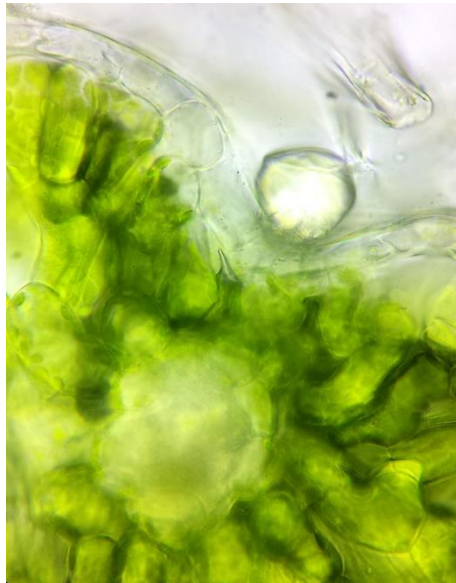


***Moving into glands and fluids. Body-Mind Centering® workshop.
Sat Feb 9 & Sunday Feb10, Studio Hybrid, Brussels.***



How do you transition and move through these different centers of awareness, without doing anything but changing your awareness? That IS the motor act.

(Bonnie Bainbridge Cohen, video 'Embodied Anatomy: Endocrine System')

The glands and other endocrine 'bodies' are one of the most subtle soft tissues to be discovered and investigated in our bodies, through touch, through movement and in our dance. Closely aligned with the nervous system and so also our spine, they are directly influencing all the cells of our body, as their secretions pass directly into the bloodstream. We want to allow full expressions of these endocrine 'realms' with the support of our fluid ground (cellular fluid, blood, cerebrospinal fluid,...). In plants as well as in animals, glands evolved to enable a fluid interaction with both the inner and outer environment. How can our explorations in movement, touch, vocalizing and dance mirror and facilitate this 'glandular potential'?

The workshop is 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® and/or dance and movement is welcome, but not necessary to enjoy participating in this workshop.

The workshop will be taught in English, Dutch and/or French, depending on the needs of the participants. In this week-end workshop we want to deepen a collaboration and atmosphere of perpetual learning for which we formed a base at the Fall 2018 class series in Camping Town. However, you are very welcome to join, even if you have not been able to attend these classes.

Teaching: Eva Maes

Place: Studio Hybrid, rue de l'Intendant 111, 1080 Brussel

Date: Sat Feb 9, 11h-18h, Sun Feb 10, 11h-14h

Price: 90 euro for the workshop (Contact Jam BruJam Sun 17h-20h: contributions to Bru Jam)

Info & Reservation: evamaes@hotmail.com

<http://www.evamaes.wordpress.com>

ANTWERP SCHEDULE WINTER 2019

Individual sessions Body-Mind Centering

Body-Mind Centering is an approach to movement observation and movement therapy, initiated by Bonnie Bainbridge Cohen. Exploring the language of the body in motion across the spectrum of anatomical structures (bones, muscles, organs, nervous system, fluids, glands, senses ...) and its development as a means of reformulating consciousness, thoughts, emotions and vice versa.

Individual sessions based on the approach Body-Mind Centering are orientated towards discovering, developing and rethinking your own needs and desires. Using a combination of 'hands-on', guided movement Body-Mind Centering is an approach to movement observation and movement therapy, initiated by Bonnie and imagination we can discover postural strengths and weaknesses and learn new ways of thinking, feeling and moving. Body-Mind Centering has a wide range of applications: the practice of movement, dance, yoga, recovery processes, psychotherapy, child development, injury treatment, martial arts and athletics. The sessions are thus open to any person with an interest to explore the living territory of the body or that wants to find more comfort in movement...

For more info/appointment: evamaes@hotmail.com

Sliding scale: 40-60 euro/session 1h1/4

Place: Antwerp

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

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

Name account number: Eva Maes

Account number: IBAN BE13953124603539 SWIFT CODE CTBKBEBX

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

Thank you!

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

www.bmcassociation.org

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, DE 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. In 2018-2019 she is enrolled in the Body-Mind Centering Teacher Training, taking place in Vusseme (DE)and Tuscania (IT).

Body-Mind Centering® and BMC® are registered service marks of Bonnie Bainbridge Cohen, used with permission.