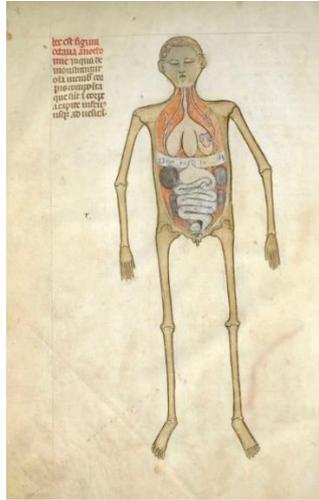


FALL 2022

Fall Body-Mind Centering® series. Friday September 16, October 7, November 11, December 9, 10h30-17h, Studio Joji, Brussels.



In this Fall series of four Body-Mind Centering-based laboratories, we will zoom into the interplay between the digestive tract and lungs as specific organic axes that offer us support to sensations of lengths & width, intimacy & encounter, rest & dance.

Developmental pathways of these axes, as well as their actual tangibility and characteristics will be investigated through study, hands-on explorations; through movement inquiry and dance.

This workshop is open to all abilities.

**Date:** Friday September 16, October 7, November 11, December 9 all from 10h30 till 17h.  
The four workshops are considered as one entity. In case, you are unable to end all, but still would love to join, please contact me.

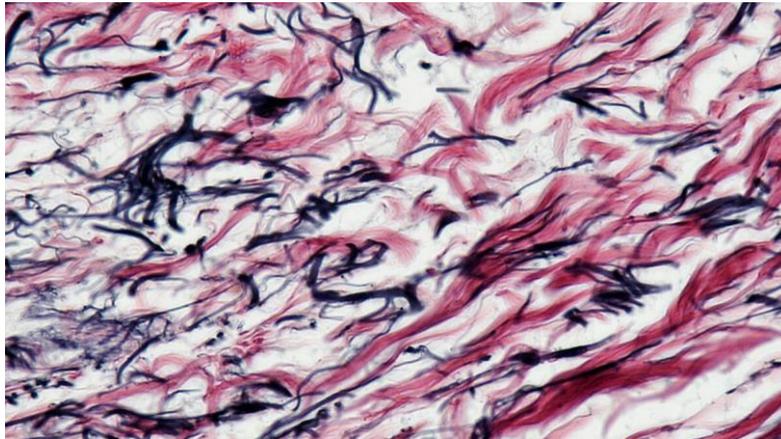
**Location:** Studio Joji, 18 Rue de la Glacière, 1060 Brussels.

**Language:** English, French & Dutch upon request.

**Fee:** 240 euro for entire Fall series

**More info:** <https://wordpress.com/page/evamaes.wordpress.com>

**TRANSMITTING THE BODY: RESEARCHING (THROUGH) DANCE. Thursday November 3 & Friday November 4, 10h30-17h. Studio Joji, Brussels.**



Fluctuating between moments of physical exploration and physical reflection, the workshop engages with questions that somatic inquirers share, wherever they move to: How to translate a methodology of listening, an incorporated methodology, anchored in (dance) practices of collective learning and communicating through diverse somatic approaches, at the moment of entering in an(y) (institutionalized) field? What to preserve, how to translate? How to 'transmit the body'?

Body-Mind Centering (more concretely, explorations in movement and touch based on embryological roots of our connective tissue matrix as it interlaces with our circulatory system), as well as other (movement) influences around collectively shared research inform this workshop. Of course, we also draw and develop from personal musings of participants. After all, they form the core content of any BMC-based workshop.

This workshop aims to further previous themes explored in Spring 2022- 'Transmitting the Body' workshop: How do notions about 'listening', 'conscious and unconscious dialogue', a 'collective realm' and/or 'repetition' inform an explorative dance, as well as move concepts of research in various directions? To what extent is sharing these questions supportive of our singular practices? You are welcome to join again. You are welcome to join also if you could not attend the Spring 2022 'Transmitting the Body'-workshop.

**Date:** Thursday November 3, Friday November 4, 10h30-17h. These two days are considered as one workshop. Preferably, you can attend both.

**Location:** Studio Joji, 18 Rue de la Glacière, 1060 Saint-Gilles, Brussels.

**For who:** All movers that are interested in creating physical time and space to question the semantics of the word 'research' and the word 'dance' are welcome.

**Fee:** 120 euro/both days

**More info/reservation:** [www.evamaes.wordpress.com](http://www.evamaes.wordpress.com)

evamaesbmc@gmail.com

**Language:** English, French & Dutch upon request.

*'Transmitting the Body' is a research project developed within CORPoREAL group of RCA, School of Arts, Antwerp.*

## CLASSES

**Yoga (Lotte Heijtenis) and Body-Mind Centering® (Eva Maes), Alternating Tuesdays, October-December Course series. Parish Centre Groenenhoek, Berchem (Antwerp).**



In this joint series of classes, the relation between (hatha)yoga and BMC is explored. BMC, as approach to movement that enhances the subtle relationship between body and mind, opens our awareness of the fascinating interplay between all our anatomical structures (bones, muscles, organs, glands, ligaments, nervous system, 'liquids', senses, ...), and can, as such, be a supportive layer to the practice of yo-ga.

When: alternating Tuesdays (except school holidays), October 4 (BMC) & 18 (Yoga), November 8 (BMC) & 22 (Yoga), December 6 (BMC) & 20 (Yoga), 20h-21h30

Where: Parish center Groenenhoek, Pervijzestraat 52, 2600 Berchem (Antwerp)

Fee: 60 euro/entire series

More info & registration: [groenenhoekbeweegt@gmail.com](mailto:groenenhoekbeweegt@gmail.com)

## 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: [evamaesbmc@gmail.com](mailto:evamaesbmc@gmail.com)

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

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

If you are interested to participate in a workshop or would like to receive more info, have questions: please contact me at [evamaesbmc@gmail.com](mailto:evamaesbmc@gmail.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 7 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

**Bio** After obtaining 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'Immobilitéé, 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 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' Escout, 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 and in 2019 as Certified Teacher of Body-Mind Centering (Tuscania, Italy). In 2004-2005 she studied Somatic Psychology with Linda Hartley. She holds a Bachelor, Master and Teacher Training Degree Dance from the Royal Conservatoire Antwerp. She has been assisting Bonnie

Bainbridge Cohen in various workshops in NY (2006, 2018), Brussels (2007), Bratislava (2006), Berlin (2013, 2016), Amsterdam (2013), Claremont (2019) as well as in the licensed BMC programs Soma in Paris and Valcivières and Movimiento Atlas in Zaragoza, and has been teaching at Leben Nuova, Licensed Training Program BMC in Italy and at the Licensed Training Program BMC in Brazil. 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, Valencia, 2007), 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. Since 2016 she has studied tangos and bulerías (Beatriz Morales, José Antonio Galván, Pastora Galván, Manolo Marin, Antonio Canales, ea). She is a professional member of the 'Body-Mind Centering Association' and chair of Ethics Committee of BMCA. She teaches dance and movement classes for children, adolescents and adults and Body-Mind Centering in the Bachelor Dance program, at RCA, School of Arts, Antwerp. She conducts the research 'Transmitting the Body'(2020-2022) within CORPoREAL group at the same institute.

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

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