
The Body-Mind Centering® Association, Inc.

24TH ANNUAL USA CONFERENCE

MAY 29 - JUNE 1, 2009

Headlands Institute Sausalito, California

featuring

Don Hanlon Johnson Bonnie Bainbridge Cohen

Susan Aposhyan Mark Taylor

Lee Morgan Diane Elliot



Conference Program

fri, may 29	sat, may 30	sun, may 31	mon, june 1
	7:00-Warm-up / Registration	7:00-Warm-up / Registration	7:00-Warm-up / Registration
	8:00-Breakfast	8:00-Breakfast	8:00-Breakfast
	9:00- Susan Aposhyan	9:00- Lee Morgan	9:00- Mark Taylor
			11:15- Diane Elliot
	12:30-Lunch	12:30-Lunch	12:30-Lunch
	1:30- Susan Aposhyan	1:30- Lee Morgan	1:30- Diane Elliot
	3:15- Bonnie Bainbridge Cohen (Founder of BMC)	3:15- Mark Taylor	
5:30-Registration begins			5:30-Closing Ritual
6:00-Dinner	6:00-Dinner	6:00-Dinner on our own*	
7:00-Registration continues	7:00- New graduates: Final projects		7:30- Members: Brief presentations
8:00- Don Hanlon Johnson (Keynote Speaker)	8:00-Performance; '88, '89 & '99 Reunions; Silent Auction; Dancing	8:30-Annual Meeting	

*There is no dinner served on Sunday nights at Headlands. Those staying over will need to go out for dinner or "order in" from local establishments.

On Saturday night BMCA will host the
Annual Silent Auction, Open Mic performances,
combined with a DANCE PARTY and REUNIONS for graduates of the

Amherst 1989, Amherst 1999, and Berkeley 1999 classes.

REUNITE!

The evening promises to be exciting and satisfying.

Three powerful groups will celebrate
shared history and unique accomplishments.

Contact Toni Smith at tsmith818@nycap.rr.com (518.629.0034)
now to help shape the celebrations.

Don Hanlon Johnson (Keynote Speaker)

Somatics Strategies and Social Change

How can we use somatics to instigate critical social change in our communities? How can the practice and application of somatics create more humane, better integrated, and more ecologically honorable societies? Don Hanlon Johnson will discuss how the somatics movement has and will play a critical role in encouraging social change in education, healing arts, and communities.

Susan Aposhyan

Body-Mind Psychotherapy and the Physiology of Compassion

Body-Mind Psychotherapy is a method of applying *Body-Mind Centering* to psychotherapy. In this day-long introduction, we will touch on basics of BMP: embodiment practice, the psychology of the developmental patterns and the body systems, and the developmental edge. In particular, we will highlight the Physiology of Compassion, balancing the brain, heart, and cells.

Lee Morgan

Flexion Underlies Extension: The Embryological Basis for Functional Spinal Movement

The developmental movement of folding and unfolding is an underlying function that drives the shaping of the embryo. We will explore basic physiological movements and rhythms of flexion and extension to increase the mobility of the spine.

Bonnie Bainbridge Cohen (Founder of BMC™)

Current Explorations in Embryology

Bonnie Bainbridge Cohen will address her recent work on Embryology and other current explorations. In particular, Bonnie is offering a continuation of her research on embodiment of the embryological process.

Mark Taylor

Balancing the Brains: Gut, Heart, and Head

We will explore the relationships among the three intrinsic brains of the body—the enteric, cardiac, and head brains—inviting the intelligence of each to work in harmony with the others. The traditional western model of wisdom has stressed the primacy of the head brain. By inverting that model and fully embodying the nature and intrinsic knowledge of each center, we can re-pattern unhelpful responses to stress and identify patterns of behavior that will support personal development and transformation.

Diane Elliot

Giving Voice: The Global Significance of Vocal Embodiment

Speech is the vibrational and emotional qualities of voice, the vocal shaping of sound into meaning. What relationship does it have to manifestation, and specifically to the work of embodiment? We will explore the anatomy of vocal structures, including the larynx and pharynx. We will explore embryology and vocal development, finding cross-systems support for our voices through contacting bone, muscle, organs, and endocrine glands. Finally, we will inquire into the psycho-spiritual impact of “giving voice,” playing with how our voices may become channels for larger truths, advancing the evolutionary spiral of humankind.

Registration Form

ABOUT ME

Name _____

Address _____

City/State/Country/Zip _____

Contact: Email _____ Phone _____

I prefer the following roommates (only applicable if opting for a semi-private room):

If possible, please accommodate these dietary restrictions:

CONFERENCE REGISTRATION OPTIONS

(1) Entire conference, Friday 5/29/09 (5:30 pm) to Monday 6/1/09 (6:00 pm)

Member Fee:

\$250 if registering/postmarked by ~~1/1/09~~ January 9, 2009 _____

\$300 if registering/postmarked by 3/1/09 _____

\$350 if registering/postmarked by 5/1/09 _____

\$400 if registering as a walk-up, on a space-available basis _____

Deadline extended due to
computer problems.

(2) Single day(s) as indicated below

\$50 Friday 5/29/09 (fee includes Keynote event & dinner) _____

\$150 Saturday 5/30/09 only (no meals included; see below to purchase meals) _____

\$150 Sunday 5/31/09 only (no meals included; see below to purchase meals) _____

\$150 Monday 6/1/09 only (no meals included; see below to purchase meals) _____

\$250 Two full-day combinations: (circle) Sat/Sun; Sun/Mon; Sat/Mon _____

(3) Payment Adjustments

Add or subtract as it applies to you (except for those who register ONLY for Friday evening):

\$50 additional for non-members of BMCA (Note: info on joining BMCA below) _____

\$25 additional for non-members of BMCA who are ISMETA members _____

\$25 subtracted for current students & recent graduates (includes SBMC or Allied Programs) _____

ACCOMMODATIONS* & FOOD OPTIONS

*Headlands does not supply linens. A "bedding set" (a sleeping bag, a pillow, one fitted sheet, one pillow case) can be rented for an additional \$26/stay. They have only 25 sets. First come, first served. You are also welcome to bring your own.

(1) DORMITORY STYLE

\$100 per "24-hour stay"

includes dinner the night before your stay (except Sunday dinner),

breakfast & lunch the next day;

indicate day(s) by circling:

Fri dinner-Sat lunch, Sat dinner-Sun lunch, Mon bkfst & lunch _____

OR

\$275 if you reserve for all three nights _____

☐ Yes, please reserve a bedding set for me @ \$26 (first come, first served) _____

(2) SEMI-PRIVATE ROOM (2 bunk beds, accommodating 1-4 persons)

\$150 per "24-hour stay"

includes dinner the night before your stay (except Sunday dinner),
breakfast & lunch the next day;

indicate day(s) by circling:

Fri dinner-Sat lunch, Sat dinner-Sun lunch, Mon bkfst & lunch

OR

\$400 if you reserve for all three nights

☐ Yes, please reserve a bedding set for me @ \$26 (first come, first served)

(3) DAY-RATE (COMMUTER FEE)

(No day rate for Friday only; see Registration option for dinner/keynote.)

\$45 per day for day usage of facilities,

includes lunch, indicate day(s): Sat Sun Mon

(4) SPECIAL or ADDITIONAL FOOD CHARGES

\$50 for Saturday night dinner (charged if you are only attending Sat night reunion party)

No Sunday night dinner is offered; meal on your own "going out" or "ordering in"

\$10 each, additional breakfast(s): indicate day(s): Sat Sun Mon

TOTAL COST

BMCA Annual Membership Fee (May 2009-April 2010; see website for details)

Conference Registration Fees (sub-total from above)

Accommodations Fee including additional Food Charges (sub-total from above)

Donation to BMCA (earmarked for Presenters' travel to USA 2009 conference)

TOTAL OWED BMCA

HOW TO PAY

NOTE: REGARDLESS OF METHOD OF PAYMENT, \$100 IS A NON-REFUNDABLE DEPOSIT.

☐ Enclose check for entire fee OR ☐ Enclose a check for non-refundable deposit of \$100

☐ Charge to my credit card in US dollars ☐ Charge my credit card \$100 non-refundable deposit only.

☐ Pay via direct deposit in Euros

Minimum payment due with this registration is \$100.

Balance is due on or before May 1, 2009.

Send the form plus payment to:

BMCA, Inc.
16 Center Street, Suite 530
Northampton, MA 01060

or

Register and pay on the internet at
<http://www.bmcassoc.org/conference/>

Credit Card Information:

☐ Visa ☐ MasterCard # _____ Exp: _____

Name as it appears on card _____

Signature _____

Direct Deposit in Euros:

HypoVereinsbank Ingolstadt

Account No./Kontonummer: 351404140

Routing No./Bankleitzahl: 721 20078

IBAN: DE41 7212 0078 03514041 40

SWIFT(BIC): HYVEDEMM426

For further information or questions about payment,
contact Lisa Sihvonen-Binder at admin@bmcassoc.org.
(Tel: 413-594-1273)

For further information about the programming,
contact Wendy Hambidge at livinginthebody@comcast.net
(Tel: 503-329-1272)

If you can volunteer to assist,
please contact Toni Smith at tsmith818@nycap.rr.com.
(Tel: 518-629-0034)

- ☐ the Silent Auction
- ☐ 1988 SBMC Reunion Festivities
- ☐ 1989 SBMC Reunion Festivities
- ☐ 1999 SBMC Reunion Festivities

The Body-Mind Centering® Association, Inc.
16 Center Street, Suite 530
Northampton, MA 01060



Headlands Institute and Retreat Center Sausalito, California



In addition to the stunning setting on the Pacific Coast within minutes of San Francisco, Headlands Institute offers gourmet meals with homemade baked goods and a fresh, organic salad bar, an ocean view, and a choice of indoor or outdoor seating. As a backdrop for our conference program brimming with master teachers, Headlands is the perfect site for nurturing and nourishing the body, mind, and spirit.

Join us in the embrace of this breathtaking natural environment in the Marin Headlands. Renew yourself as we immerse in cutting-edge applications of BMC, strengthen and create bonds, and build community.

