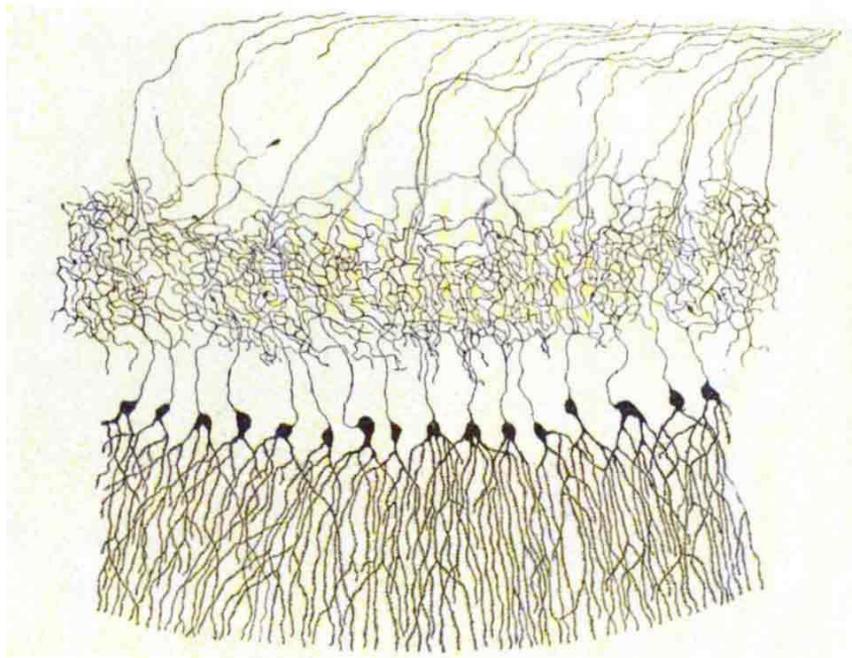


***Body-Mind Centering® series, Eva Maes, Sat Sept 15, Sat Oct 20, Sat Nov 10, Sat Dec 15, 10h-14h, Camping Town, Brussels***



*In four labs at Camping Town we will touch on different themes in relation to space, time and weight with Body-Mind Centering explorations and principles as our guidance. Body-Mind Centering is an approach to movement observation, research and therapy, artistic inspiration initiated by Bonnie Bainbridge Cohen. Exploring the language of the 'moving body' through the whole spectrum of anatomical structures (bones, muscles, organs, glands, ligaments, nervous system, 'fluids', senses, ...) and through the developmental roots of our movement patterns. Guided movement, experiential anatomy, 'hands-on' (touch), voice, improvisation & dance our exploration tools. The workshops are open to anyone who has a sincere interest in exploring, articulating, learning from the physical roots of our 'being'. Previous experience with Body-Mind Centering®, movement and dance is welcome, but not necessary.*

*Themes that we will deepen in the different Saturday labs are 'potential', 'memory and volume', 'resistance & tensegrity', 'pause'. In the Spring of 2019, two entire week-end workshops (Sat Feb 9, Sun Feb 10 & Sat Apr 27, Sun Apr 28) will be offered at Studio Hybrid, in which the themes will be deepened in relation to interests, pathways that will arise from the four labs.*

*Class will be taught in English, Dutch and/or French, depending on the needs of the participants. Preferably you can participate in the entire series of labs, but you are also welcome to join for one lab or a few.*

*Saturday September 15: 'Potential'*

*Exploring through movement, touch and improvisation our earlier stages of embryological development and its 'heritage', that is still informing us about our present orientation of movement and space we want to engage within what Bonnie has named 'the place of space'. A fluid rhythm, presence, and awareness of the full potential embedded in our physical being.*

*Saturday October 20: 'Memory and volume'*

*Organs provide volume from within for our skeletal-flesh 'container'. And of course do they execute many vital functions. In Body-Mind Centering the realm of the organs is also approached as the natural environment of our 'emotions, aspirations, and the memories of our inner reactions to our*

*personal histories* \*. Exploring our innate sensibilities, with this intriguing capacity of our physical structure to store time; innate sensibilities that guide our movement and/or dance at all times.

Saturday November 10: 'Resistance and tensegrity'

*Our muscles offer us the elastic forces that move the bones. Embodying muscle functioning and exploring the interplay with the other 'guidance' of our movements through space: our ligaments. Organization and balancing of both inner and outer based focus of movement.*

Saturday December 15: 'Pause'

*Through the exploration of 'sitting in the synapse', Bonnie Bainbridge Cohen offers a way to balance our autonomic nervous system and focus our energy. In this lab we will explore how both parasympathetic and sympathetic nervous system dance their 'dance of the autonomic nervous system.'*

\*Bonnie Bainbridge Cohen, Sensing, Feeling and Action, Contact Editions.

**Teaching: Eva Maes**

**Place: Camping Town, 14 rue de la Comète, 1210 Brussels**

**Date: Sat September 15, Sat October 20, Sat November 10, Sat December 15, 10h-14h**

**Price: 120 euro if you follow all labs (min 5, max 12 participants), 35 euro /lab if you can not attend to all**

**Info & Reservation: [evamaes@hotmail.com](mailto:evamaes@hotmail.com) <http://www.evamaes.wordpress.com>**

**All detailed info on the two planned workshops Sat Feb 9& Sun Feb 10 2019 and Sat Apr 27 & Sun Apr 28 2019 at Studio Hybrid, Brussels will be distributed early December, but you are welcome to manifest your interest already!**

*If you are interested to participate or would like to receive more info, have questions: please contact me at [evamaes@hotmail.com](mailto:evamaes@hotmail.com)*

*Your reservation(s) will be confirmed after payment of a deposit of 20 euro/series of clases or workshop that you would like to attend. Full payment is due 10 days before the start of the class or workshop. Thank you for transferring your deposit and/or participant's fee to:*

*Name account number: Eva Maes*

*Account number: IBAN BE13953124603539 SWIFT CODE CTBKBEEX*

*Communication: mimicry project, your name, date & name of the workshop you will participate in.*

*Thank you! ¡Gracias!*

## **Bio**

*Eva Maes (BE) studied dance at the International program at Cunningham Dance Studio (1999-2001, NY, USA). During her training period in New York, she had a chance to study also with Janet Panetta (Classical Dance); Dianne Madden, Mariah Maloney (Trisha Brown Technique & Repertory), Barbarah Mahler (Klein Technique), K.J. Holmes, Vicky Shick, ea .In 2003 she met the improvisational work of Lisa Nelson's, leading to more workshops and collaborations with her and within the group 'Tuning Space- Brussels'. In the same period she started her studies at the School for Body-Mind Centering® (Chiemsee, GER and Northampton, USA), where she graduated in 2006 as a Body- Mind Centering® Practitioner (Somatic Movement Education & Therapy). She holds a Bachelor Degree and Teacher Training Degree from the Koninklijk Conservatorium Antwerpen, School of Arts. She has been assisting Bonnie Bainbridge Cohen in various workshops in NY, Brussels, Bratislava, Berlin, Amsterdam as well as for Soma in Paris. Other collaborations in dance: Chantal Yzermans/Radical Low (NY, 2004), Anouk Llaurens (Brussels, 2007, 2008 and 2013('Visions')). In 2015 she co-organised together with the Body-Mind Centering Association 'Tracing RefleCTions-RefleXions', the 2015 BMCA European Conference in Ghent. She is a professional member of the 'Body-Mind Centering Association'. She is engaging into the s e n s a r t –initiative.*

***Body-Mind Centering®** is an approach to movement observation, research and therapy, artistic inspiration initiated by Bonnie Bainbridge Cohen, founder of the School for Body- Mind Centering. Exploring the language of the 'moving body' through the whole spectrum of anatomical structures (bones, muscles, organs, glands, ligaments, nervous system, 'fluids', senses, ...). Attending to the developmental roots of our movement patterns, through guided movement, through hands- on (touch), through improvisation. This approach to movement analysis and re-education may offer new avenues to help with movement problems, stress reduction, may help to gain a deeper understanding of the relationship between body and mind. Both in workshops and in individual sessions, we use movement and hand-on work to become more aware of the relationships that exist throughout our body/mind and to act from this awareness. Body-Mind Centering is creating new avenues for movement analysis and re-education and can help people with movement problems and stress reduction. Both individual sessions and classes are open to people who experience injuries and/or pain, developmental and/or nervous system-related challenges, who would like to learn to relax more, who want to develop more effective movement (dancers, children and adults with altered movement patterns, athletes, ...), who have a sincere interest in exploring, articulating, learning from the physical roots of our 'being'. In Bonnie Bainbridge Cohen's words: 'In BMC we are the material, our bodies and minds the medium of our exploration. The research is experiential as is the material. We are each the study, the student, the teacher.'\**

*[www.bodymindcentering.com](http://www.bodymindcentering.com)*

*[www.bmcassociation.org](http://www.bmcassociation.org)*

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