



30th Annual North American Body-Mind Centering® Association Conference
Body as Ecosystem: Somatic Landscapes
Reed College, Portland, Oregon
July 22 to 26, 2015

To register, visit: <http://www.bmcassociation.org/conferences>

Schedule of Presentations

Wednesday, July 22 2:00pm to 5:00pm

The Body Dances

Daria Halprin - PAB Dance Studio 1 & 2

This workshop will focus on the use of movement/dance and the expressive arts to explore the interface between sensation, emotion, imagery, life experience, and narrative. Participants will be introduced to the Tamalpa Life/Art Process®, an approach used to explore the bridge between the artistic and therapeutic potency of the expressive body. The work will generate and inspire new resources for expanding creativity, learning and options for healing applicable to both personal and professional practice.

Daria Halprin: dancer, poet, teacher, and author, is among the leading pioneers in the field of movement/dance and expressive arts education and therapy. Her work bridges the fields of somatic psychology, movement/dance therapy, expressive arts therapy, community-based arts and health education, organizational consultancy, leadership development, social change and performance. She brings a life-long practice in the arts to her work and her published writings include: Coming Alive; The Expressive Body in Life, Art and Therapy; contributing author Expressive Arts Therapy: Principles and Practices, Poesis: Essays On the Future of the Field; Body Ensouled, Enacted and Entranced. In 1978 Daria co-founded the Tamalpa Institute, where she directs training programs in movement/dance and expressive arts

education, consultancy, and therapy. She teaches in educational, health, and art centers throughout the world.

Thursday, July 23 **9:00am to 12:00pm**

The Body Dances

Daria Halprin - PAB Dance Studio 1 & 2

Continued from Wednesday, July 22

Thursday, July 23 **2:00pm to 5:00pm**

New Frontiers in Body-Mind Centering

Bonnie Bainbridge Cohen - PAB Dance Studio 1 & 2

We will continue to explore the interplay between our current body structures and their embryological and ontogenetic development.

Bonnie Bainbridge Cohen is the developer of Body-Mind Centering and the founder and Educational Director of the School for Body-Mind Centering. For over fifty years, she has been a movement artist, researcher, educator, and therapist. An innovator and leader, her work has influenced the fields of bodywork, movement, dance, yoga, body psychotherapy, childhood education, and many other body-mind disciplines. She is the author of the book Sensing, Feeling, and Action and numerous DVDs. More information available at www.bodymindcentering.com.

Friday, July 24 **9:00am to 12:00pm**

New Frontiers in Body-Mind Centering®

Bonnie Bainbridge Cohen - PAB Dance Studio 1 & 2

Continued from Thursday, July 23

Friday, July 24 **1:15pm to 2:15pm**

Moving Through The Landscapes of My Earthling Body

Mary Lou Seereiter - PAB Dance Studio 1 & 2

A shared, spontaneous, movement ceremony commencing *Body As Ecosystem, Somatic Landscapes*, the 2015 BMCA Conference in Portland.

Mary Lou Seereiter is a certified BMCSM teacher, Laban Movement Analyst, and Authentic Movement Facilitator. Her three and a half decades of teaching in the Dance Program at Lane Community College include: development of somatic courses; twenty-five year directorship; founder and choreographer of the Dance Theatre company.

Friday, July 24

2:30pm to 4:00pm

Sustaining Creativity

Marika Reisberg - PAB Studio 1

This workshop will be an exploration of embodied intra-personal, inter-personal and field, safety and trust, and how these foundational qualities allow individuals to create, grow, move, and change across a lifetime while sustaining creative expression, specifically, through our relationship with the body can we find self-trust and self-knowledge. From this relationship we are able to extend our capacity to utilize creativity in our lives.

Marika has spent much of her life on stage performing. She holds a BFA in Acting and an MA in Somatic Psychology. She works as a therapist in Colorado and teaches at Naropa University. She has a tremendous passion for supporting creativity and hopes to inspire and offer creative sustainability to all who seek it.

Blood as our First Organ

Amy Matthews - PAB Studio 2

An exploration of the embryological development of the blood, blood vessels, and heart, and a comparison of how nerves and blood act as communication systems in our body.

Amy Matthews has been teaching movement since 1994. She is a BMC Teacher and IDME graduate and a movement therapist and yoga teacher. Amy has taught anatomy and movement workshops in the U.S. and internationally, and is Program Director for the BMC and Yoga programs in New York and Portland, OR.

My Inner Face (Inner Face, Other Face, Interface)

Rebecca Haseltine - PAB Performance Lab

We will explore the interior of the face, experiencing the face that faces us — behind that which always faces the world. The somatic exploration will include embryology of the face and will visit other inner/outer faces in the body. We will then go into vocal expression and drawing out of this inner face experience.

Rebecca Haseltine is a BMC practitioner and teacher in San Francisco. She has a practice in bodywork and movement therapy called Body Learning. She is also a visual artist working with somatic and environmental themes. She teaches in BMC training programs and is writing about somatics.

Embodying Sacred Ground

Stacey B. Hinden - Sports Center Dance Studio

From conscious awareness and embodied experience of your inner ecological wisdom flows an experience of interconnectedness with all life. Learning the language of nature, you can awaken an ancient knowing deep in your cells: to reclaim your original lifeline with the world and revitalize your human blueprint to feel grateful and reverent of community and creation. This workshop will introduce you to brief theoretical concepts of an organizing principle of nature — the 8 Shields Medicine Wheel — with ample time to practice the number-one core routine that nurtures embodied peace and harmony with the more-than-human world we all share.

Stacey Hinden mentors adults and children to live fully in their essential nature. She is a BMC Practitioner, the Executive Director of the Vashon Wilderness Program, and author of the forthcoming book, Embodiment Sacred Ground: A Field Guide to Health, Healing and Happiness. Stacey lives in the Pacific Northwest with her family.

Embodiment in Education: Somatic Pedagogy for Developing the Mindful Body

Susan Bauer - Sports Center Gym 2

As dancers and/or somatic practitioners, many of us have a wealth of sophisticated knowledge and experience, yet often struggle when faced with communicating what we know, particularly with beginners. In this workshop, you will engage in movement “explorations” based in experiential anatomy and designed to invite creativity, develop kinesthetic awareness and mindful presence, and evoke awareness of our cultural conditioning. After our movement session, we will ‘unpack’ the pedagogy demonstrated, revealing several of the presenter’s “7 Key Principles for Teaching Somatics with Teens and Young Adults” that are taught in Susan’s *Embodiment in Education* training program.

Susan Bauer, MFA, RSME/T and dance/somatic educator, has taught for over 25 years in the U.S. and Asia, informed by her extensive background in dance, Authentic Movement, and Body-Mind Centering. She serves as Adjunct Professor at University of San Francisco and has a private practice in Berkeley, CA. www.susanbauer.com

Entering Somatic Writing Country: A Panel for Pioneers!

Kate Tarlow Morgan – Classroom

Somatic writing is a growing field paralleling the field of somatic movement practices. Kate Tarlow Morgan will conduct a panel discussion introducing new forms and concepts exploring the body's engagement with language and the ways in which language engages the body. Once the panelists have spoken, participants break into symposium; create new structures for dialogue, physical improvisation, and retrospection. This event will be recorded and published in BMCA's *Currents* Journal, 2016. Come mark your words!

Kate Tarlow Morgan, New York City-born choreographer, writer, and Rhythms Teacher, has lived in rural New England since 1998. Morgan, editor-in-chief of Currents Journal for the

Body-Mind Centering Association and editorial consultant for The Lost & Found Document Initiative at C.U.N.Y.-Center for Humanities, is the author of Circles and Boundaries (Factory Press, 2011) and co-editor of Exploring Body-Mind Centering: An Anthology of Experience and Method, (North Atlantic Press, 2011). Recently, Morgan's essay "The Body Is A House," jumpstarted a panel series at Gloucester Writers Center exploring the concept of "proprioception." she continues to perform "Invisible Stories," an original dance with 500 books.

Friday, July 24

4:15pm to 5:45pm

Spine Dances

Rosario Sammartino – PAB Studio 1

We can understand body posture as a dynamic sculpture that gives expression and form to the living stories stored in our bodies. Borrowing Daria Halprin's words, "If your posture could speak, what would it say?" and using the Tamalpa Life/Art Process, this workshop will focus on developing fundamental tools of kinesthetic/body awareness, movement/dance invention, to explore current life themes, and generate new resources.

Rosario Sammartino, PhD candidate is a Core Faculty member and the Associate Director of Tamalpa Institute. Through the years, she has worked in various settings, such as psychiatric hospitals, shelters, and educational centers, and with diverse populations, including incarcerated women, the homeless, and at-risk youth. Currently living in the San Francisco Bay Area, Rosario continues to teach and lead community projects.

Understanding the Nervous System you're Working With: The Role of Regulation in Somatic Inquiries

John Lenkin – PAB Studio 2

Somatic Inquiries have the capacity to draw us towards our core experiences, which can be captivating and quite vulnerable. This often reveals the state of our clients' psychological, emotional, and physiological resources. This presentation will offer an overview of the nervous system from a psychobiological perspective. This map enables both the practitioner and the client a means of perceiving and tracking regulation, stress, and dis-regulation moment to moment. Doing so benefits assessment, safety, and a fuller integration towards realizing their desired change.

As a Practitioner of Somatic Therapy, John's interest is to support those who are seeking self-awareness, growth, and healing. His work is a dynamic weaving of psychological, physiological, and relational approaches. Some of John's significant influences have been Somatic Experiencing, NARM, Interpersonal Neurobiology, Body-Mind Centering, Hatha Yoga, Vipassana and Zen Buddhism. His passion is to support the natural capacity within each of us to experience ease and satisfying connections and to move towards the fullest expression of ourselves.

Embodied Mindfulness - Chair Practices for Navigating the Inner Landscape

Jamie McHugh – PAB Performance Lab

Embodied Mindfulness is a contemporary somatic approach to traditional contemplative sitting practices. With a unique combination of anatomical information, inner sensing, active expression, and individual explorations performed in a chair, this approach centers the mind without leaving the body behind. Embodied Mindfulness has been shared with diverse age groups and varied levels of physical conditioning, generating pleasurable, accessible, and sustainable experiences of the inner landscape.

Jamie McHugh, RSMT has been teaching movement-based work for the past 35 years. His primary teachers have been Bonnie Bainbridge Cohen, Emilie Conrad, Anna Halprin, and Thich Nhat Hanh. He offers individual sessions, workshops, and trainings in the somatic arts worldwide.

Touching the Heart Through Poetry

Clover Catskill – Sports Centre Dance Studio

Certain poetry enlivens our senses, touches the heart, moves us, and connects us, body and spirit. The presenter will share poetry that references nature, body and spirit, and share ways to bring the poetry into bodywork and therapy sessions, as well as into groups, workshops, and performance to support healing and inspiration. The workshop will include time and space to explore the experience of the poetry through listening, moving, touch, writing, and, possibly, drawing.

Clover Catskill has over 37 years experience as a private and university instructor, counselor, bodyworker, performer, and director. She has education and experience in psychology, dance, performing arts, creative arts, somatic and expressive arts therapies, ritual and spiritual practice. She is a certified Body-Mind Centering practitioner (1994) and a licensed Marriage and Family Therapist.

Coupled Cycles, Coherent Energy, and Emergent Consciousness

Sarah Burnaby – Sports Center Gym 2

How can we define life and where does consciousness "live?" This presentation will explore our internal environment as a liquid crystalline matrix, self-created and organized, linking every cell, supporting instantaneous communication and a coherent wholeness from which, perhaps, our consciousness arises. The session will include discussion, movement, and an inquiry into how these ideas intersect with the BMC principles of cellular consciousness and the role of the nervous system.

Sarah Barnaby teaches yoga and anatomy in New York City. She has studied extensively with Amy Matthews and Leslie Kaminoff. On staff at The Breathing Project, one of her favorite roles is curating monthly Members Events, including hosting Geek Nights and the Den of Inquiry (a conversation group). Sarah has completed the Yoga Educator program at The Breathing

Project, is certified in Embodied Developmental Movement and Yoga, and is currently in the Embodied Anatomy and Yoga and Infant Developmental Movement Educator programs.

The Eco-Somatics of Permaculture

Matthew Nelson – Classroom

The principles and practices of permaculture, a design system for generative living that mimics natural systems with human designed systems, offers a model for an eco-somatic viewpoint. The confluence between permaculture and somatics will be discussed and embodied in a combined lecture/performance.

Matthew is a movement artist, educator, bodyworker, and scholar with an MFA in dance and certifications in Laban Movement Analysis, Massage, and Pilates. Matthew has taught dance at multiple universities, maintains an independent movement and bodywork practice, and is the artistic director of BodySensate Contemporary Dance. Matthew's research interests apply ecological viewpoints to movement practice for embodied sustainability and can be found on the web at www.bodysensate.com

Tree Hugging - Communicating with Trees through Embodiment

Wendy Hambidge – Alternative Space

Through embodiment we come into relationship with ourselves and others; we resonate. We will extend this to trees. After first tuning into our own fluid bone nature, we will contact a number of different trees and find their tone and fluid nature. We will do primary research gathering our experiences of the magnificent Reed trees and then gather and share our experiences, seeing where we differ and where we are the same.

Wendy Hambidge, MFA, is certified as a Body-Mind Centering Practitioner, Teacher and Infant Development Movement Educator. She came to BMC as a dancer/choreographer/educator. Wendy teaches on two BMC certification programs and is the President of BMCA. She also teaches Embodied Anatomy for the Yoga Shala of Portland's teacher training program, as well as seeing private clients.

Saturday, July 25

9:00am to 10:30am

Delicious Movement

Jill Becker – PAB Studio 1

Delicious Movement is a dance improvisation class using Thomas W. Myers' concept of "anatomy trains" as a springboard for warming up and fostering full body movement integration. We will then progress to improvisational dance scores to connect with each other.

Jill Becker was a recipient of the National Endowment for the Arts Choreographer's Fellowship. She directed the Dance Program at Antioch College from 2001-2008 and is

currently teaching dance at Ohio Wesleyan University and Antioch College. She teaches dance to young children and to people with Parkinson's disease. Ms. Becker directed Jill Becker and Dancers, Inc. in New York City from 1980 - 1986 and has toured extensively in Holland, Germany, and the USA with Portraits of Women. Degrees: BA in Dance, SUNY Brockport, MA in Performing Arts, The American University.

The Poetics of Space — a BMC-infused Contact Improvisation Workshop

Margo Van Ummersen – PAB Studio 2

Informed by BMC principles, we will immerse in the language of contact improvisation — communicating through touch and proprioceptive listening, sensation-based studies to inform softening, rolling, falling, momentum infused rides and lifts, releasing and directing weight, disorientation, yielding and resisting, being clear in our boundaries.

We will explore relationships between thought, movement, image, and sensation, inviting in a state of fluid receptivity and embodied ensemble tuning. We will expand our perceptual possibilities in how we approach improvising in solo, duet, and group forms.

Margo Van Ummersen, M.A. in Dance, is a choreographer and arts educator who specializes in the intersection between creativity and healing. From 1994 to 2002, she directed Van Ummersen Dance Company. In 1999, she was honored with the Lila Jewel Award for the "unique contribution women make to the arts." In 2000, she received Oregon Arts Commission's Individual Artist Fellowship. Margo has been on the dance faculty at LCC since 1991 and collaborates with local non-profits to bring arts-integrated curriculum into early education.

A Balanced Body Vibrational Ecosystem through Voice: Toning Pre-spinal and Spinal Developmental Patterns

Alisa Wright-Tanny – PAB Performance Lab

In this workshop, we will playfully explore the progressive pre-spinal and spinal developmental movement patterns, supported by active vowel sounding, revealing our inherent balanced-body vibrational ecosystem for empowered and sustainable health. Together, we will heighten our awareness of cyclical cellular breath/respiration and whole body pulsating fluid rhythm of condensing-expanding-yield, to awaken and activate the horizontal, sagittal, and vertical planes of specific lower, middle, and upper diaphragms and associated glandular/chakra systems. While grounded in a gentle, embodied developmental movement and yoga practice, new discoveries of shapes, spaces, sustainable supports, and embodied vibrational knowledge will be heightened.

Alisa Wright Tanny, MA, e-RYT500, R-DMT, IDME, An Expressive Arts Dance Movement Therapist, Embodiyoga® & Body-Mind Centering Yoga Teacher. Alisa's presence provides space for joyful, embodied empowerment. Founder of The Embodiment Institute, she offers YTT200 and Yoga Alliance CEU programs. Her private practice, located in Western Massachusetts, specializes in working with infants/children with specialized needs, pre-

teen/teen girls' CIRCLES, and women with specialized health needs.
www.theembodimentinstitute.com

Connecting Pelvic Floor Work and Postural Exercises Based on Body-Mind Centering

Veronika Wiethaler – Sports Center Gym 2

Veronika Wiethaler developed pelvic floor exercises in the last ten years in Italy. Non-invasive pelvic floor training was not yet present in the medical and health culture of this country. BMC principles are the base of this special kind of movement training, which has good results with women before and after giving birth, and with persons of different ages who suffer incontinence or pelvic pain.

Veronika Wiethaler, originally from Germany, studied music and movement education in Austria. She initiated her BMC training in 1987 with Bonnie in Amherst and graduated as a practitioner in 1990. Since then she has applied BMC to dance therapy training, teaching recorder, and to pelvic floor training and postural training. After the birth of her daughter in Italy, she began the process of integrating herself into a new culture and language, accomplishing also the creation of work opportunities and publishing.

ScarWork: Integrating Scar Tissue into the Fascial Web

Sharon Wheeler – Classroom

ScarWork transforms the rough fabric of scar tissue into the smooth and resilient fascial web, restoring function to muscles, nerves, and internal organs. This delightful work is light, casual, and quick, with profound and permanent results. Attention to detail, the perception of small increments of change, and a sense of humor are helpful in the study of scars.

Certified in Structural Integration in 1970, Sharon was one of Dr. Rolf's "Artistic Experiments." She teaches continuing education workshops on ScarWork, BoneWork, Cranial Work, and the Art of Rolfing. She maintains a private practice in Port Orchard, Washington.

Global Water Dances: BMC as Choir for the Earth

Martha Eddy – Alternative Space

Learn about Global Water Dances, a site-specific, free performance that live-streams around the world every two years. Explore how BMC as a philosophy and method, as well as BMCA as a community, can give back to the earth through this outdoor dance and music project. Come to share your moving experiences and resources!

Martha Eddy, CMA, RASMT, EDD, BMC licensed teacher since 1984, writes and teaches on Somatic Movement Education and Therapy and Dance Somatics with a focus on eco-somatics, neuro-motor-perception, socio-emotional development, and peace education. She works at Princeton University and has taught for Antioch, Columbia, Hope, and Hampshire Colleges and NYU. Her movement therapy clients range from pre-natal to elders. She developed "BodyMind Dancing" in 1986 and Dynamic Embodiment SMTT in 1990 – combining BMC and Laban/Bartenieff Studies (now offered in Cologne, Germany), and Moving For Life

DanceExercise for Cancer Recovery in 1999, which expanded to Moving For Life DanceExercise for Health® under a new non-profit, Moving For Life, Inc. (in New York City).

Saturday, July 25

9:00am to 12:00pm

Breath and Voice in the Bodyscape

Diane Elliot and Roxlyn Moret – Sports Center Dance Studio

As teachers, learners, healers, parents, and communicators in all fields, our voices flow out on rivers of breath, broadcasting to others the "lay of our land," conveying strong first impressions and, over time, serving as agents of deepening trust and bonding. Vibratory in nature, the voice can reveal the breath and heal the self, reaching out to touch and move others in elemental, pre-conscious ways. Join Roxlyn and Diane in exploring a Body-Mind Centering approach to breath and voice that, in integrating inner and outer, immanent and transcendent, offers the means to support the breathing process and to develop greater vocal authenticity, range, and joy.

Rabbi Diane Elliot, RSMT, a Certified Practitioner and Teacher of BMC, enjoyed a long career as a modern dancer, choreographer, and somatic movement therapist before training for the rabbinate. She currently teaches embodied Jewish spirituality through Wholly Present in the San Francisco Bay Area (www.whollypresent.org) and directs ALEPH's Embodying Spirit, Enspiriting Body program in embodied Jewish leadership (www.ruachhaaretz.org). She continues to teach BMC through the Kinesthetic Learning Center's certification programs.

Roxlyn Moret is a RSME, CMA, ERYT-500 with Yoga Alliance and a BMC Practitioner and Teacher. Roxlyn has been exploring and teaching movement, yoga, chi gung and BMC for 40 years. She has an active private practice, teaches group yoga classes, conducts workshops for professionals in the United States and Europe, and currently co-teaches the EAY program with Amy Matthews in NYC. www.embodiedbreathyoga.com

Saturday, July 25

10:45am to 12:15pm

The MotorSensory Loop

Christine Cole – PAB Studio 1

Committed to studying health in system, Christine scrapped assumptions and, armed with new and old embryological and cellular information, started to rebuild, radically making MOVEMENT the beginning and allowing sensory nerves to be, firstly, the hum of recognition. The system revealed itself anew — with amazing results for her students and herself.

Bio to be provided

Finding Flow: Integrating Touch and Movement in a Session

Linda Tumbarello – PAB Studio 2

Integrating touch and movement is a vital aspect of our skills as BMC practitioners and Somatic Movement Educators. This workshop is a time to enjoy working deeply with each other through touch and guiding each other's movements. We will work with the transition moments of being moved to moving freely on our own. The experience of being moved in new ways is a powerful pathway to helping clients move through their world with more options.

Linda Tumbarello, Body Mind Centering Practitioner and Teacher, Licensed Mental Health Counselor, Body-Centered Psychotherapist, was a faculty member at the School for Body-Mind Centering in Amherst for over 25 years. Since 1991, Linda taught in the Dynamic Embodiment Training Program with Dr. Martha Eddy, and began her studies with Bonnie Bainbridge Cohen in 1973. Linda has a private practice in Northampton, MA, offers private healing retreats and individualized supervision, coaching, and training for movement and touch practitioners locally, or via the phone and Skype. www.lindatumbarello.com

A BMC-Supported Somatic Approach to 5 (or more) Senses as Explored within the Bounty of Nature

Ziji Beth Goren – PAB Performance Lab

In this workshop, we attune to and deepen our senses and sensory awareness within a natural outdoor setting, weather permitting. Vocal sound, movement, touch, and spontaneous writing are tools that assist finding resonance within ourselves, the environment, and each other. We share our creative findings, our new pathways, and our surprises with our creative toolbox.

Ziji Beth Goren comes from a background rich in movement, voice, touch, tribal sensibilities, and photographic skillset. She sniffs out the environments best suited to moments of creativity and guides the circle to deepened, rooted travels. Founding Member of BMCA and Movement Research, author of RAPIDS, Co-producer of TRIBES CD.

Rhythms, Sounds, and Textures of Nature

Sandra Ramet – Sports Center Gym 2

Sit, lie down, or move as you take time for yourself to “slow down,” relax, and renew. Notice where your peaceful journey takes you as we reflect and explore the body-mind connection to the rhythms, sounds, and textures of nature. We will create simple rhythm instruments to enhance and enliven our experiential journey.

Sandra Ramet loves being outdoors, gardening, being connected to the earth, and experiencing nature in its unlimited variation. She's made three CDs called “Sandra's Piano Meditation,” which reflect the rhythms and sounds of nature. She has completed a 33-year career as a public elementary school teacher, created and directed a children's performance

group for 17 years, and has been active for many years in The Orff-Schulwerk method of music and movement education for all ages.

Teaching as a Practice — a Conversation

Amy Matthews – Classroom

With Mary Lou Seereiter, Scott Lyons, and Sarah Barnaby. A conversation about the practice of teaching and the role of embodiment within that practice. This is a chance to share on-going conversations we have had with each other and open them up to the greater BMC community.

Amy Matthews has been teaching movement since 1994. She is a BMC Teacher and IDME graduate and a movement therapist and yoga teacher. Amy has taught anatomy and movement workshops in the U.S. and internationally and is Program Director for the BMC and Yoga programs in New York and Portland, OR.

Saturday, July 25

2:00pm to 3:30pm

Dance of the Space Between

Jennifer Mascal – PAB Studio 1

One person meets the energy field from the endocrine gland of another. They explore the boundaries of the fields. The dancers move when they feel the connection of the other. They explore the boundaries of the fields. As connections broaden, the landscape of the ecosystem is visually apparent. The space between becomes more active/vital than the bodies themselves. We continue until the whole room is connected.

Artistic director/choreographer of www.mascaldance.ca

Our Breathing Environment: Somatic Anatomy of the Diaphragm

Dana Davison and Lissa Michalak – PAB Studio 2

The diaphragm stretches across the entire body, interacting with every system. Experiencing the diaphragm leads to more conscious breathing. Breath deeply affects the internal environment, moving and supporting all the body systems, creating space within, nourishing the body with oxygen, calming the nervous system, and revitalizing the body on a cellular level. Through yoga, breathing, and visualization exercises, and stretching and strengthening the muscles of inspiration and expiration, this workshop will illustrate the effects that mindful, experiential breathing with an awareness of the anatomy of the diaphragm can have on the body as ecosystem.

Lissa Michalak, RSMT/E, is a Dynamic Embodiment® practitioner who has studied anatomy in relation to movement extensively through 25 years of teaching. Her background in modern and Middle Eastern dance combines with martial arts, Pilates, personal training, and somatics to bring a full experience of movement to students and clients. She is based in New York City.

Dana Davison, RSMT/E, is a Dynamic Embodiment® practitioner specializing in breath work. A ballet dancer-turned-publisher/translator, she found her way back to movement through an intensive study with Martha Eddy. She teaches Moving for Life®, BodyMind Dancing®, Somatic Anatomy®, and yoga and joint wellness, as well as offering private sessions in Brooklyn, NY.

Exploring Creativity and Physical Empowerment Through the Reproductive System
Mariko Tanabe – PAB Performance Lab

We can survive without our reproductive system, yet it creates a powerful drive that is essential to the continuation of our species. Come and explore the development of sperm and egg cells, the dance of our conception, and the support of the reproductive structures in our movement. Discover the motivating energies of this marvellous system as a source of wisdom, creativity, and empowerment. <https://www.youtube.com/watch?v=50r6BtjrUWY>

Mariko Tanabe, RSME/T, has performed her dances internationally for the past twenty-three years. Collaborations include: Toronto Dance Theatre, Steptext dance project (Germany), Fabrication Danse, Montréal Danse and Benoit Lachambre. She teaches at l'Université de Montréal à Québec and is a BMC Certified Teacher and IDME graduate. For twelve years, she danced with the Erick Hawkins Dance Co. in New York City.

my Body/Our Body

Jeanne Feeney - Sports Center Gym 2

Taking an embodied spin on the conference title, *Body As Ecosystem*, this is an experiential workshop meant to deepen our witnessing of and to draw strength from the spectacular beauty of the Northwest. We will explore the relationship between the internal world of our bodies and the physical surroundings of the region through connecting the BMC body systems to specific elemental forces in Nature. *Some part of the workshop will be held outdoors.

Jeanne Feeney became a Certified Practitioner of BMC in 1989, the second class to graduate from the School for Body-Mind Centering. Since then she has taken the work into the realms of performance, education, and healing. Jeanne recently moved to Santa Cruz, CA, where she has been researching and developing her workshop "my Body/Our Body" with the sea, land, and sky by her side.

Mindfulness Practice and Somatics

Jan Cook – Classroom

A panel discussion on Mindfulness Practice and Somatics.

After years as a consultant in organizational change, Jan fully embraced embodiment practices to support transforming stress-related challenges. Now her BMC practice focuses on embodied stress reduction and heart surgery/recovery. An ordained Buddhist teacher, Jan integrates embodiment practices into her meditation classes, retreats, and spiritual direction.

Saturday, July 25

2:00pm to 5:00pm

Breema: The Art of Being Present

Birthe Kaarsholm – Sports Center Dance Studio

This experiential workshop is an introduction to Breema's profound understanding of the underlying unity of all life, expressed through the Nine Principles of Harmony, Breema bodywork, and Self-Breema exercises. With simple touch and natural rhythmic movements, Breema uses the relaxed weight of the practitioner's body to create a dynamic balance that is deeply nurturing, vitalizing, and beneficial for both giver and receiver, supporting oneself while supporting another. The aim of Breema is to bring tangible experiences of presence to everything we do in life, offering practical ways to raise our level of consciousness by unifying body, mind, and feelings. For more information about Breema: www.breema.com

Birthe Kaarsholm, RSMT, CMT, Breema® Practitioner/Instructor, Body-Mind Centering Practitioner, and Laban Bartenieff Movement Analyst. Birthe is a staff instructor at the Breema Center in Oakland, CA, where she maintains a national and international teaching schedule. She practices Body-Mind Centering in her "Baby Moves" classes for parents and infants in the Bay Area. The aliveness of the Breema practice continues to inspire Birthe, exploring new dimensions of health, consciousness, and self-understanding.

Saturday, July 25

3:45pm to 5:15pm

Critical Movement and Babel Technique

Amy Yopp Sullivan – PAB Studio 1

Critical Movement is dependent upon adaptable neural connections, ready and capable of rewiring in order to meet the demands of a living, thinking, moving, and speaking body. Babel Technique explores sensory vocal and motor skills within the vast array of mind-body connections. Critical movement and Babel Technique work together to recover creativity, meaning making, and expression through acts of serious and restorative play.

Amy Yopp Sullivan teaches, directs, and creates. Her work is based at the Center for Dance, Movement, and Somatic Learning at SBU. She is also an affiliate faculty at the Center for Medical Humanities, Compassionate Care, and Bioethics at SBU Medicine.

Choreographing Partnering: Crafting the Tangle

Holly Handman-Lopez – PAB Studio 2

Choreographing Partnering: Crafting the Tangle is a movement session that focuses on choreographic strategies for developing extended, experimental partnering sequences. We will begin with contact improvisational exercises designed to prepare the body for giving and taking weight as well as moving three-dimensionally in space. This will be interwoven with physical problem-solving and skill-building, providing us with methods to initiate and

discover innovative partnering and with tools to build extended sequences for choreography.

Holly Handman-Lopez is an Assistant Professor at Oberlin College, where she teaches and choreographs for the dance, theater, and opera departments. She is passionate about movement innovation and partnering. Before joining Oberlin, she danced professionally in NYC with Nicholas Leichter, David Dorfman, and others. MFA – UWM, BA - Connecticut College.

Bonghan and Hara

Chloë Chung Misner and Jesse Kaminash – PAB Performance Lab

We will explore the Bonghan circulatory system and the Hara of the lower abdominal region. How does embryonic activity of this relationship inform our consciousness and bring us into deeper connection with ourselves, each other, and the environment?

Chloë Chung Misner is a somatic movement therapist, body worker, and yoga educator. Her approach synthesizes Body-Mind Centering, Biodynamic Craniosacral Therapy, Yoga, and Continuum. Attuning balance to distill the essence and expression of being is at the core of her private practice.

Jesse Kaminash makes art, writes, and works with touch and movement based in Body-Mind Centering. Her work also draws on Rinzai Zen and Taoism. She lives in Malibu and is currently focused on the Bonghan system as a bridge between different states of being.

Yoga Relations with Ability/Disability

Renee Sills and Grant Miller – Sports Center Gym 2

This workshop explores facilitated conversation and exploration of emotional response, discussing ability/disability within the context of movement practice, including how a Body-Mind Centering approach to investigating asana and meditation serves bodies of all abilities and developing the tools to develop a personal yoga practice, with particular relation to the unique experience of ability/disability.

Renee is an artist, performer, and registered yoga therapist. She is a graduate of The School for Body-Mind Centering's EDMY and SME programs. Renee has studied and apprenticed in dance therapy for the last 18 years and is currently working towards her MFA, with a focus on somatic practice and performance as political action.

Grant comes from a background in theater and physical technique, with a long personal history with alterability. He brings personal experience with orthopedic impairments and chronic pain and has facilitated numerous dialogues on ability/disability. Grant majored in Drama at Vassar College, with a particular focus on movement practices and training. He has studied Alexander Technique for the last 16 years and continues to explore how concepts of ability/disability inform embodied practice.

Intimacy with Life

Jennifer Lovejoy – Classroom

Sometimes we have to loosen our grip on what we think we know and who we think we are in order to change our relationship with the familiar. How can we include the entirety of the integrated and unintegrated self as we move from internal exploration into a natural and nourishing relationship with life? How do we include the landscapes of the mind, our belief systems, our habit patterns, our emotions, and our magnificent bodies in a way that helps us connect to the aliveness of our relationship with our internal and external ecosystems?

Jennifer is a horsewoman and somatic therapist who explores the mystery of life through relationship, seeing each being and interaction as a complex and thrilling ecosystem. Specializing in deep, embodied presence work, her studies include Structural Integration, embodied meditation, classical horsemanship, Kundalini Yoga, the Alexander Technique, and more recently, Body Mind Centering. She is an Advanced Certified Soma Structural Integrator with a BA in Human Ecology.

DIRT STAGE

Tracy Broyles – Alternative Space

An outdoor experience that lives on a square of earth — created, worked, and tended as part of the process, *DIRT STAGE* is the result of a years-long exploration of integrating dance, home, life, food, and cultivation. *DIRT STAGE* has become an improvisational format for the members to explore themselves, each other, earth, and sky.

DIRT STAGE is a square of earth, vegetation removed, soil dug and worked, that tends to simple things that nourish our animal appetite. *DIRT STAGE* is kinesthetic delight. *DIRT STAGE* is a re-inhabiting of land and body, a commitment to attuning ourselves to deeply personal and deeply shared life. *DIRT STAGE* is 5 Women, and it eats what it sows.

TRACY BROYLES is a choreographer, performer, and the creator of SEA. She has been working with groups and individuals for over a decade. Her influences include hands-on energy work, Core Energetics, post-modern dance improvisation forms, Pilates, Yoga, Butoh, Nature, and family.

Sunday, July 26

9:00am to 10:30am

States of Change: The Somatic Synergy of Re-patterning

Loren Hadassah and Melanie Mitchell – PAB Studio 1

Our research explores what happens to our biology in the moment of re-patterning new behaviors and beliefs. Looking through the lens of embodied anatomy, somatic exploration, and clinical psychotherapy practices, we are examining what happens when a new pattern

emerges. This workshop will offer a lecture of our research findings and experiential exercises.

Loren Hadassah is a Somatic Psychotherapist based in San Francisco. She has taught as adjunct faculty at the California Institute of Integral Studies. She maintains a private practice focused on healing trauma and building self-empowerment. Loren facilitates workshops for entrepreneurs and explorers of somatic embodiment.

Melanie Kay Mitchell is a Somatic Psychotherapist, Dance/Movement Educator and Intuitive Somatic Bodyworker based in San Francisco. She has a specific interest in working with early developmental trauma and maintains a private practice working with adults, children, and families. Melanie continues to advocate for youth and has created and consulted for programs that offer free and protected space for re-invention in the body.

Somatic and Energetic Alignment (SEA)

Tracy Broyles – PAB Studio 2

SEA addresses the body as a map to our emotional blocks and defended belief systems that have become embedded through both personal and collective experience. Utilizing a process of somatic awareness, active movement, and intention, SEA works to free up held energy and return it back to the body, where it can be put to use for the greater joy of the individual. SEA is an experiential process.

TRACY BROYLES is a choreographer, performer, and the creator of SEA. She has been working with groups and individuals for over a decade. Her influences include hands-on energy work, Core Energetics, post-modern dance improvisation forms, Pilates, Yoga, Butoh, Nature, and family.

West African Dance: The Last Experiential Frontier

Mecca Madyun – PAB Performance Lab

This lecture demonstration will look at the holistic benefits of West African movement as a viable physiotherapeutic/psychotherapeutic modality. Its polycentric/polyrhythmic structure reiterates the layering of Developmental Movement (Reflexes, Reactions, Responses, and Basic Neurological Patterns). The West African worldview regards the body as vessel (environment) and the systems as "God Essence" (organisms), which work simultaneously for the greater good of the whole (spirit).

Mecca Madyun, Dance MFA candidate/graduate instructor at CU Boulder. Mecca has performed professionally with Jeffrey Page, Chuck Davis, Rennie Harris, Gesel Mason, Teena Marie Custer, India Irie, Spank Rock and MIA, Youssouf Koumbassa, Mouminatou Camara, Djeneba Sako, Fara Tolno, Group Kiss, Kulu Mele, Sankofa Dance Theater, and Kissidugu.

The Healing Power of Presence, Deep Listening, and Resonance

Mary Lou Seereiter – Sports Center Gym 2

This movement workshop will apply Body-Mind Centering with the practice of Authentic Movement. Themes for the structure of the session will include: the cellular model, deep listening, resonance, sensory and motor, inner and outer awareness, conscious use of language, and voice. The underlying question is “how can we stay present in community, holding space and creating an atmosphere of safety, tolerance, and acceptance?”

Mary Lou Seereiter has been teaching Authentic Movement to diverse groups for twenty years. She received her certification from the former Institute of Authentic Movement in Berkeley, CA with Neala Haze, Tina Stromsted, and visiting teachers Andrea Olsen, Janet Adler, and Joan Chodorow. She is also a certified BMC teacher.

Being Nature: Mindful Embodiment With the Natural World

Salma Darling – Classroom

An investigation into the roots that inform *BeingNature* and its purpose and scope. *BeingNature* conscious movement meditation in nature supports restoring relationship with nature. *BeingNature* is an embodied, mindful approach to eco-psychology that can be used for body-oriented therapy, creative somatic expression, and for awakening.

Salma Darling, MA is a UK trained Dance Movement Psychotherapist and supervisor registered with the Association of Dance Movement Psychotherapy UK (ADMP), a mindfulness meditation teacher, and ecological artist. Her unique approach 'BeingNature' has evolved out of over 20 years investigation into embodiment and awakening, particularly in wild nature.

Traversing the World Outside through our Inner Guide

Keren Ganin-Pinto – Alternative Space

The body is nature, and through it, we are fully connected to the rhythms and cycles of the universe — both within and without. We will inhabit this relationship in Reed Canyon, exploring the many parallels between human and earth bodies, such as how bones mimic the layers of the earth, fluids flow like the rivers and oceans, and how the nerves mirror pathways to these connections. In this process, we will attempt to more fully embody the constant changes we hear, feel, and see to inform our potential to move and be still with all that surrounds us.

Keren Ganin-Pinto is a Somatic Movement Educator in the work of Body-Mind Centering, with a BFA in Dance from The Ohio State University. Her classes draw from her extensive background in contemporary dance, contact improvisation, co-counselling skills, voice work, and love of the wild. Keren lives at Tryon Life Community Farm in Portland, OR, an intentional community and non-profit education center where she plays in the woods, tends the land and animals, and is committed to bringing communities out of the city into nature.

Sunday, July 26

9:00am to 12:00pm

Mobilizing the Adrenal Glands: Freeing Trauma from the Tissue and Aligning with Our Health Potential

Lee Morgan – Sports Center Dance Studio

The adrenal glands are sensitive structures that often freeze during stress. Restricted adrenal glands can have significant implications on our hormonal balance, physiology, mobility of the spine, and vitality. In this workshop we will palpate, release, and mobilize the adrenal tissue, create support and safety through building relationships to neighboring structures, and grow fascial continuity for expression through our extremities.

Lee Morgan began studying with Bonnie Bainbridge Cohen 30 years ago, starting a life-long inquiry into embodied anatomy and development. She has studied many somatic and bodywork modalities, including becoming a Feldenkrais practitioner. Lee is a Canadian-trained Osteopath in Manual Therapy and maintains a private practice in San Francisco. She also works every year in India with children who have disabilities.

Sunday, July 26

10:45am to 12:15pm

Sacred Body: Ecosystems of the Natural and Spiritual Dimensions

Susan Bauer – PAB Studio 1

When we speak of ecosystems, by definition we are speaking of a community of living and non-living things that work together, such that the entire planet can be considered one living ecosystem. But can we definitely limit this definition to the natural world? Drawing on her work as a dancer, somatic educator, and Fulbright scholar to Bali, the presenter will discuss the Indonesian concepts of *rasa* and *taksu*, states of being that include an expanded perceptual capacity—often considered a spiritual capacity—and their relationship to embodied spirituality. The presentation draws on her chapter in the book *Dance, Somatics, and Spiritualities* (Intellect Press, UK, 2014) entitled, “Dancing with the Divine: Dance Education and the Embodiment of Spirit, from Bali to America,” and may include several of the interactive movement activities also offered in the chapter.

Susan Bauer, MFA, RSME/T and dance/somatic educator, has taught for over 25 years in the U.S. and Asia, informed by her extensive background in dance, Authentic Movement, and Body-Mind Centering. She serves as Adjunct Professor at University of San Francisco and has a private practice in Berkeley, CA. www.susanbauer.com

The Human Body's Rhythm, Inner Organization, and Expressiveness

Marcia Araujo – PAB Performance Lab

Marcia Araujo presents a reflection on the somatic, scientific, artistic, and spiritual principles that can be found in approaches known as Body-Mind Centering, Anthroposophical Theories, and the meditative sung dances from spiritual traditions.

Participants will have a chance to sing and dance in a circle, performing not only simple guided movements with a partner, but also individual, improvised movements.

Marcia Araujo has a Teaching Degree in Dance from Universidade Federal de Pernambuco (UFPE), Brasil. She received a PhD in Performing Arts from Universidade Federal da Bahia (UFBA) in 2008. She has done research on Somatic Education, Anthroposophical Eurythmy and Pedagogy, dances and sacred chants (certified by the International Network for the Dances of Universal Peace).

Moving Thought

Trude Cone – Sports Center Gym 2

Movement is the first way by which we communicate with the world. We first explored and learned through our earliest movement patterns. These patterns lay the foundation and form the basis for our interactions, communication, and learning today. Trude will share her continuing research in a series of movement phrases she has developed for working with adults with function problems and how these movement series formed the framework for her coaching method that she uses as coordinator for learning disabilities at the Amsterdam Art College.

Trude Cone studied at The Julliard School in New York (VS) and worked as a dancer, choreographer, and dance educator before becoming the artistic director of the School for New Dance Development (SNDO) and later the director of the Dance Departments of the Amsterdam School of the Arts. She is a Body-Mind Centering Practitioner and NeuroPhysiological Psychological therapist. In her recent work, she gives trainings in stimulating creative potential, advises students with learning disabilities at college level, and coaches professionals who have come to a standstill or impasse in their lives or work. Cone developed Moving Thought, a coaching approach, based on the direct relationship between moving and thinking.

The Power of Mind-Body Medicine

Dr. Deanna Minich – Classroom

Mind-body medicine (MBM) is a modality of healing that is gaining increased recognition in modern medicine circles among practitioners and scientists. This workshop offers a thorough look at the mechanisms of MBM, involving different cortical regions of the brain as well as physiological systems impacted most by mind-body imbalances. Participants will learn how MBM therapies such as meditation, mindfulness, and others play a key role in healing and actually effecting change on the body's cellular responses.

Deanna Minich, PhD, FACN, CNS, is an internationally-known lifestyle medicine expert who has developed an integrated system and proprietary tool kit enabling practitioners to effectively use mind-body modalities (www.foodandspiritprofessional.com). She has written four books on health based on her research and clinical experience.

Sunday, July 26

2:00pm to 3:30pm

Core Self Relief: Impressions, Identity, Movement Patterns, and How to Refresh the Hippocampus

Annie Brook - PAB Studio 1

This is an experiential and theory-interactive presentation. Get relief from self-attack thinking, worry, and obsessions. "Refresh" the Hippocampus to find pleasure, comfort, and ease.

Annie Brook is a movement performance artist and singer-songwriter from Boulder, Colorado. She has written numerous books on movement education and was guest artist in residence for the Naropa University BFA. Annie is passionate about the expressive arts as living dialogue and loves to dismantle the hidden barriers between audience and performer. You can read Annie's paper on the BMCA website at www.bmcassociation.org.

Somatic Landscapes Audio Walk: Intersections of Embodiment and Technology

Renee Sills – PAB Studio 2

Participants will be given links to download pre-recorded audio meditations (to listen to on their smart phones or audio devices) that take them on a walking tour through the Reed Campus. The audio recordings will give participants information about the college campus and history while also inviting sensory participation with the environment, and provide a container for individuals to explore their unique and subjective experience. Unknown variables will arise when multiple participants overlap, synchronize or otherwise meet in their journeys.

Renee is an artist, performer, and registered yoga therapist. She has completed the EDMY and SME programs through The School for Body-Mind Centering. Renee has also studied and apprenticed in dance therapy for the last 18 years and is currently working towards her MFA with a focus on embodiment practices and performance as political action.

Introducing/Initiating The General Population To A Somatic Practice Using BMC As A Model

Mary Lou Seereiter – PAB Performance Lab

This is a movement workshop presenting BMC material from a class called "Body-Mind Centering Stretch and Relaxation" at a community college. The enrollment in the class was populated by Women in Transition, Veterans, chronically injured individuals, people with stress syndromes, and general students. This workshop will take individuals through a sample class, then allow time for questions and discussion.

Mary Lou Seereiter has taught at the community college level for over 30 years. She has introduced somatic courses into the dance curriculum and was instrumental in qualifying these courses for the Health and Wellness requirements for the AAOT degree. The classes she

teaches target the general student population, which includes subcultures of students on the fringes of educational communities.

Cookbook for the Bonehouse

Paula Josa-Jones – Sports Center Dance Studio

LANDSCAPING: Connecting Inner and Outer Awareness with Movement and Touch.

This class focuses on learning to hold and expand awareness of the relationship between our inner somatic landscape and the outer landscapes that surrounds us. Often we believe that to feel deeply within, we have to shut out the outside world, that we can't be "in" and "out" at the same time. To be truly embodied, we must learn how to experience the inner and the outer worlds simultaneously, or at least shorten the commute between the two, making our transitions between them more seamless and conscious. Using breath, imagery, movement, and touch, we will explore the relationship between the landscapes that surround us and the inner somatic world. "

PAULA JOSA-JONES, MA, CMA, RSMT is a dancer, choreographer, writer, visual artist, and movement educator known for her visually rich, emotionally-charged dance theater. Her work includes choreography for humans, inter-species work with horses, dancers, and riders, film, and video. Josa-Jones has been called "one of the country's leading choreographic conceptualists" by the Boston Globe and the Village Voice describes her work as "powerful, eccentric, and surreal."

The Experiential Significance of the Mother-Child Bonding Relationship and Embryological Expression

Tera Judell – Sports Centre Gym 2

(LIMIT: 20 persons, MUST have a minimum of one introductory craniosacral therapy class, including table work)

The maternal-fetal bonding relationship is the foundation for future relationship development over one's life span. The fetus is constantly bombarded with information and each resulting pattern is uniquely interpreted and imprinted. In this workshop, early imprinting is witnessed through role-play, cranial work, and discussion. We will explore the expression of the embryological map that resides within each of us.

Tera Judell, PhD, MSW, RCST, RPP is a well-known professional and pioneer in prenatal and perinatal psychology and bodywork. She is a practitioner and teacher of a process she developed for maternal-fetal bonding and conscious parenting blended with biodynamic craniosacral therapy. Tera has more than 30 years experience and a private practice in both New York and New Mexico.

The Moving Child Film: Supporting Early Development

Anna Kemble – Classroom

The Moving Child Film (documentary) explores the importance of movement in healthy child and family development and features many BMC practitioners and teachers, including Bonnie Bainbridge Cohen, Annie Brook, Susan Aposhyan, and other experts in the field of movement, attachment, and child development. This film showing will include a discussion of 15 minutes to a half hour.

Anna Kemble is a current BMC-IDME student, BodyMind Psychotherapist, Dance-Movement Therapist, and Laban Movement Analyst. Anna has been producing The Moving Child Film for five years and is delighted to offer her "baby" now to the world, thanks to community support. Accompanying the film is Anna's new CD of music to support movement, connection, and self-regulation for children. www.themovingchild.com or www.annakemble.com.

Sunday, July 26

5:10pm to 6:00pm

Planetary Dance: The Earth My Body

Claudia Cuentas – PAB Dance Studio 1 & 2

The Planetary Dance is a ritual of healing and community renewal. It is an invitation to people to join in a dance for peace in their own bodies, in their own communities, and for peace with the Earth. It brings people of all ages and abilities together in a beautiful setting to “dance for a purpose,” much as people in traditional cultures have danced for a bountiful harvest, a successful hunt, or a happy marriage.

Claudia Cuentas (MA, LMFT) is a Movement, Theater, and Expressive Arts therapist. She supports reconciliation, transformative healing, and unity between individuals, families, and communities. Claudia is a therapist at Conexiones, a Multicultural Healing Center for Trauma Recovery in Portland, OR, and a guest faculty at the Tamalpa Institute in Kentfield, CA.

Performance Offerings

Thursday, July 23

7:30pm

Grace's Moment

This piece features Grace, an eccentric woman of her own reality, whose body has experienced much pain and debilitation. During a “bagged” lunch, Grace is momentarily transformed back to her younger years, when she danced a waltz with full abandon, in hope of this suitor, and in love with life. As the music ends, so does the revisiting of a former self and past time.

Mary Ann Rund, MFA, SME, RYT, is a dance artist and an educator in the fields of dance, yoga, and somatic movement. Living in St. Louis, she is an adjunct faculty member at Washington University and Webster University. Mary Ann also serves as the current President of the Missouri Dance Organization.

Meat Space Diaries #4: Ode

Meat Space Diaries is an accumulating performance work that is an engagement with the endangered states of embodiment in America. Meat Space Diaries #4: Ode is a quiet reflection on the interiority of farm animals in general, and pigs in particular, on the everyday but nonetheless spectacular occasion of sunrise.

Sarah Ledbetter's writing and performance work has been presented on pages, stages, and screens worldwide, including International Poetry Review, La Periphérique, Living Blues Magazine, the United States' National Dance Day, the DC Shorts Film Festival, Earthdance E/Merge Interdisciplinary Artist Residency, the Sans Souci Festival of Dance Cinema, Memphis Writers' Ensemble's Mai's Oui volume 3, and Berlin Festival of Black Film.

Our Body Remembers

This 7-minute dance is an excerpt from an hour-long work, *Dancing in Wild Places, Seaweed and Ocean Health*, based on embodied research and dancing in Monterey, California; Brittany, France; Connemara, Ireland; Skagastrond, Iceland; Cape Breton, New Brunswick; Briny Breezes, Florida, and the Florida Keys. Including text and movement by Olsen, the work is directed by Peter Schmitz and will be performed nationally and internationally in 2015-16.

Andrea Olsen is an artist, writer, and educator who is Professor of Dance over the last three decades at Middlebury College, Vermont, and formerly the John Elder Professor in Environmental Studies there. Author of a triad of books, The Place of Dance: A Somatic Guide to Dancing and Dance Making; Body and Earth; and Bodystories with colleague Caryn McHose, she has been associated with Bonnie Bainbridge Cohen and the School for Body-Mind Centering since 1978, is a contributing editor to Contact Quarterly, and leads annual Body and Earth International training programs in the U.S. and the United Kingdom.

Pieces of India

An intimate, interactive movement/performance piece based on a trip to India and Nepal with her 19-year-old son.

Jeanne Feeney became a Certified Practitioner of BMC in 1989. Since then, she has taken the work into the realms of performance, education, and healing. Jeanne recently moved to Santa Cruz, CA, where she finds living close to nature opens another source of discovery and wonder.

Reverie of Forgotten Landscape

Before dying, my grandfather told me that the greatest regret of his life was leaving his farm to work for the highway department. This piece is dedicated to the many people who have lost their relationship to land and to the simple joys of being connected to the source

of their food and water. Butoh has a million meanings and none, but the one that is clearest to me today is the insistence that we as humans return to a more simple, connected way of life.

Mizu Desierto is a performer, choreographer, and educator whose work explores themes of identity, truth, feminism, ecology, and transformation. Her most recent choreographic work, American ME, was awarded one of the top 3 dance performances in the city of Portland in 2013. She is the Co-Founder and Artistic Director of Portland's Water in the Desert and The Headwaters Theatre.

FORAGING a duet

Choreographed and performed by Sarah Ebert and Stephanie Schaaf
Together. Foraging for the wild abundance available. For delicate detail and broad-stroke fullness. For the elusive and the obvious.

Sarah Ebert lives in Eugene, Oregon where she choreographs, performs, and teaches in the School of Music and Dance at the University of Oregon.

Stephanie moved to Portland from San Francisco where she worked as a choreographic collaborator and toured internationally with the Margaret Jenkins Dance Company. Her choreographic partnership with fellow MJDC dancer Sue Roginski led to several full evening performances, critical acclaim, and support from the City of San Francisco and Zellerbach Foundation. She holds a graduate degree in Dance Education from Stanford University, has a private movement education practice, worked as a member of the Wellness Team for Oregon Ballet Theater, creates dance and story-telling performance with SO&SO&SO&SO, and continues to create her own choreographic works.

Sarah and Stephanie graduated from the EAY program in Portland in January 2015.

Friday, July 24

7:30pm

August

August is an 8-minute choreographic duet accompanied by Arvo Part's Spiegel Im Spiegel. Two dancers very slowly pour in and over and through one another, exploring the receptive and generous healing nature of flow. Working with oppositional energy of bravery and vulnerability, two dancers explore the musical genius of Part's composition through the felt, sensory attention to space and one another as they continuously fall through time.

Margo Van Ummersen, M.A. in Dance, is a choreographer and arts educator who specializes in the intersection between creativity and healing. 1994-2002, she directed Van Ummersen Dance Company. In 1999, she was honored with the Lila Jewel Award for the "unique contribution women make to the arts." In 2000, she received Oregon Arts Commission's Individual Artist Fellowship. Margo has been on the dance faculty at LCC since 1991 and collaborates with local non-profits to bring arts-integrated curriculum into early education.

Edge Effects (an excerpt, 2015)

Through movement, sound, and film, *Edge Effects* probes the concept of borders, edges, and the transformative spaces where multiplicity and merging occur, the liminal space between one body, system, place, and another. Investigating our body's perceptive and permeable edges, the skin as container and receptor, which tells so much about our environment and place, the dance also references the idea of an "ecotone"— a zone where one ecosystem meets another, as when the meadow meets the forest or the water meets the land.

Tere Mathern is an educator, performer, choreographer, and administrator of over 30 years. She is Artistic Director of Conduit Dance (www.conduit-pdx.org) and serves as the Interim Dance Director at Portland State University. She holds an M.A. from New York University and is a Certified Movement Analyst (LIMS/NYC). Ms. Mathern is considered one of Portland's leading dance artists. She creates work that suggests space and form while expressing deep physicality and bodily awareness. In the work presented here, she brings conceptual, artistic and somatic approaches together to create an enlivened zone/place/field where the edges of self and other merge, repel, and enfold.

NatureBeingArt - The Expressive Body of Nature

This 10-minute performance piece is a moving montage of Jamie McHugh's contemporary abstract images of the outer landscape. www.naturebeingart.org

Jamie McHugh, RSMT, is a somatic teacher and artist. He has been a photographer of the natural world since he was 17 and has guided "Embodying Nature" somatic-expressive workshops for the past 25 years. Jamie lives on a farm on Whidbey Island with his husband Dale.

What I Want to Say Is.....

This is an improvised solo dance performance piece created and performed by Jill Becker. It is about 7 minutes long and is performed in silence. With a tragicomic quality, the dance is a dialogue between an interior self and a social, public self.

Jill Becker was a recipient of the National Endowment for the Arts Choreographer's Fellowship. She directed the Dance Program at Antioch College from 2001-2008 and is currently teaching dance at Ohio Wesleyan University and Antioch College. She teaches dance to young children and to people with Parkinson's disease. Ms. Becker directed Jill Becker and Dancers, Inc. in New York City from 1980 - 1986 and has toured extensively in Holland, Germany, and the USA with Portraits of Women. Degrees: BA in Dance, SUNY Brockport, MA in Performing Arts, The American University.

SOURCE (excerpt)

SOURCE moves through lush waterscapes in a sensuous exploration of the ecology of Six Mile Creek, the water source for Ithaca, NY. This film grows from four years of somatic movement, ecological research, and performance. Created and directed by choreographer Cynthia Stevens with filmmaker David Brown.

Cynthia Stevens slips into streams, swamps, and Great Lakes with her group INSITU, specializing in environmental performance in public settings. Her award-winning productions draw on 30 years spent exploring the interconnections of dance, music, ecology, and Body-Mind Centering and encompass community-building inspired by activism in environmental movements.

David Brown (Amphibious Films) works worldwide as a filmmaker and lecturer specializing in marine and aquatic issues and wildlife. His work has aired on National Geographic, the Discovery Channel and major television stations. A member of the Cousteau team for seven years, he filmed expeditions from Papua New Guinea to Alaska.

Mammal

MAMMAL is a “shape-shifting” dance in which the character is a pentimento: repeatedly under-drawn and over-painted aspects of human/animal qualities, movements, responses and perceptions. The dance is a cellular, poetic echolocation that viscerally connects male and female, human and non-human, self and other at the porous borderland where they intersect and blend. It questions the ways in which we experience and express our primal selves - moving beyond binary gender and binary human-and-other species distinctions toward a more fluid, inclusive identity.

PAULA JOSA-JONES, MA, CMA, RSMT, is a dancer, choreographer, writer, visual artist, and movement educator known for her visually rich, emotionally-charged dance theater. Her work includes choreography for humans, inter-species work with horses, dancers, and riders, film, and video. Josa-Jones has been called "one of the country's leading choreographic conceptualists" by the Boston Globe and the Village Voice describes her work as "powerful, eccentric, and surreal."

Sunday, July 26

3:45pm

Environmental Grace

Lanie Bergin

In her latest short film, developed for the 30th BMCA 2015 Conference at Reed College, Lanie Bergin's *Environmental Grace* engages our need for understanding our internal connection to the external environment. Drawing on the theme of *Body as Ecosystem: Somatic Landscapes*, the story transports us into unexpected awareness and delight that illuminates our experience of this place.

*Lanie Bergin is a Portland-based internationally-focused performer (laniebergindance.com) and expressive arts educator (berginlearningarts.com). She is founder of Bergin Learning Arts, LLC, with over 25 years of experience in the field. Bergin Learning Arts specializes in professional development and the early learning years. She and her husband Tom McLaren are developing a documentary, *Whole Child Left Behind*. She has an M.ed in Movement and Expressive Arts and Early Childhood Development from Lesley University, she is a Registered*

Somatic Therapist and a graduate of Tamalpa Institute.

Riding the Wave

An interactive movement/dialogue performance

Annie Brook, Ph.D., LPC Author, Somatic Psychologist, and Movement Performance Artist. Annie co-owns Colorado Therapies in Boulder, Colorado and presents nationally and internationally. She is known for her breadth of understanding in human development, infant development, and early attachment. Her passion is finding the through line in the body's intelligence.

Guiding Stars

Like a star that guides the way, a poem can lead us home to heart and soul. *Guiding Stars* is a performance of poems that guide, touch, move, and inspire, written by well-known poets.

Clover Catskill has over 37 years experience as a private and university instructor, counselor, bodyworker, performer, and director. She has education and experience in psychology, dance, performing arts, creative arts, somatic and expressive arts therapies, ritual and spiritual practice, and is a certified Body-Mind Centering practitioner (1994) and a licensed Marriage and Family Therapist.

Warm Bath, Cool River


Warm Bath, Cool River is a performance piece created from an investigation into the idea of the body as home.

Dorene Carroll a modern dancer and choreographer with a BA in dance from the University of Oregon. Her dance experience includes studies in Authentic Movement and somatics with Mary Seereiter. As an artist, Dorene is currently interested in the use of Authentic Movement and experiential anatomy in choreography and performance.

Pre-Motor Focus

Video footage of present-day urban activity, movement in nature and mechanized/ industrial elements will be juxtaposed with live dancers on stage. The choreography is a combination of movement material inspired by embodiment practices in various physical body systems and structured improvisation.

Shannon Knight earned her BA in Dance from the University of Oregon. She is a certified Somatic Movement Educator and DanceAbility instructor. Her work as a choreographer combines her photography and video creations as well as movement processes informed by somatic explorations and improvisation.

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