

WINTER 2023

BRUSSELS

**Vocal tissues & spaces - Body-Mind Centering® series. Friday January 20,
February 10, March 10, March 31, 10h30-17h, Studio Joji, Brussels.**



In this series of four Body-Mind Centering-based laboratories, we explore how our voice is a reflection of the entire spectrum of body systems and of a developmental process. Through touch, sounding, movement, breath we carry kinesthetic and auditory sensation towards and from our voice. Concretely we will sink into the anatomy of the vocalization structures; body cavities, diaphragms, tongue, pharynx, larynx and explore how we relate and sound differently through these structures through a continuous developing Dance.

This workshop is open to all people of all backgrounds. All abilities with expressing through movement and sound, welcome!

Date: Friday January 20, February 10, March 10, March 31 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.

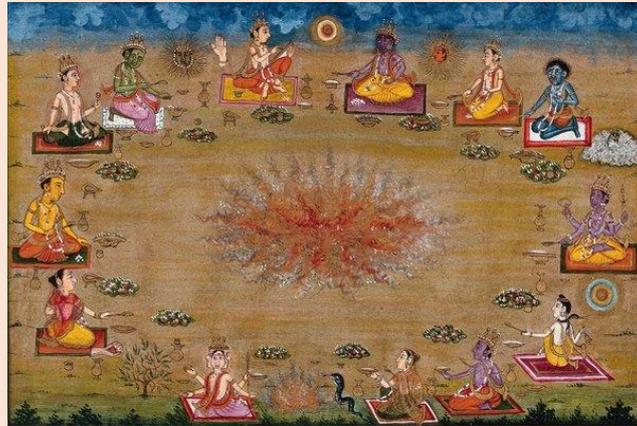
Location: Studio Joji, 18 Rue de la Glacière, 1060 Brussels

Language: English, French & Dutch upon request

Fee: 240 euro for entire series, 65 euro/ session

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

Tati(l)/Tati(s). An encounter behind closed doors, Saturday February 24, 14h-17h Studio Joji



In the encounter *Tati(l)/Tati(s)* (Towards a transindividual lecture of *Towards a Transindividual Self*) we will meet for a 45-minutes open warm-up 'dancing, warming up (...) voice, jumping rope, singing, drawing, reading, daydreaming, doing yoga, listening to music, experimenting with BMC, googling, skypeing, etc. (...) not doing this: rehearsing for a new piece '*. After this initial time, we will meet through the form of a circle to open a 2h15 minutes long dialogue through movement, sounds, words and stillness to share musings raising upon the lecture of Ana Vujanović and Bojana Cvejic's 's *Towards a Transindividual Self*. (* p. 168)

This meeting behind closed doors is open to people of all backgrounds. All abilities with expressing through movement and sound, welcome! Preferably you have read (at least) a reasonable portion of the book ' *Towards a Transindividual Self*' (Vujanović & Cvejic) and are not afraid of meeting in circles.

You do not need to purchase the book. It can be borrowed.

Date: Saturday February 25, 14h-17h

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

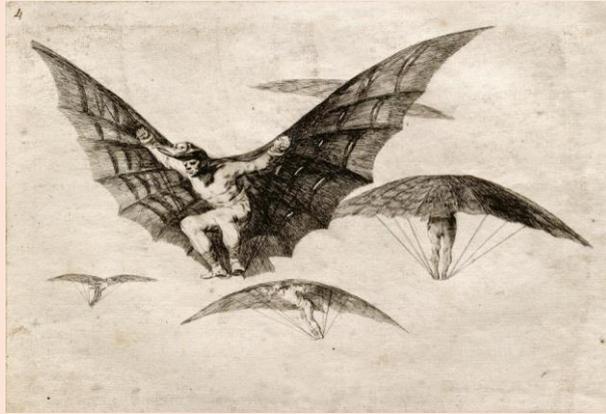
Language: English, French & Dutch upon request.

Fee: contribution for rental of space

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

SEVILLA

(un) modo de volar, anatomía experiencial de la cintura escapular y voz', clase de Body-Mind Centering, Eva Maes, martes 3 de enero, 10h-13h, Sala ZM, Sevilla



'La escápula a menudo se mueve como si estuviera estabilizada en el ángulo superior. Lo que voy a sugerir es que encuentres dónde está el centro de la escápula para que la escápula gire alrededor de un eje como una rueda en lugar de un péndulo' Bonnie Bainbridge Cohen

A través del tacto y de la exploración en movimiento jugamos con las diferentes maneras de entender la relación entre la cintura escapular y la columna, las manos y la voz. Encontramos la libertad, comodidad y espacio de nuestras 'alas'.

La clase está abierta a cualquier persona que tenga un interés sincero en explorar, articular, aprender de las raíces físicas de nuestro "ser". Experiencia previa con Body-Mind Centering® no es necesaria para disfrutar de tu participación en la clase.

Imparte: Eva Maes **Fecha:** martes 3 de enero, 10h-13h **Lugar:** Sala ZM, Passaje Mallol 20, Sevilla **Precio:** 35 euro **Reserva de plazas:** evamaesbmc@gmail.com **Más información:** <https://evamaes.wordpress.com/>

ANTWERP

Yoga (Lotte Heijtenis) and Body-Mind Centering® (Eva Maes), Alternating Tuesdays, January-March 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) January 10 (BMC), January 24 (yoga), February 7 (BMC), February 21 (Yoga), March 7 (BMC), March 21(Yoga), 20h-21h30

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

Fee: 60 euro/entire series, 12 euro/class

More info & registration: 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

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

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 CTBKBEEX

Communication: mimicry project, your name, date & name of the workshop you will attend

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'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 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, e.a). 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 www.bmcassociation.org

Images, top to bottom. (1) Ot Schaek, (2) sharing soma, artist unknown (3) 'Modo de volar' Francisco de Goya (4) 'Aardappelplant' Anonymous 1588 – 1589, MPM.TEK.516. Plantijn Moretus Museum.