMB 6
Category A
CEU Units**

Body-Mind Centering® offers many rich possibilities for fully healing from the effects of trauma. Often when we are physically injured, our protective response is to deeply restrict our movement and our self expression. This restriction can become a pattern that interferes with healing. Inviting our clients to move both internally and externally supports both physical and emotional healing.

During this workshop, we will discuss the effects of trauma from both single traumatic events (accidents, injuries, medical procedures, assaults) and long term abuse. We will explore difficulties that can arise from injuries. We will work with ways to release unexpressed responses to trauma through our fluids and the nervous system. We will move into the cellular level to continue this release and to invite in ease and joy.

The workshop will include a blend of moving, hands-on work, information about trauma and time to share experiences working with clients.

Linda Tumbarello practices in Northampton and Somerville, MA. She has been on the faculty of the School for BMC® since 1977. She has been involved in integrating physical and psychological ways of healing since 1971. She is one of the founders of the BMC®A. She brings her love for BMC® and the BMC® community to this workshop.

**For registration information,
call Judith Ginzberg at
(212) 477-2713.**

**For registration fees,
see enclosed chart.**

**Pre-Conference:
Body-Mind Centering®
Association**

Tuesday, April 22
2:30-5:30 pm
and
Wednesday, April 23
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Voice & Movement for the Immune System

**Offered by:
Ziji Beth Goren**

**NCBTMB 6
Category A
CEU Units**

How do song, sounding, and story guide and generate our movement? How do we fill our cells with intention? How does chant protect you and your garden? What is the Echinacea of sound for winter immunity?

We will explore the relationship of optimal health and sustainability within immune system structures to the voice-movement counterparts found in vibrational support, rhythmical charging, breath-sound releasing, intentional shifting and falling, and sounding as a tool to steadying, shaping, embracing, recognizing, and stimulating all immuno-functions.

Ziji Beth Goren has devoted the past 29 years to understanding and applying voice-movement practices to the BMC® systems and world/tribal culture. Her immune system is a friend and helper through mystery travels and the stresses of daily living.

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BODY-MIND CENTERING® ASSOCIATION
CONFERENCE PROGRAM 2003
Schedule and Presenter Abstracts and Biographies

18th Annual BMC®A Conference
and the
30th Anniversary Celebration
of

Bonnie Bainbridge Cohen's
Teaching
of
Body-Mind Centering®

Pearls of Wisdom,
Past, Present, Future

April 24th –27th, 2003
(pre-conference workshops April 22-23)
at
Bucksteep Manor
Washington, Mass.

 Welcome 

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BMCA CONFERENCE SCHEDULE 2003

PEARLS OF WISDOM **PAST, PRESENT, FUTURE**

TUESDAY, APRIL 22

12:30pm - 2:30pm	LUNCH and REGISTRATION
2:30pm - 5:30pm	<i>Pre-Conference Workshop</i> <i>Voice and Movement for the Immune System, Part I</i> (see attached flyer) <i>with Ziji Beth Goren</i>
6:00pm - 8:00pm	DINNER

WEDNESDAY, APRIL 23

7:30am - 9:00am	BREAKFAST
9:30am - 12:30pm	<i>Pre-Conference Workshop</i> <i>Voice and Movement for the Immune System, Part II</i> <i>with Ziji Beth Goren</i>
12:30pm - 2:30pm	LUNCH and REGISTRATION
2:30pm - 5:30pm	<i>Pre-Conference Workshop</i> <i>Healing from Physical and Emotional Trauma, Part I</i> (see attached flyer) <i>with Linda Tumbarello</i>
6:00pm - 8:00pm	DINNER

THURSDAY, APRIL 24

7:30am - 9:00am	BREAKFAST
9:30am - 12:30pm	Pre-Conference Workshop Healing from Physical and Emotional Trauma, Part II <i>with Linda Tumbarello</i>
12:30pm - 2:30pm	LUNCH
2:30pm - 3:15pm	Welcome and Blessings Movement Welcome/ Warm-up <i>with Eric Bendix</i>
3:30pm - 5:30pm	Understanding Our Heads <i>with Eric Bendix</i>
6:00pm - 7:30pm	DINNER
7:30pm - 10:00pm	Opening Ritual <i>with Ildiko and Judith</i> Sharing Circle

FRIDAY, APRIL 25

7:00am - 8:00am	Morning Movement (tba)
7:30am - 9:00am	BREAKFAST
9:00am -11:00am	Bringing the Foreground Out of the Shadow <i>with Tom Arnold, assisted by Amelia Ender</i>
11:00am -11:15pm	From the Periphery to the Center <i>with Alice Cummins</i>
1:15pm - 2:45pm	LUNCH
2:45pm - 4:45pm	Tummy Time: Comfort and Challenge <i>with Cat Burns and Lenore Grubinger</i>
5:00pm – 7:00pm	BMC in the Marketplace: Making the Case <i>with Ellen Barlow</i>
7:00pm – 8:30pm	DINNER
8:30pm -	Socializing and Informal performances

SATURDAY, APRIL 26

7:00am - 8:00am	Morning Movement (tba)
7:30am - 9:00am	BREAKFAST
9:00am - 12:30pm	BMCA Annual Meeting
12:30pm - 2:30pm	LUNCH
2:45pm - 5:00pm	New Material (fresh off the press!) with <i>Bonnie Bainbridge Cohen</i>
5:30pm - 6:30pm	"THE HOUSE THAT JACK BUILT— Somatic Applications to Developmental Delays—A Case Study" Video by <i>Darcy McGehee</i>
7:00pm -	DINNER CELEBRATION PARTY

SUNDAY, APRIL 27

7:00am – 8:00am	Morning Movement: Yoga with <i>Roberta Roll</i>
7:30am – 9:00am	BREAKFAST
9:00am -11:00am	Simultaneous Condensing and Expanding Yield and Qigong with <i>Bob Lehnberg</i>
11:00am-12:00noon	Closing Ritual with <i>Suzanne River</i>
12noon - 2:00pm	LUNCH AND FAREWELLS
2:30pm-	Board Meeting

*Please carry the love and support
of the BMCA Community
home with you*

BMCA Conference 2003

Presentation Abstracts and Presenter Bios

Tuesday, April 22, 2:30-5:30

Wednesday, April 23, 9:30-12:30

Voice and Movement for the Immune System

with Ziji Beth Goren

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Healing form Physical and Emotional Trauma

with Linda Tumbarello

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healing. Inviting our clients to move both internally and externally supports both physical and emotional healing.

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THURSDAY, APRIL 24

Understanding Our Heads **with Erik Bendix**

As animals go, we have big heads. Perhaps because our heads are in delicate balance, we often fail to notice them, and then act as if they were insubstantial or only mental. This workshop focuses on the head as an embodied reality. It purposely looks at the head as a whole, rather than at brain or mouth or skull or senses separately, to try to understand why the parts come together as they do. The head evolved out of vertebral segments, which are now most easily seen in the cranial nerves. We will work on differentiating those segments in experience. Our workshop will draw heavily on the work of Raymond Dart, the evolutionary anatomist who first discovered hominid fossils in Africa, and whose developmental movement series has been explored and refined for decades within the Alexander Technique world by Joan and Alex Murray. Expect a balance of movement, hands-on exploration, and group sharing in this workshop.

Erik Bendix graduated from the Berkeley BMC certification program the same year he was certified by Joan and Alex Murray as an Alexander Technique teacher, having spent four years going back and forth from one training to the other. He has presented heavily attended introductory BMC classes at the 2001 Annual General Meeting of the American Society of Alexander Teachers (AmSAT), as well as regular BMC classes in Cincinnati (together with Vickie Fairchild). He is in private practice as an Alexander Technique teacher, and teaches Dart Procedures to other Alexander teachers. In January 2003, he presented a workshop on "Body Spirals" at the Franklin Institute for Movement Studies in Switzerland. He has been an international folk dance teacher for 30 years, and is currently working on getting published as a poet.

THURSDAY, APRIL 24

7:30pm

Opening Ritual

with *Ildiko Viczian*

FRIDAY, APRIL 25

7:00am

Morning Movement: Authentic Movement

with *Bob Lehnberg* (see bio below)

FRIDAY, APRIL 25

9:00am – 11:00am

Bringing the Foreground out of the Shadow

with *Tom Arnold*, assisted by *Amelia Ender*

Are we avoiding the full dimensionality of muscular expression?

Body-Mind Centering® can be considered, in part, a reaction to dominant Western cultural forms of embodiment and expression, healing and healthcare. We have focused on the unexpressed, under appreciated and often the unknown in an attempt to bring these "shadow" aspects and processes forward. In our process of exploration and in our pedagogy we have de-emphasized or even

discounted concentric muscle function and associated mind states and behavioral patterns.

In this seminar, we will explore concentric action of prime movers of support in the context of developmental movement.

Having moved concentric action into our shadow many questions arise including:

- How does concentric action underlie the full expression of yield, push, reach and pull by the utilization of what Bonnie Cohen calls "integrated co-contraction"?
- How does BMC's emphasis on "integration" compare with "core strength" concepts popularized by Yoga, Pilates and conventional therapeutic and fitness exercises?
- Have we diminished our capacity to create culturally appealing forms?

Tom Arnold is a Certified Body Mind Centering Teacher and a Physical Therapist. He is in independent private practice in Northampton, MA where he tries his best to help adults and children. He is married to the amazing Amelia Ender and co-parents the inspiring Ruvi.

Amelia Ender 's has a Masters degree in Dance/Dance Therapy, is a registered Dance Therapist, and is certified by the National Certification Board of Therapeutic Massage and Bodywork. Amelia has worked in a wide range of therapeutic and educational settings including Antioch New England College, Springfield College, and the School for Body-Mind Centering®.

FRIDAY, APRIL 25

11:15am - 1:15pm

**From the Periphery to the Center : My journey from illness
Through recovery to re-cognition and realization if not
reconciliation.**

with Alice Cummins

In 1985 I met Lisa Nelson in Melbourne. She gave me a copy of Bonnie's articles from Contact Quarterly. She said, "I think you might

be interested in this." I felt a powerful resonance with the language and ideas offered. At the time I was a single parent just managing, yet I felt strongly drawn to study this work with Bonnie. I held the possibility within me for ten years before being able to make the journey across the world.

When I think about my illness (because it was mine, it was no-one else's, it was not an abstract illness. It was felt and experienced by me in ways that were unique to me). I recognize that something began during the northern summer of '96 at the BMC school. A profound re-organization had begun.

At the end of '97, I became ill with what was diagnosed as viral meningitis. But I didn't recover in the usual time frame. I became increasingly unwell. After a life of very good health, but following years of low-level exhaustion raising a family, teaching and making work, I became vulnerable and fell ill like a stone.

What followed were years of listening and suffering, a major shift of residence and place of work and a time of deep reckoning. I began the long journey towards health with no familiar framework. I felt as though I had to begin again and rebuild myself and my life from a whole new awareness. From this place I experienced many different perceptions arising from my illness, and my surrender to its wisdom. Conceptualizing it within the context of my history, i.e. my family, place, work, marriage. I followed an often fragile thread and along the way my work was the place and space for deep support and learning.

I will share some of the BMC related explorations that were profound for me: attachment and the condensing/ expanding yielding cycle; the finding of press/push from my lower body as support for my reach/over-reach; matter/substance/energy; asking the question: how does the periphery support the center?; and the back of my heart serving as support for my whole presence. The latter comes from a desire to look deeply at what lies in shadow in or modern world of seeming abundance and yet such evident fear and despair.

Via somatization we will *soften* through the layers into moving scores for continuing the moving exploration.

Alice Cummins is a dance artist and Body-Mind Centering® Practitioner living in Sydney, Australia. Since 1990 she has been developing her individual approach to teaching. Alice teaches dance, improvisation, performance and BMC workshops in Perth and Sydney and maintains a private practice.

During her twenty years as a performer Alice's diverse career has included working collaboratively with musicians, writers, visual artists and filmmakers as well as creating solo work. Alice has also created new contexts for dance within the Art in Working Life program and through her involvement with community dance projects. She has been a lecturer at the West Australian Academy of Performing Arts, Curtin and Murdoch University Theatre Departments and since living in Sydney, the University of Western Sydney and the Eora Aboriginal campus. In 2002 Alice created and taught an elective—"The Body, Space, and Architecture" in the Department of the Built Environment, University of New South Wales.

FRIDAY, APRIL 25

2:45pm – 4:45pm

Tummy Time: Comfort and Challenge

with Cat Burns and Lenore Grubinger

If a baby who has never been in prone is placed there, s/he usually exhibits stress. A young infant may immediately or soon begin to fuss or cry, sometimes intensely. An older infant who can move himself out of this position with his own motor capacity typically does so. When we share/teach tummy time with a family or classroom of families new to it, how can we support comfort and challenge for the babies, mothers, and caregivers?

The workshop will provide experiential exploration and community dialogue on sharing helpful practices for tummy time and creating relationship with infants, families and providers.

Cat Burns, co-presenter, has led a developmental playgroup for 3 years and prenatal classes for 10 years incorporating BMC®. She is enrolled in the Infant Development Movement Educator and SBMC practitioner programs, deepening her 18 year exploration of this work.

Lenore Grubinger, co-presenter, teaches in the IDME program at the School for Body-Mind Centering®. Lenore has 20 years experience facilitating babies' and families' development in private practice and teaching.

FRIDAY, APRIL 25

5:00pm – 7:00pm

BMC in the Marketplace: Making the Case

with *Ellen Barlow*

In this workshop participants will think about their professional role(s), what communication content and style “work” for best representing their know-how to the public and to other professionals, and what the larger social, economic, political and cultural contexts are that require awareness, understanding, and strategic participation.

This will be done in a large group brainstorming session followed by a series of mini exercises in small groups, back to a large group wrap-up session. Participants will:

- a) Consider their relationships with clients, students, and colleagues both in and not in the BMCA community; professionals in the health and wellness field, i.e. practitioners, educators, researchers, etc. educational and professional standards--setting and maintaining organizations, local and state legislative bodies, etc.
- b) Take personal inventory of what communication content and style is working and what isn't;
- c) Take a BMCA community inventory of what's working and what is needed from us collectively to advance our professional standing.

Ellen Barlow was certified as a practitioner of Body-Mind Centering® in 1982, and a teacher in 1985. She came to Body-Mind Centering® with an educational background in dance, yoga, and movement a healing art, and a teaching career as a movement educator. Ellen felt strongly from the beginning of her studies at SBMC that this work should make a strong contribution to the field of health and wellness. She is a founding member of The Body-Mind Centering Association (BMCA), a past president of the International Somatic Movement Education and Therapy Association (ISMETA) and the ISMETA

Liaison to the Federation of Therapeutic Massage, Bodywork and Somatic Practice Organizations (the Federation) . She lives and works in Washington D.C.

SATURDAY, APRIL 26

2:45pm – 5:00pm

NEW MATERIAL: Late Breaking News

with *Bonnie Bainbridge Cohen*

Bonnie will be presenting current and ongoing work: a continuation of last year's introduction to embodying the peritoneal membranes in breathing and movement, and the more than 30 combinations of the reflexes of the lumbar spine.

Bonnie Bainbridge Cohen is the developer of Body-Mind Centering® and the founder and educational director of the School for Body-Mind Centering®. For over 35 years she has been an innovator and leader in developing this embodied and integrated approach to movement, touch and repatterning, experiential anatomy, Developmental principles, perceptions and psycho-physical processes. She is the author of the book Sensing, Feeling, and Action.

Bonnie is a Registered Occupational Therapist and a Registered Movement Therapist and is also certified in neurodevelopmental therapy, Laban Movement Analysis, and Kestenberg movement profiling. She has also studied extensively in the areas of dance, yoga, martial arts, and voice. She has practiced Occupational Therapy and taught in university hospitals, helped to establish a school for occupational and physical therapists for the Tokyo city government, practiced body work and movement in rehabilitation and psychiatric settings; taught in the Masters program in Dance Therapy at Antioch New England College; taught dance at Hunter College and at the Eric Hawkins School of Dance in New York; and presented workshops throughout the U.S., Canada, and Europe, including Esalen, Omega Institute, and Naropa College. She maintains a private practice working with infants and young children and young people developing scoliosis.

SATURDAY, APRIL 26

5:30pm – 6:30pm

VIDEO: The House that Jack Built: Somatic Applications to Developmental Delays

by Darcy McGehee

A video project that documents touch and movement applications of BMC to children on the autistic spectrum, supported by case study footage of Darcy's son working with BMC practitioners (Martha Eddy, Lenore Grubinger, and Bonnie Cohen, and interviews with them discussing their journey through the work.

Darcy McGehee is an Assistant Professor at the University of Calgary and holds an interdisciplinary MFA in dance and theatre. While her training and performance life have taken her to Montreal, Vancouver, and California, she is happy to call Calgary home. Her recent choreographic work has been presented at the New Dance/Theatre, the Secret Theatre, Alberta Dance Explosions, The University Theatre in Calgary, and the Edmonton Fringe. She incorporates experience in theatre, dance science, and somatics in her approach to movement. She is a certified Somatic Movement Therapist and researches human development, the use of somatic techniques in dance training and the application of somatic therapy to developmental delays.

SUNDAY, APRIL 27

7:00am – 8:00am

Morning Movement: Yoga
with Roberta Roll

SUNDAY, APRIL 27

9:00am – 11:00am

Simultaneous Condensing and Expanding Yield and Qigong
with Bob Lehnberg

The Simultaneous Condensing and Expanding Yield (SCEY) Rhythm is primarily muscle and autonomic ganglia in nature and manifests in a whole body movement pattern and mind-state. Qigong (lit. working with the energy of life) aligns with the principles of qi (vital energy), utilizes mind to direct the flow of qi within the body and may entreat a

whole body movement. How do we inhabit this mind-body/ body-mind dialog? How do we direct mind and encourage qi flow and also let qi speak through our physical form?

Basic qigong principles of stillness and movement lend support for our standing on the earth. A firm root gives substance to our expression. Stillness, simple forms, and partnered formats will enable our connection to, and flow of, "in-formation." We may become more fully embodied through all of our cells and tissues (especially our fascia and bone marrow) when we merge with the organizing nature found within and without. Spontaneous qigong or automatic movement may manifest as form and energy align.

Bob Lehnberg has a Bachelor of Science degree in Biology and is a Certified Practitioner and Teacher of Body-mind Centering®, a study and practice of human development, body systems expression, and hands-on dialog, he has taught human sciences and movement in schools of massage therapy for over ten years, as well as yoga and qigong. He is a nationally certified NCBTMB and is pending provider approval of Continuing Education by NCBTMB. Bob lives in Bayside, California.

SUNDAY, APRIL 27

11:00am

Closing Ritual

with *Suzanne River*

Suzanne River is a Certified Teacher of Body-Mind Centering®, founder and administrator of Green River Dance in Minnesota, a practicing Dance Artist and Registered Movement Therapist. Over the last ten years, she has taught "Healing the Goddess Within" retreats focusing on embodying and reclaiming the special tissues of the woman's body.