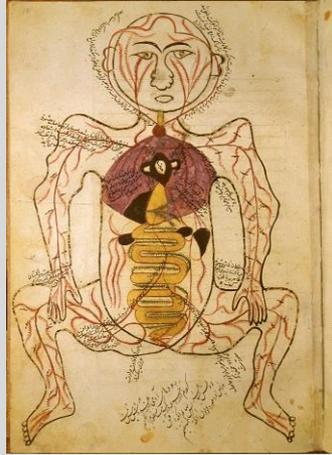


Brussels

The Heart- Three Body-Mind Centering® based labs.



In these three labs at Studio Joji in Brussels, we will delve into the experiential anatomy and explore the development of our organ of circulation and relationship, the heart.

First focusing on the anatomy and physiology of our heart, we will then further follow circulatory pathways into the history of this organ, and its intimate relation to other muscular, moving tissues. We will focus also on the potential of the vessels free the heart, on the the development of the valves and sinoatrial and atrioventricular nodes, the development of rhythm and pulsation. Some of the general muscular system principles (distinguishing flesh from bones, muscle reeducation (passive, active, active assisted and resistive movement) as well as an investigation on the relation between extraembryonic mesoderm development, may later support our vascularized movement in space.

In this workshop, besides opening our body-based inquiry into the parameters of 'dance', also touch will be explored as an expression of and a way to gauge movement and dance.

The laboratory 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 of course welcome, but not necessary to enjoy participating in this workshop. Professional and non-professional movers can happily learn from each other.

The workshop will be taught in English, Dutch and/or French, depending on the needs of the participants. Preferably you can participate all 3 days. In case you can't attend all days, but are curious to participate, please contact me.

Teaching: Eva Maes

Place: Studio Joji, 18 Rue de la Glacière, Brussels (Saint-Gilles)

Date: Friday January 17 (11h-18h), Friday February 14 (11h-16h), Friday March 13 (11h-16h)

Price: 120 euro

Info & Reservation: evamaes@hotmail.com www.evamaes.wordpress.com

Antwerp

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

Price: 60 euro/session 1h (first session 1h ¼)

Place: Villegas39 Psychotherapie praktijk, Berchem (near Antwerpen-Berchem Station)

Sevilla

Body-Mind Centering lab, third week of April, more info and details will be available in February.

Bio After she obtained a Master in History at the University of Ghent, **Eva Maes (B)** studied dance at the International program at Cunningham Dance Studio (1999-2001, NY, USA). As a Full Merit Scholarship student she received classes from different dancers of several generations of the Merce Cunningham Company (Meg Harper, Louise Burns, Carol Teitelbaum, Foofwa d'Immobilité, Robert Swinston, e.a) as well as Merce Cunningham. 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, e.a. In 2003 she met the improvisational work of Lisa Nelson's, leading to more workshops and collaborations till today with her and within the group 'Tuning Space- Brussels' (in la Manutention, Bordeaux, and in Nadine, Danscentrum Jette, Espace l' Escaut, Cartago Delanda Est, A. Pass, Espace Mutin, Tictac Art Centre, 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. In 2004-2005 she studied Somatic Psychology with Linda Hartley. 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 in the licensed BMC programs Soma in Paris and Valcivières and Movimiento Atlas in Zaragoza. Since 2004 she presented solo's on different occasions in Brussels, Antwerp and Sevilla (Duo + Justine, Reminiscen(c)e, Mimicry Project, Manos Vacias,...). Other collaborations in dance: Chantal Yzermans/Radical Low (NY, 2004), Anouk Llaurens (Brussels, 2007, 2008, 2013('Visions'), 2014-2015 ('Spectrum of the Senses'), Alba Lucera (Sevilla 2017). 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' and member of Ethics Committee of BMCA. She also teaches dance and movement classes for children, adolescents and adults. In May 2019 she concluded Body-Mind Centering Teacher Training in Vussem (DE) and Tuscania (IT).
She lives in Antwerp, Belgium.

Info below & more info: www.bodymindcentering.com www.bmcassociation.org
Body-Mind Centering® is an integrated and embodied approach to movement, the body and consciousness. Developed by Bonnie Bainbridge Cohen, it is an experiential study based on the embodiment and application of anatomical, physiological, psychophysical and developmental principles, utilizing movement, touch, voice and mind. Its uniqueness lies in the specificity with which each of the body systems can be personally embodied and integrated, the fundamental groundwork of developmental re-patterning, and the utilization of a body-based language to describe movement and body-mind relationships. The study of Body-Mind Centering® is a creative process in which embodiment of the material is explored in the context of self-discovery and openness. Each person is both the student and the subject matter and the underlying goal is to discover the ease that underlies transformation. The Body-Mind

Centering® approach has an almost unlimited number of areas of application. It is currently being used by people in movement, dance, yoga, bodywork, somatic studies, physical and occupational therapy, psychotherapy, child development, education, voice, music, art, meditation, athletics and other body-mind disciplines.

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 30 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.

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