

# *Forms of Our Presence and Experience*

## **BMCA Conference 2004**

### **Schedule**

(some minor changes may yet be made)

#### **Thursday, May 13**

12:30 - 2:30	LUNCH
2:30 - 3:30	Welcome and Warmup
4:00 - 5:30	BMC Bytes <i>with Ellen Barlow</i>
5:30 - 7:00	DINNER
7:00 - 8:00	Opening Ritual
8:00 -	Sharing Circle

#### **Friday, May 14**

7:00 - 8:00	Morning Movement Warm-up (tentative)
8:00 - 9:30	BREAKFAST
9:30 - 12:00	<b>Learning by Doing: Rhythms, Developmental Movement, and the Progressive Era</b> <i>with Kate Morgan</i>
12:00 - 1:30	LUNCH
1:30 - 3:00	<b>Town Meeting/ The Relationship between BMCA and SBMC</b> <i>with Len Cohen and Myra Avedon</i>
3:15 - 5:15	<b>Attachment: Pleasant Experience and the Self</b> <i>with Margie Fargnoli</i>
5:30 - 7:00	DINNER
7:00 - 8:30	<b>Frolicking in the Ether</b> <i>with Darcy McGeehee</i>
8:30 -	Informal Performances, socializing

**BMCA  
presents**

***Forms of our Presence and Experience***

***The 19<sup>th</sup> Annual  
Body-Mind Centering® Association  
Conference***

***Current Work  
and related applications  
based on the Teachings  
Of  
Bonnie Bainbridge Cohen***

***May 13 - 16, 2004  
(pre-conference workshops May 11-13)***

***at  
Bucksteep Manor  
Washington, Massachusetts***

# *Forms of Our Presence and Experience*

## **19<sup>th</sup> Annual BMCA Conference 2004** **Schedule**

**Tuesday, May 11** (2:30-5:30pm) and Wednesday, May 12 (9:00-12:00noon)  
**Embodying the Immune System**  
*with Dirck Dimmock*

**Wednesday, May 12** (2:30-5:30pm) and Thursday, May 13 (9:00-12:00noon)  
**Aspects™-Embodying the Vibrational System**  
*with Suzanne River*

### **Thursday, May 13**

12:30 - 2:30 LUNCH

2:30 - 3:45 **Welcome and Warmup with Gale Turner**

4:00 - 5:30 **BMC Bytes with Ellen Barlow**

5:30 - 7:00 DINNER

7:00 - 8:00 **Opening Ritual with Jeanne Feeney**

8:00 - **Sharing Circle**

### **Friday, May 14**

7:00 - 8:00 Morning Movement Warm-up (tentative)

8:00 - 9:30 BREAKFAST

9:30 - 12:00 **Learning by Doing: Rhythms, Developmental Movement, and the Progressive Era with Kate Morgan**

12:00 - 1:30 LUNCH

1:30 - 3:00 **Town Meeting/ The Dynamic and Evolving Relationship between BMCA and SBMC and the Negotiations between BMCA and the Markholder**  
*with Len Cohen, Pat Etheridge, and Myra Avedon*

3:15 - 5:15      **Attachment: Pleasant Experience and the Self** *with Margie Fagnoli*

5:30 - 7:00      DINNER

7:00 - 8:30      **Frolicking in the Ether** *with Darcy McGeehee*

8:30 -            Informal Performances, socializing

**Saturday, May 15**

7:00 - 8:00      Morning Movement Warm-up (tentative)

8:00 - 9:30      BREAKFAST

9:30 -12:00      Annual Meeting

12:00 - 1:30      LUNCH

1:30 - 3:30      **Relational Aspects of Senses and Perception and Reflexes**  
*with Myra Avedon*

3:45 - 6:00      **A BMC Take on the Embrace in Social Dancing: Tango, Swing, and Salsa** *with Danny Trenner*

7:00 -            "Cocktails", Live Band, Dinner, Dancing, and Auction

**Sunday, May 16**

8:00 - 9:30      BREAKFAST

9:30 -11:30      **Yoga: Moving from Within** *with Roxlyn Moret*

11:30 -12:30      **Closing Ritual** *with Suzanne River*

12:30 - 2:30      LUNCH

***Carry the support and love  
of the BMCA Community  
home with you***



**BMCA 19<sup>th</sup> Annual Conference 2004**  
**Pre-Conference Workshop:**  
**Tuesday, May 11, 2004 (2:30-5:30)**  
**Wednesday, May 12, 2004 (9:00-12:00)**

**Embodying the Immune System**  
***with Dirck Dimock***

In this workshop we will learn about the immune system in order to find it in ourselves and in others. Through visualization, sensing, and hands on, we will become familiar with the organs and dispersed cells of the immune system.

We will learn about the MHC molecules which are our unique identifiers, and how the body creates millions of unique antibodies which "recognize" various foreign substances.

The body can recognize defective cells in our body and recycle and replace them using both mechanisms in the cell and in the immune system. Some understanding of the role of inflammation, both good and bad, will be given.

We will spend some time on the immune system's overreactions and defects which cause autoimmune disease and immune deficiencies and how we might help people with these problems.

Each enrolled member of the workshop will receive an extensive written and illustrated booklet on the immune system. If possible these will be sent ahead of time so you can get some familiarity with the system before coming and we can spend more time at the workshop on embodiment.

The heretofore little known BMC immune greeting will also be taught.

***Dirck Dimock***, formerly a physicist at Princeton University, was originally trained in deep tissue massage before becoming a BMC practitioner in 1989, and a BMC teacher in 2001. He has been studying the immune system since the early nineties at Bonnie's suggestion with the intention of bringing it into the BMC work. Dirck first taught this work as part of the BMC program in the summer of 2001. Dirck is also a dancer performing occasionally in and around Northampton.

## **BMCA 19<sup>th</sup> Annual Conference 2004**

### **Pre-Conference Workshop:**

**Wednesday, May 12, 2004 (2:30-5:30)**

**Thursday, May 13, 2004 (9:00-12:00)**

### **Aspects™ - Embodying the Vibrational System** **Will I complete the Mystery of my Flesh?** ***with Suzanne River***

Aspects™ is an approach to the embodiment of the Vibrational System. Aspects™ is a systematic and pioneering modality which applies kinesthetic and proprioceptive awareness to the Subtle Energy Field of the Self and to the Chakra System. This work explores the Body of the Mind. Suzanne River developed this work by integrating her study of BMC with her learning through Authentic Movement, Performance, Reiki, Esoteric Healing, Physics and Shamanism.

Through the holomovement of a sacred laboratory, participants will embody seven dimensions of self as distinct realities in the continuum between sub-cellular reality and the auric field. While these seven bodies are recognized by many esoteric traditions, Aspects™ draws from the original writing of Bonnie Bainbridge Cohen naming these states as the Physical Body, the Energetic Body, the Emotional Body, the Mental Body, the Soul Body, the Spirit and Genesis of Spirit. The movement and communications between these bodies creates the primary Perceptual Response Cycle of the self which is then mirrored in the Perceptual Response Wheels of the Chakras and in cellular consciousness.

This 6-hour workshop will offer an introduction to Aspects™ training (40 hour curriculum). During the workshop, participants will explore the embodiment of the 7 bodies of self through movement, touch, sound and breath, learn to create and dissolve a soul bridge in the healing relationship, practice two protocols for embodying the chakra system, and receive a thorough protocol for diagnostic work and sending non-local sessions.

Aspects™ may support self awareness, embodiment and perceptual range, intuition and understanding of the vibrational system, repatterning through releasing, recycling and reorganizing vibrational patterns, treatment by offering vibrational scans which diagnose without harm, touch when physical touch is not possible (surgery, distance), protection and recreation of negative vibrational patterns, meditation, teaching, performance, birth and death.

***Suzanne River is a Certified Teacher of BMC, founder and director of Green River Dance for Global Somatics, Dance Artist, and mother. She has developed and taught Aspects™ for eight years and has applied it to work with private practice, autistic children, surgery, non-local sessions, teaching, and performance.***



## ***Forms of Our Presence and Experience***

***BMCA 19<sup>th</sup> Annual CONFERENCE 2004***

### ***Presentation Abstracts and Presenter Bios***

**THURSDAY, MAY 13**

**2:30 – 3:45pm**

**Welcome/Warm-up**  
***with Gale Turner***

*Gale Turner has a B.A. in Dance and Theatre, is a registered Movement Therapist and is certified by the National Certification Board of Therapeutic Massage and Bodywork. For eighteen years, she was a performer, assistant director and co-choreographer with Meredith Monk and has performed and taught internationally. She has extensive experience teaching, in moving meditation, improvisation, and tai chi and is the Co-director of In-Motion.*

**THURSDAY, MAY 13**

**4:00 – 5:30 pm**

**BMC Bytes: Mining the Community for the Best of BMC**  
***with Ellen Barlow***

Within our BMCA community lays both the common ground of the study of BMC and unique differences in how we, as individuals and collectively, practice BMC. In every maturing profession, "best practices" emerge through peer review, research and publications. This workshop aims to stimulate an internal BMCA assessment process to discern our individual and collective "best practices".

We will

- 1) identify a few key BMC teachings/learnings (i.e. somatic concepts, developmental principles, experiential anatomy explorations);
- 2) assess how we communicate them
  - a. to whom? (target audience)
  - b. why? (intention)
  - c. how? (method, technique);
- 3) discern best practices that can inform the presentation and marketing of BMC, for the sake of our individual practices, and to further a collective interest of making a mark in the larger professional

communities in which we belong, i.e. somatic practices/modalities, performing arts, infant and child development.

This assessment process brings up many related questions: In our practices, whose lives do we touch? Whose lives do we want to touch? What segments of society is BMC best suited to make a contribution to? Which members of our community excel in best practices when it comes to communicating certain key BMC teachings/learnings? What are our individual and collective strengths and weaknesses? And many more questions. While we will allow these peripheral questions to inform the inquiry, we will focus on gathering what we do know about our individual and collective best practices, and what we need to find out.

This workshop aims to bring "thinking" to Sensing, Feeling, (Thinking) and Action.

***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 as 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.*

**THURSDAY, MAY13**

**7:00 – 8:00pm**

**Opening Ritual**

***with Jeanne Feeney***

***Jeanne Feeney**, lifelong dancer, performer and movement therapist has been a practitioner of BMC since 1989. She has been a guest artist at American University, George Washington University, Connecticut College and the Center for New Dance Development in the Netherlands. Currently she directs Movement Laboratory where she teaches classes in dance improvisation, prenatal exercise and infant developmental movement. At the Studio Theatre in Washington D.C. Jeanne teaches movement for actors, and in 1997 co-choreographed the musical, *Hair*, which won the Helen Hayes Award for Best Musical. For two years, she co-facilitated women's residential*



*retreats in Mexico. Currently Jeanne is working on the embodiment of presence, having choreographed and performed four improvisational solos. In her private bodywork practice as well as in her classes, Jeanne also draws from her training inauthentic Movement, Continuum™, and Anthroposophy.*

**FRIDAY, MAY 14**

**9:30am – 12:00noon**

**Learning by Doing: Rhythms, Developmental Movement, and Progressive Education**

***with Kate Tarlow Morgan***

This experiential workshop explores the fascinating link between Rhythms, a movement training for children invented by Ruth Doing in the early 1920's and Bonnie Bainbridge Cohen's Developmental Movement work. Kate will also discuss parallels between the BMC principles and the principles of progressive education, with John Dewey's phrase at its core—"Learning by doing."

***Kate Tarlow Morgan***—SBMC Certified Practitioner/Teacher-- dancer, teacher, write, historic archaeologist with an MA in cultural History. She studied with Bonnie in what she calls "the time of invention," and was very involved in designing the '91 teacher-training program with Bonnie.

**FRIDAY, MAY 14**

**1:30 – 3:00pm**

**Town Meeting/ The Dynamic and Evolving Relationship between BMCA and SBMC and the Negotiations between BMCA and the Markholder**

***With Len Cohen, Pat Etheridge, and Myra Avedon***

**FRIDAY, MAY 14**

**3:15 – 5:15pm**

**Attachment: Pleasant Experience and the Self**

***with Margie Fagnoli***

A favorite saying from my years of training with BMC is "You are not your Pattern". We mostly explore this in the context Patterns that embody suffering. But it's equally true for pleasant patterns as well. Attachment to either causes difficulties in our lives. In this experiential research workshop, we'll explore the confusion that often arises from clinging to pleasant experience and how it generates an identification of "self". Using adaptations



of techniques from Continuum, we'll entertain the relationship between desire/attachment and the "self" as we delve into yummy movement and sounding, looking at what we are really hanging onto when change shifts experience through all the inevitable permutations of pleasant to unpleasant to neutral.

*For over thirty-five **Margie Fragnoli** has been a movement educator, dancer and choreographer devoted to the exploration of the expression of the mind through the body. I graduated from the Juilliard School in 1971 and my first professional job was working in dance pioneer Anna Sokolow's Players' Projects. I continued to dance and perform professionally until 1995. My creative work as a choreographer and dancer always focused on how movement could fully express the states and conditions of the mind. The objectification of movement has never been my interest; rather my concerns were always about excavating and exposing the roots of the subjective experience through my work. As a director of two dance companies and an independent choreographer I received numerous grants from private foundations, the states of Indiana and Minnesota and a National Endowment for the Arts Choreography Fellowship. I was a dance teacher throughout my dance career and taught all over the United States and Canada. I have been on the faculty at the University of Minnesota from 1980 -1988 and then again from 1996 through the present.*

*In 1990 I began my transition from dancer, choreographer and dance teacher to body-worker and movement educator. I graduated from the School for Body-Mind Centering® in 1994 and became a Certified Practitioner and Registered Movement Therapist. As a bodyworker and movement educator I help individuals discover and use the body's intelligence as they journey towards health and balance. My practice serves women and men who want to find fuller physical presence, compassion for themselves and freedom from movement or behavioral patterns that are recapitulations of past trauma, including emotional, physical and sexual abuse. Although much of my practice concerns psychotherapeutic application, I also work with individuals recovering from physical injury or living with chronic pain and children who have developmental challenges.*

*I began teaching Body-Mind Centering at the University of Minnesota in 1996 both at the introductory and advanced levels. In 2002 I took over coordinating all the Somatic Studies Course work (Somatics is the study of the effect and importance of movement for the whole human being) as we move towards creating a minor through the Department of Theatre and Dance. I am married, the mother of twenty-four year old twin sons and a nineteen-year-old daughter. I am an avid gardener, knitter, reader and homebody.*

**FRIDAY, MAY 14**

**7:00 – 8:30 pm**

**Frolicking in the Ether**

***With Darcy McGehee***

The dance/theatre piece *Shift* becomes the container to investigate transitions between self and other and multiple solutions to keeping heart and being in the world without losing sensitivity and self.

BMC applications that developmentally explore transitions between inside and outside and that merge feeling and sensing, have inspired this investigation. Performers embody the atypical bodymind, where sense of presence and experience is not synchronized in relationship, and invite your insights in movement and dialogue.

***Darcy McGehee*** (MFA, SMTT, IDME) is a dancer, a choreographer, an Associate Professor of Dance at the University of Calgary, and a Co-Artistic Director of New Dance/Theatre. She researches movement, development, the use of somatic techniques in dance training and the application of somatic therapy to developmental delays.

**SATURDAY, MAY 15**

**1:30 – 3:30 pm**

**Relational Aspects of Senses and Perception and Reflexes**

***with Myra Avedon***

**It** is an important skill both personally and professionally to be able to move consciously toward or away from choices, relationships and various other stimuli in our lives. In this class we will explore the relational, perceptual and nerve pathways which help facilitate one's ability to move towards or away.

Bonnie was recently playing with the relational aspects of reflexes in one of her Yoga weekend workshops. After sharing some exercises with her around this material, I found new discoveries in myself. I have continued to explore deeper layers within myself and I have shared these exercises with others who have also found it helpful in their lives.



I am interested in various ways we can apply the developmental material towards manifesting our desired goals personally and professionally, individually and collectively.

***Myra Avedon** is the programs director for the The School for Body-Mind Centering® 1995-present. She has been on faculty at The School for Body-Mind Centering® since 1992 and has been involved with BMC since 1986. She has a Masters Degree in Humanistic Psychology, a Bachelors Degree in Visual Arts, and is a Certified Massage and Movement Therapist. She has completed advanced training's and apprenticeships in medical massage, Oriental medicine, Continuum, cranial-sacral and visceral manipulation therapy, deep tissue and structural alignment, emotional support work and guided visualizations. She has taught experiential anatomy, bodywork and movement therapy since 1983, and been on faculty at: the Institute of Psycho-Structural Balancing (IPSB), the Stillpoint School of Massage, the New England Institute for Integrative Acupressure, Body Mind College, and The University for Humanistic Studies where she also served as the Administrative Dean. She has a deep interest in the transformational possibilities of the somatic field and in the potential of body centered therapies to heal and repattern physical and emotional trauma. Previously she worked as a community organizer and developer in the social services, and prior to that she was a camp director and youth group advisor.*

**SATURDAY, MAY 15**

**3:45 – 6:00pm**

**A BMC take on the embrace in social dancing: Tango, Swing and Salsa**

***with Daniel Trenner***

Proprioception, as taught to me by Bonnie in the 80's, and for the purposes of this session, is one's ability to sense the spaces within one's own body. When two bodies are in contact with each other this proprioception of each body extends throughout both bodies. This is evident in movement. For example, imagine you are walking arm in arm with a friend and steer them to avoid a collision with an object that they are not aware of. How you manage to make all of their body avoid the collision cannot be only from the visual information you were processing. You also had to "know" where they were in space. You did that by sensing the spaces within both your bodies. Skilled partner dancers perform this intuitive linking of their proprioceptions, without ever being aware of exactly what they are doing. This conjoining of proprioception becomes remarkably better when it is made conscious.

In this session I will offer numerous examples of getting easily to this consciousness. Participants will dance and move. Most of the exercises will be accessible to dancers at any level or background of experience. We will change partners frequently. Lead and follow will be taught as gender neutral roles. That means men and women learn both roles. I will invite an experienced dancer from the local area to assist so that an application of the technique between experienced movers can be witnessed.

***Daniel Trenner** has been a working dancer for 25 years, and a body-worker for longer. His travels took him to Argentina in 1987, and for the last 16 years he has been a leader in the worldwide revival of the Tango. He has recently retired from touring after 19 years on the road, and lives in North Hampton, Ma. He is working on a fusion of social dance forms, and the exchange of lead and follows in each of them. He is part of a group of innovators that are helping to inform the evolution of modern social dancing so it better reflects the modern culture that it draws its participants from. He recently choreographed for the independent film, "Below the Belt, which will be opening at the Sundance Film Festival in January 2004. He has an M.Ed in dance, and as part of that program participated in the BMC summer programs of 1984 and 1987.*

**SUNDAY, MAY 16**

**9:30 - 11:30 am**

**Yoga: Moving from Within**

***with Roxlyn Moret***

In this workshop we will do asana with a cellular focus in order to bring more breath and ease into our movement. We'll play with initiating movement from the organs, fluids, and developmental movement patterns to help find a greater ease in the joints and spine.

***Roxlyn Moret** has been studying movement for over 30 years. The BMC work and yoga have been the culmination of her journey in the creative and healing aspects of movement. She is a CMA, a modern dancer, and has experience with the Cranial-Sacral work, Visceral manipulation, and shiatsu. She is a Certified BMC practitioner.*



**SUNDAY, MAY 16**

**11:30 – 12:30 pm**

**Closing Ritual**

***with Suzanne River***

***Suzanne River*** is a Certified Teacher of BMC, founder and director of Green River Dance for Global Somatics, Dance Artist, and mother. She has developed and taught Aspects™ for eight years and has applied it to work with private practice, autistic children, surgery, non-local sessions, teaching, and performance.



## Frolicking in the Ether - Looking for a Place to Land.

### Supporting transitions through relationship. Darcy McGehee May 14, 2004

In a Senses and Perceptions class at the School for Body-Mind Centering®, Amelia Enders speaks about the development of the human embryo and, that as cells divide the agenda of the cell is communication at the cell membrane. Myra Avedon speaks of the fluid membrane balance in cells that allows both the assertion of identity and the ability to grow and change in relationship with other. In my notes from a Nervous System and Yoga workshop, taught by Bonnie Bainbridge Cohen, I have written that the fluids are the medium of both attunement and personal signature.

I am holding a question. What supports the relationship between self and other, and the emergence of interaction and communication? I ask this question to determine where relationship is interrupted in Autism. I explore this theme in maps and experiences. I am always shifting the lens from micro to macrocosm as my definition of movement expands. I shift the developmental lens in time, in an effort to see how very early development affects later emergence. The themes of development are overlapping, and they attest to an agenda that emphasizes relationship.

*Shift* frames a question about how to honor a sense of both self and other dynamically, in relationships. Parallel with this question I attempt to frame a question about why as performers we do what we do. Autistic people I have met and worked with have inspired me to re-examine relationship in performance, and to re-think the motivation for any performative act, for they have been, in my experience, refreshingly free of the social constraints of people -pleasing. They have taught me about the developmental increments of embodiment and relationship. *Shift* explores a conflict between isolation and connection; characters portray a performative reaching-beyond-self experience without the basis of a dynamic connection to self and other. We invite your ideas about how these characters could balance being acutely aware, task oriented and at the same time in relationship. I invite you to respond to the piece intuitively, and at the end of the performance to move yourself or to interact with the players and each other through touch, movement, sound and gesture.

***Shift* Performers: Danielle McCulloch, Darcy McGehee**

**Choreography and Direction: Darcy McGehee**

**Music: Tom Twkyer, Johnny Klimek and Reinhold Heil, Alexander Scriabin, Bart Howard.**

**Text: adapted from Tom Robbins, *Villa Incognito*.**

information about myself and information about the world. I can experience the body in relationship to the container of gravity that supports yield in both the flexion of coming in and the extension of moving outward. In BMC we call this simultaneous condensing and expanding yield.

The reflexes that underlie movement are expressions of a primary relationship with gravity. The expression of reflexes such as tonic lab reflex, physiological flexion/extension, flexor withdrawal and extensor thrust, are supported by the expanding and condensing cycles of earlier rhythms and further refine our ability to move toward and away from stimulus. These nervous system pathways enhance the maturation of the sensory-motor loop, allowing us to merge information about self and the world.

In BMC developmental principles we see that the easeful emergence of later patterns depends on previous patterns. The vertebral patterns are supported by the pre-vertebral patterns and the reflexes. There is a beautiful example of this integration of sensory and movement information as a typically developing infant reaches 3 or 4 months of age. If a balanced relationship to gravity reflects balance in the body's systems at this point, and the primitive reflexes have encouraged the sensory-motor pathways of transition to express, the child is able to come to midline orientation with the limbs and the focus. The whole body can roll in flexion, in concert with the senses. The upper homologous push pattern then encourages the development of the lumbar curve and the ability to support the extension of the hip joint with flexor tone. A fuller breathing pattern emerges. It seems almost co-incidence that this is the time frame for the emergence of social smile, but these pivotal sensory-motor events may be important as markers for early diagnosis and intervention in developmental delays such as autism. The combination of upper and lower homologous yield and push is a strong assertion of self. Bonnie Bainbridge Cohen has said that all the autistic children she has seen have skipped the lower homologous push pattern that in prone straightens the elbows and takes us developmentally into the inferior cerebellar peduncles, once the head and tail reach have established vertical tracks to the colliculi at the threshold of the mid brain. Effective transitions are supported by this dynamic integration that begins to link who we are, what we are sensing and how we feel.

Investigating what bridges inner and outer has raise questions for me about discriminating between feeling and sensing. Bonnie has shared with me her



The dance of integration that makes this possible continues to excite me. With gratitude, I honor the tremendous depth and growth of knowledge in this community that is a direct result of commitment and generosity in both research and teaching and I welcome your discussion.

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<sup>1</sup> Damasio, Antonio. 1999. *The Feeling of What Happens. Body and Emotion in the Making of Consciousness*. New York: Putnam's Sons.

<sup>2</sup> Bonnie Bainbridge Cohen. *Developmental Movement and the Organs - Tape 1*. School for Body-Mind Centering©. Amherst, Ma.

<sup>3</sup> Bonnie Bainbridge Cohen. *Developmental Movement and the Brain - Tape 2*. School for Body-Mind Centering©. Amherst, Ma.

<sup>4</sup> Stephen Porges. "Emotion: An Evolutionary By-Product of the Neural Regulation of the Autonomic Nervous System". *The Integrative Neurobiology of Affiliation*. Ed. Carter, C.Sue, Lederhendler, Izja and Kirkpatrick, Brian. Cambridge, Ma: MIT Press, 1999.

Darcy McGehee (MFA, SMTT, IDME) is an associate professor in dance at the University of Calgary, a dancer, a choreographer and a somatic movement therapist. She explores movement happily surrounded by three growing boys, an actor-husband, dancers, choreographers, and researchers. [mcgehee@ucalgary.ca](mailto:mcgehee@ucalgary.ca)



Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Country \_\_\_\_\_

Phone (Area Code) \_\_\_\_\_ (Number) \_\_\_\_\_

Email \_\_\_\_\_

Payment Method:

- ☐ Personal Check (made out to BMCA)
- ☐ Credit Card
  - o Circle one: Visa Mastercard
  - o Number \_\_\_\_\_
  - o Expiration Date \_\_\_\_\_
  - o Signature \_\_\_\_\_

- ⇒ Please note any dietary restrictions: \_\_\_\_\_
- ⇒ Please note any roommate preferences: \_\_\_\_\_ (We will facilitate your request if possible.)
- ⇒ Please indicate any childcare needed: Name/age of Child #1 \_\_\_\_\_ Name/age of Child #2 \_\_\_\_\_ Name/age of Child #3 \_\_\_\_\_

Fees:

- Registration –
- \_\_\_\_\_ \$100 for Dimock Pre-Conference
  - \_\_\_\_\_ \$100 for River Pre-Conference
  - \_\_\_\_\_ \$125 for Conference if postmarked before April 21\*  
or
  - \_\_\_\_\_ \$150 for Conference if postmarked after April 21\*

- Room & Board –
- \_\_\_\_\_ \$85 for Dimock Pre-Conference  
(Tuesday lunch through Wednesday lunch)
  - \_\_\_\_\_ \$85 for River Pre-Conference  
(Wednesday lunch through Thursday lunch)
  - \_\_\_\_\_ \$210 for Conference – based on double occupancy  
(Thursday lunch through Sunday lunch)
  - \_\_\_\_\_ Subtract \$10 or \$20 for overlapping lunches  
(Wed overlap and/or Thurs overlap)
  - \_\_\_\_\_ **Total Amount Owed**

\* \$50 non-refundable deposit by April 21 ensures the cheaper rate.

**From the Northampton Area:** Take Rt. 9 to Dalton. In Dalton take Rt 8 South, to the town of Washington. Two miles after the entering Washington sign, take a right onto Frost Rd. to the end, take a left onto Washington Mountain Rd. Bucksteep is a few hundred yards on the left. Look for two stones pillars and a stone chapel at the entrance.

**From the Mass Pike (I-90):** Take Exit 2 (Lee/Pittsfield). Go east on U.S. Rt. 20 for four miles. After a school bus U-turn sign, and just across the street from the Belden Tavern, take a left onto Becket Rd. Becket Rd. will turn into Yokum Pond Rd. Shortly, you will come to a yield sign, bear right onto County Rd. Follow County Rd. to the end, take a left onto McNeerney Rd. Bucksteep Manor is located on the right 3.5 miles after the left you take onto McNeerney Rd. Look for two stones pillars and a stone chapel at the entrance.

Note: McNeerney Rd. turns into Washington Mountain Rd. when you cross the Washington town line.



The Body-Mind Centering® Association  
presents  
The 19<sup>th</sup> Annual Conference

Forms of our  
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Join us for a second year  
at the charming and intimate

Bucksteep Manor  
Washington, Massachusetts  
May 13-16, 2004



# The Body-Mind Centering® Association

presents

The 19<sup>th</sup> Annual Conference

## *Forms of our Presence and Experience*

**May 13-16, 2004**

Join us for our second year at the charming and intimate  
Bucksteep Manor  
Washington, Massachusetts

### *Conference highlights:*

#### *Relational Aspects of Senses and Perception and Reflexes*

**Myra Avedon**

Experiencing the nerve pathways which facilitate the ability to move toward that which one wants and to avoid that from which one wishes to move away

*BMC Bytes*

**Ellen Barlow**

Mining the community for the best of BMC

#### *Town Meeting on the Relationship between BMCA and SBMC*

**Len Cohen and Myra Avedon**

Discussing the evolving dynamic connection between our organization and the school

#### *Frolicking in the Ether*

**Darcy McGehee**

Witnessing a dance piece that frames the exploration of transitions  
between self and other via BMC developmental applications

#### *Yoga, Moving from Within*

**Roxlyn Moret**

Bringing more breath and ease into our movement, this will be Asana with a cellular focus;  
Exploring supporting our musculoskeletal system with organs, fluids, glands, and parana

#### *Learning by Doing: Rhythms, Developmental Movement, and the Progressive Era*

**Kate Morgan**

Exploring the link between Ruth Doing's "Rhythms" (movement education for children) and  
Bonnie Bainbridge Cohen's developmental work

#### *A BMC Take on the Embrace in Social Dancing*

**Danny Trenner**

Bringing to consciousness the intuitive proprioceptive linking  
present in partner dancing (and healing)

Plus

Feast, Dance Party, and Informal Performances

#### *Pre-Conference Workshops*

##### *Embodying the Immune System*

**Dirck Dimock**

Tuesday, May 11 (2:30-5:30) and  
Wednesday, May 12 (9:00-12:00)

##### *Aspects™ –*

##### *Embodying the Vibrational Systems*

**Suzanne River**

Wednesday, May 12 (2:30-5:30) and  
Thursday, May 13 (9:00-12:00)

Question or to register? Contact:

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