

*The Body-Mind Centering®
Association*

**23rd Annual U.S.
Conference 2008**

As We Grow...

May 1-4, 2008
Pre-conference: April 30-May 1

Trinity Conference Center
West Cornwall, Connecticut

The Body-Mind Centering® Association, Inc.
23rd ANNUAL U.S. CONFERENCE 2008
AS WE GROW

TRINITY CONFERENCE CENTER
WEST CORNWALL, CONNECTICUT

Pre-Conference Workshop April 30-May 1, 2008
Conference May 1-4, 2008

CONFERENCE SCHEDULE

WEDNESDAY, APRIL 30

3:00-6:00 PM - PRE-CONFERENCE WORKSHOP:
Jean-Marie Martz: *Enliven Your Center of Power – A Yogic Approach to Abdominal Well-Being – Part I*

6:00 PM DINNER

THURSDAY, MAY 1

8:15 AM BREAKFAST

9:30 AM-12:30 PM - PRE-CONFERENCE WORKSHOP:
Jean-Marie Martz: *Enliven Your Center of Power – A Yogic Approach to Abdominal Well-Being – Part II*

12:30 PM LUNCH

3:00-6:00 PM – CONFERENCE Begins
Annie Brook: *Bridging Tissue Patterns with Early Attachment Dynamics*

6:30 PM DINNER

MAY 1: 8:00-10:00 PM
Kyra Lober: *Opening Ceremony and Sharing Circle: “Moving in the Moment”*

FRIDAY, MAY 2

7:00-8:30 AM

Toni Smith: *Self-Care for the Skeletal Muscular System*

8:30 AM BREAKFAST

9:30 AM-12:30 PM

Scott Lyons: *Embodying the Sexual Matrix (Sex, Gender and Sexuality Revisited)*

12:30 PM LUNCH

2:00-4:00 PM

Martha Eddy and Kimberly McKeever: *BMC Approaches to Working with Autistic Children – Assessment and Interventions*

4:15-6:00 PM

Christine Cole: *Looking at the Homolateral Pattern One Side at a Time!*

6:30 PM DINNER

7:30-8:30 PM

Cis van Drannen: *Be Yourself – Have Comfort in Your Own Rhythm*

8:30-10:00 PM

OPEN TIME (to be scheduled during the conference)

This time slot is being kept open to allow for scheduling according to feedback received during the conference from attendees, so that it may reflect the their preferences. Possibilities include group discussion around BMC topic(s) of interest, a guided somatics meditation, a hands-on partnering session (guided or open), a completely open social and networking time, or an offering yet to emerge. Additionally, should Saturday night's open mic attract many performers, some may be scheduled for Friday at this time.

SATURDAY, MAY 3

7:00-8:30 AM

Alisa Wright Tanny: *YogaPlay: A Body-Mind Centering Approach to Working With and Engaging Children with Special Needs*

SATURDAY (continued)

8:30 PM BREAKFAST

9:30 AM-12:30 PM

BMCA Board of Directors: *BMCA ANNUAL MEETING*

12:30 PM LUNCH

2:00-5:00 PM

Lauree Wise: *Occupational Therapy Practices in Body-Mind Centering: Perspectives on Professional and Personal Integration*

6:00 PM DINNER

7:00-7:30 PM

Beth Goren, Douglas Mackenzie, and Pat Ethridge: *BMCA Music Resource Database – A Project Report*

7:30-10:30 PM

GALA – SILENT AUCTION, RAFFLE, BAREFOOT BOOGIE AND MORE!

SUNDAY, MAY 4

8:30 AM BREAKFAST

9:30-11:30 AM

Ellen Barlow: *The Pool Project – BMC Best Practices*

11:30 AM-12:15 PM

CLOSING RITUAL with *Kyra Lober and friends*

Boxed Lunches will be provided

Departure prior to 2 PM.

***Safe and Inspired Travels Home
Imbued with the Spirit of Community***

The Body-Mind Centering® Association, Inc.

THE 23rd ANNUAL U.S. CONFERENCE 2008

As We Grow.....

TRINITY CONFERENCE CENTER
WEST CORNWALL, CONNECTICUT

Pre-Conference Workshop April 30-May 1, 2008
Conference May 1-4, 2008

PROGRAM and SCHEDULE

WEDNESDAY, APRIL 30: 3:00-6:00 PM - PRE-CONFERENCE WORKSHOP:

Jean-Marie Martz: *Enliven Your Center of Power – A Yogic Approach to Abdominal Well-Being – Part I*

This intensive workshop will focus on a unique avenue for cultivating vitality in the core of the body, the yogic breath retention practices Uddiyana Bandha and Nauli Kriya. After examining the muscular lines of force crisscrossing the torso and their biomechanical interactions with the thoracic diaphragm, we will learn to mobilize the ribs and articulate various abdominal muscles as we suspend the breath. The resulting internal massage of the abdomen effects an incomparable invigoration of the viscera, at once energizing, rejuvenating and pleasurable. We will explore the possibilities for practical application of breath retention exercises in a variety of asanas and discuss cultural issues relating to the body's mid-section. Pedagogical strategies will be demonstrated to help workshop participants acquire the necessary skills to perform and teach the movement sequences on their own.

Jean-Marie Martz, Certified Practitioner, has over 30 years of international experience as a movement educator in the professional dance world. He has taught workshops in movement efficiency at numerous performing arts, medicine and science conferences in the U. S. and under the auspices of the European League of Institutes of the Arts throughout Europe. Beginning in 1974, his interest and studies in anatomy/kinesiology and neuromuscular patterning led him to explore the key principles underlying yogic breathing practices. He is presently enrolled in the Feldenkrais Method® training program.

THURSDAY, MAY 1: 9:30 AM-12:30 PM - PRE-CONFERENCE WORKSHOP:

Jean-Marie Martz: *Enliven Your Center of Power – A Yogic Approach to Abdominal Well-Being – Part II*

THURSDAY, MAY 1: 3:00-6:00 PM – CONFERENCE BEGINS

Annie Brook: *Bridging Tissue Patterns with Early Attachment Dynamics*

Body-Mind Centering® practitioners have much to offer to the field of Pre-and Perinatal Work. Learn the major theoretical themes of the attachment/pre-and perinatal field and how they influence behavior and intimacy. Then help in a discovery process of how BMC™ can support healing and what can be offered to this field of prenatal work. Getting to the core of patterns at a tissue level brings up early emotional responses. Help explore how early emotional attachment styles can be resolved and repaired through BMC facilitation. Learn the dynamics of attachment and how to recognize and support clients when these issues surface. Learn to work creatively with attachment dynamics when you work with tissue patterns. This workshop will be a combination of movement, theory, and small and large group.

Annie Brook, Certified Teacher, combines an academic background in pre- and perinatal psychology with Body-Mind Centering® practices, using land and water methods. She is a licensed therapist and former Director of the Masters Level Body Psychology Program at Naropa University, and a Developmental Movement Specialist. She is the author of three books: From Conception to Crawling, Contact Improvisation and Body-Mind Centering, and Sex and Spirit: A Healthy Sexuality Workbook.

THURSDAY, MAY 1: 8:00-10:00 PM

Kyra Lober: *Opening Ceremony and Sharing Circle: “Moving in the Moment”*

Experience the joy of laughter, light and dancing. Kyra draws from her Spiritual Soirées to create a heart-felt event of applied BMC, meditation, movement, mixer and sharing.

Kyra Lober, Certified Teacher, M.A., is the creator of Body Being & Heart, a body-centered path to Spirit and Wellness seminars, sessions & retreats. Kyra is a CranioSacral Therapist as well as a graduate of New York’s High School of Performing Arts with a B.A. and M.A. in Dance. She is a spiritual traveler on the inner and outer journey of life.

FRIDAY, MAY 2: 7:00-8:30 AM

Toni Smith: *Self-Care for the Skeletal Muscular System*

Release and movement are the antidote to a body which is often forgotten as it carries our brains around. We open the joints, arouse the fascia, and stimulate circulation as byproducts of pedestrian-friendly experiences with range of motion and rest in unique skeletal positions. We also will lower the tone of the Skeletal Muscular system using the brain. Bring a mat, blanket and small trax balls if possible.

Toni Smith, Certified Practitioner, Infant Developmental Movement Educator, has a B.A. in Dance and Religion from American University and an M.F.A. in Dance from Temple University, where she served as a Teaching Assistant. She is a choreographer, dance scholar and guest lecturer, Founder and a Member of Partners in Dance: a Consortium of Capital Region Dance Sponsors. Toni performed and taught in New York City for 15 years where she studied, choreographed and performed. She was the Artistic Director of Toni Smith and Dancers, toured with the Vanaver Caravan and worked with various other contemporary choreographers. Toni was on the dance faculty at Skidmore College for 8 years, the Artistic Director of the National Museum of Dance and is currently a guest lecturer, consultant and artist at various colleges, public and private schools. She currently has a private practice in body-work as a BMC Practitioner and IDME graduate working with adults, children, and professionals in the field of wellness. She is the Founder of Adaptive Yoga for persons with disabilities, challenges and the need for healing. Toni is the Faculty Advisor for Summer Dance at Skidmore College for the Office of the Dean of Special Programs.

FRIDAY, MAY 2: 9:30 AM-12:30 PM

Scott Lyons: *Embodying the Sexual Matrix (Sex, Gender and Sexuality Revisited)*

What role does sex, gender, and sexuality play in our sense of wholeness? By exploring the basic biology of sex, we attempt to decipher a fundamental biological mechanism of who we are. How do we find language that enables us to investigate gender (as an embodied place of choice) while moving beyond that which is socially constructed? What does the deconstruction of sexuality offer to our own understanding in the building blocks of relationship (relations of self-self, self-other, self-environment)? In exploring the embryological, anatomical, and physiological processes to discover the Mind of the Sexual Matrix, the foundation is laid to experience the dynamics of choice, potentiality, and the re-embodiment of sexuality as empowerment. This workshop will include lecture, movement investigation, and hands-on support and facilitation.

Scott Lyons, Certified Practitioner, Somatic Movement Therapist, CPT, has been dedicated to integrating somatic and holistic practices into the creative and healing arts. Scott's private practice is primarily focused in pediatrics, integrating: BMC, creative

movement, Cranial-Sacral and Visceral therapy, Embodied Anatomy and Developmental Yoga, among other neuro-developmental therapies. Scott also works as a Somatic-Gender specialist and integrates this work both in private practice and in workshops. In addition to a private practice, Scott is a dancer, actor, and performance artist and is an Alumnus of New York University's Tisch School of the Arts.

FRIDAY, MAY 2: 2:00-4:00 PM

Martha Eddy and Kimberly McKeever: *BMC Approaches to Working with Autistic Children – Assessment and Interventions*

Learn about how this team has been developing and applying BMC-related strategies to meeting and working with children on the autistic spectrum (including those with PDD-NOS). Outcomes of their recent symposium (October 2007) will be shared. Martha will discuss her assessment instrument that she uses at the Center for Kinesthetic Education (www.WellnessCKE.net) in New York City. Kim will share her expertise in working with volunteers and teaching aides. Both will share their experiences with setting up appropriate stimulating or relaxing play environments.

Dr. Martha Eddy, Certified Teacher, is a moving force in the field of Somatics with solid academic and experiential studies. She is the founder and director of the Center for Kinesthetic Education (CKE), where she works with children and adults with perceptual and developmental concerns. She has been a senior member of both Laban/Bartenieff Institute of Movement Studies and the School for Body Mind Centering, as well as on the faculties of Columbia University, San Francisco State University, and New York University, among others. She has designed and taught courses on somatic education and been an advisor for numerous somatic programs in the US and Europe. She continues as the founder and director of Eddy's Integrative Somatic Movement Therapy Training (SMTT) that is linked to Moving On Center - an educational program in Oakland, CA that she founded with Carol Swann in 1995. Her SMTT is also affiliated with Empire State College of the State University of New York (SUNY) where she is currently a member of the faculty. Her wide-ranging applications of the somatic approach include groundbreaking work with conflict resolution and human communication. She is in private practice in NYC at CKE and lectures internationally.

Kimberly McKeever, Certified Teacher, is a former choreographer whose work has been shown at Lincoln Center Out-of Doors Festival, Pepsi-Co Summerfare Festival, the national television show "This Week's Music" as well for the cabaret acts of a Grammy winner and a Tony winner. She has been interviewed by Dance Magazine, New York Times, San Francisco Chronicle, and CNN, among many others. She began teaching somatics in 1977 and shortly began heading up the movement/bodywork section for a private practice with a psychologist and psychiatrist. She has been on the SBMC faculty in Northampton, the BMCA board, represented BMC in Don Johnson's Somatic Study Group, works in a program for special needs children and teens in CT, as well as consults for a special needs program held at Hunter College. Her conference

presentations on somatics and special needs include those sponsored by the Cleveland Clinic and The Republic of China (Taiwan). She has a private practice in Greenwich, CT.

FRIDAY, MAY 2: 4:15-6:00 PM

Christine Cole: *Looking at the Homolateral Pattern One Side at a Time!*

In this class we will re-investigate a pattern that we all think we know so well: the Homolateral Pattern. Using touch to meticulously distinguish one side from the other, we can allow our bodies to express the "mind" of only one and then connect the two halves, freeing up energy that is used to negotiate or override the other.

A somatic exploration, using mindfulness, touch and movement, celebrating the art and wisdom of BMC .

Christine Cole is a Practitioner and Teacher of BMC for over 2 decades. She has taught at the School for Body-Mind Centering and in workshops nationally and internationally. Currently she resides in Northampton, MA, where she teaches and has a private practice. She also curates BMC Events at Earthdance, MA, which have featured Bonnie Bainbridge Cohen and Nancy Stark- Smith.

FRIDAY, MAY 2: 7:30-8:30 PM

Cis van Drannen: *Be Yourself – Have Comfort in Your Own Rhythm*

In a child's world where education is based on a competitive nature, there is a lot of pressure and frustration. Playing with time and speed as a focus for the teacher helps children to build a comfortable relationship with their own world, both inside and outside, experiencing comfort versus discomfort. Multi-layered games will be offered that teach children to embody social and emotional behavior by playing with music, movement, and joy.

Program:

1. Background information: What children need in learning.
2. Experiencing the moving games, with theory.
3. What is the link and the difference between moving exercise and multi-layered games?
4. Question time.

Cis van Drannen, Certified Practitioner, is a singer, mover, actor, and a teacher. "I have worked with children since 1982. Just the regular stuff – some music lessons (voice) and movement from 4 months until any age. In those lessons, social-emotional behavior comes more and more into the forefront. In fact, I always work with expression and social-emotional behavior and that was my main focus: be authentic and self-supporting in contact with the world inside and outside. Then I switched from an 'easy'

school job to working with children with heavy behavioral problems. Daily, I had to deal with aggression. I had a lot of power around me and still seemed powerless. I felt more like a policeman than a social worker. But it was also a great learning to see why and what children really need, where and when. Those children showed me little behavior miracles. I only had to go back to my roots: a teacher. Thanks to them, I saw the power of my simple work. Thanks to them and for them, I want to show the world: embodiment and multi-layered games."

FRIDAY, MAY 2: 8:30-10:00 PM

OPEN TIME (to be scheduled during the conference)

This time slot is being kept open to allow for scheduling according to feedback received during the conference from attendees, so that it may reflect the their preferences. Possibilities include group discussion around BMC topic(s) of interest, a guided somatics meditation, a hands-on partnering session (guided or open), a completely open social and networking time, or an offering yet to emerge. Additionally, should Saturday night's open mic attract many performers, some may be scheduled for Friday at this time.

SATURDAY, MAY 3: 7:00-8:30 AM

Alisa Wright Tanny: YogaPlay: A Body-Mind Centering Approach to Working With and Engaging Children with Special Needs

Created and designed for children with special needs, the YogaPlay program provides an embodied experience of rhythm and modulations of breath and body. The YogaPlay program was designed and crafted as a sequence of lessons. The movements and postures that comprise the YogaPlay are based on select *Body-Mind Centering* principles and yogic philosophy. They include: Expanding and Condensing Yield, Physiological Flexion and Extension, Navel Radiation and Developmental Patterns. The activities, movements, and postures help children with self management by building skills, awareness and control. Incorporating key developmental patterns, YogaPlay seeks to improve flexibility, coordination, balance, and strength. The approach is creative, interactive, and holistic.

The goals of YogaPlay are to develop and increase a child's awareness and ability to understand and manage his/her own body using breath, movement, awareness and play. Children who struggle with self management have difficulty stopping an activity, transitioning between activities, or engaging in an activity. They may exhibit behavior that is inappropriate to the environment or social setting, not be able to judge personal space, have difficulty in crowds, or show a general over- or under-sensitivity to stimulation. YogaPlay addresses self-regulation issues by exploring the perception of self, following directions, sequencing behaviors, focusing, and carrying through on a task from beginning to end. The program incorporates skill building to support the child in

exploring the balance between activity and rest, energy in and energy out, and to manage and control the transitions and balance between the parasympathetic and sympathetic aspects of the nervous system.

Alisa Wright Tanny, Embodied Developmental Movement and Embodied Anatomy and Yoga graduate, Infant Developmental Movement student, has Bachelor's degrees in Dance and Speech Communications, a Master's degree in Expressive Arts Therapy. She is a registered Dance Movement Therapist and a certified Pilates instructor.

SATURDAY, MAY 3: 9:30 AM-12:30 PM

BMCA Board of Directors: *BMCA ANNUAL MEETING*

All members are urged to attend this meeting, which is a once-yearly opportunity to interact directly with the Board, to ask them questions, and to express your views regarding the activities and direction of the organization. Volunteer opportunities will also be discussed.

SATURDAY, MAY 3: 2:00-5:00 PM

Lauree Wise: *Occupational Therapy Practices in Body-Mind Centering: Perspectives on Professional and Personal Integration*

In this workshop, Lauree will share a selection of Occupational Therapy practices and principles that have guided her work with children and adults. Through an introduction to the following topics, participants will begin to identify strategies that will assist their work with others:

- Meaningful Activity: its role in assessment and treatment planning;
- Following and Guiding: how to shape a session to balance the client's desire with clinical goals;
- Sensory Integration: Perspectives on the dynamic interplay between the internal and external environments.

Lauree Wise, Certified Practitioner, Infant Developmental Movement Educator, MS, OTR, CMA, has engaged in the art and science of body-mind integration for over 20 years. She works in both public and private settings, including the New York City Board of Education and Early Intervention programs. Lauree is also a long-time yoga practitioner. She serves on the faculties for the Spanda® Yoga Teacher Training and the Developmental Somatic Psychotherapy™ Training. She works with infants, children, and adults in private practice in NYC.

SATURDAY, MAY 3: 7:00-7:30 PM

Beth Goren, Douglas Mackenzie, and Pat Ethridge: *BMCA Music Resource Database – A Project Report*

In Fall 2007 BMCA received a grant from The Montgomery County Community Foundation to support the creation of a comprehensive music resource for BMCA members to utilize in their teaching and practice. A music database specific to BMC applications, correlated with a written index of pertinent attributes for the various dimensions of BMC principles and practice (body systems, mind states, movement, touch, etc.), is being developed. The Resource will be subdivided for sources pertinent to specific populations, settings of teaching and practice, applications, and types of music. The Resource will be made available to BMCA members via the BMCA website and through the BMCA journal. The Resource will be constructed for additions by the membership on an ongoing basis. Music resources are a crucial element of BMC teaching and practice and every BMC professional utilizes them. Past efforts to create this music resource have been sporadic and unorganized, with no central, usable resource resulting to date. This presentation gives a report on the development of the Resource and how members may access it.

Ziji Beth Goren, Certified Teacher, has devoted the past 30 years to the study, research, practice and presentation of Authentic Voice-Movement Practices. Early dance training led to studies in the art of improvisation, performance work with Simone Forti, Nancy Topf, and numerous full-length solo works. Ms. Goren is a founding member of Movement Research in New York City and BMCA. She received the Massachusetts Arts Lottery Award in 1982, 1984 and 1986 for performance and creation of the book Rapids, the first BMC publication other than writings by the founder, which offered essential messages from BMC with photos; the second edition was published in 2007. She received a 1994 fellowship from the Asian Cultural Council to research and document arts in ceremonial rites. The resulting CD "Tribes" was released in 2000 and contains rare ceremonial music from Dani, Lani and Asmat tribal cultures of the Western Papuan rainforest and highlands. She also received a 2006 Artist residency for writing at the Sustainable Arts Society of Georgia. She is a project researcher for the Music Resource Project.

Doug Mackenzie, Certified Practitioner, plays both contemporary guitar and traditional mrdangam, the principal drum of South Indian Classical Music. He has composed and performed consistently throughout the US with Carnatic Music Trio, with a bi-coastal Bharatanatyam (South Indian Classical Dance) group, as a solo guitarist, and with various fusion ensembles, choreographers, and storytellers. Doug holds a B.A. with Honors in World Music from Wesleyan University. His music, both spontaneous and composed, has been featured at Wesleyan, Harvard, and Hampshire College and at diverse venues in NYC, Western Mass. and California. He is the recipient of a Ford

Foundation Grant to collect and transcribe the compositions of T. Ranganathan, his late percussion mentor. He has recently moved to the West Coast and formerly had a private practice in Western Mass., NYC and also as a Movement Therapist at Canyon Ranch, Berkshires. He incorporates BMC, Craniosacral Therapy, Viniyoga, Gyrotonic, Music and Tai Chi into his teaching. He is a project researcher for the Music Resource Project.

***Pat Ethridge**, Certified Practitioner, M.S., M.A., L.Ac., LMT, has a background in flute and piano and studied and performed with David Hykes and The Harmonic Choir from 1980-1987; formerly she was a dancer. She is licensed in acupuncture and bodywork. She has extensive administrative experience with not-for-profit organizations and legal administrative experience. She was the BMCA Newsletter editor from 1990-1995 and has been BMCA President since 2003. She is the administrative coordinator for the Music Resource Project.*

SATURDAY, MAY 3: 7:30-10:30 PM

GALA – SILENT AUCTION, RAFFLE, BAREFOOT BOOGIE AND MORE!

BMCA's annual Silent Auction will take place this evening, with performances by our many BMCA artists, our Raffle for surprise prizes, open dancing with great music, and more!

SUNDAY, MAY 4: 9:30-11:30 AM

Ellen Barlow: *The Pool Project* – BMC Best Practices

The Pool Project is an initiative to identify the *Body-Mind Centering* approach's best practices and to support the creation of educational products, programs and services based on these practices. The focus of this year's discussion will be on how to "fit" a selection of BMC best practices into commercially viable products, programs and/or services. Depending on the type (product, program, service) and its target market, we will apply a set of responsibilities and competencies. The aim is to be able to meet the standards of various markets and to open doors of opportunity for what our practices offer.

***Ellen Barlow** became a Certified Practitioner in 1982 and a Certified Teacher in 1985. She came to BMC with an educational background in dance, yoga, fitness 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 contribution to the field of health and wellness. She is a founding member of BMCA and a past president of the International Somatic Movement Education and Therapy Association (ISMETA). She has been studying the GYROTONIC® method since 2002 and teaching it since 2003. She maintains a private practice in Washington D.C. Ellen initiated The Pool Project in 2004.*

SUNDAY, MAY 4: 11:30 AM-12:15 PM

CLOSING RITUAL *with Kyra Lober and friends*

Departure prior to 2 PM.