

Upcoming Yoga Programs

Embodied Developmental Movement and Yoga

**Bonnie Bainbridge Cohen
and Amy Matthews**

Mar. 2010 - Sept. 2011 • Berkeley (Full Program)

This program teaches key developmental movement principles in relation to the practice of yoga. The courses in this program explore the movement responses that emerge and integrate through the first year of life and form the developmental base of yoga asanas. They provide students with a personal experience of the unconscious movement patterns that form the foundation of yoga. Courses are offered in Berkeley in week-long segments four times in 2010 and three times in 2011.

Embodied Anatomy and Yoga

**Amy Matthews
and Roxlyn Moret**

Oct. 2009 - Dec. 2010 • NYC (Full Program)

**Bonnie Bainbridge Cohen
and Amy Matthews**

Jan. 2010 - Sept. 2010 • Berkeley (selected courses)

This program applies key principles of each of the body systems to the practice of yoga. Courses explore the asanas through the direct experience of our own body systems, tissues and cells. Embodied Anatomy opens a door to the transformative aspects of yoga and takes asanas beyond a formulaic, external approach and into the subtleties of yoga practice. Courses are offered in New York in three day segments, approximately once a month and in Berkeley in week-long segments.

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Bainbridge Cohen.



The School for BodyMind Centering®

P.O. Box 20904

El Sobrante, CA 94820

*The mind is like the wind and the body
is like the sand; if you want to know
how the wind is blowing, look at the sand.*

Bonnie Bainbridge Cohen

Body-Mind Centering® Workshops • Fall 2009

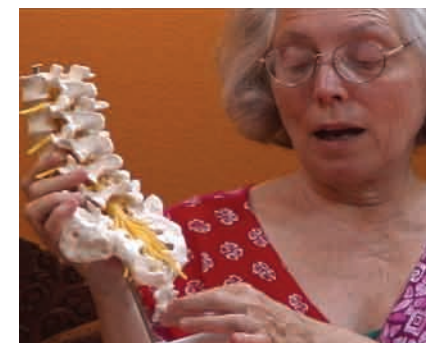


Photo: Marilynne Marshfield

An Introduction to Embodied Developmental Movement and Yoga

Bonnie Bainbridge Cohen

October 17-18, 2009

BERKELEY, CALIFORNIA

Embryological Foundations of Movement: *An Embodied Approach*

Bonnie Bainbridge Cohen

November 17-23, 2009

NEW YORK CITY

An Introduction to Embodied Developmental Movement and Yoga

Bonnie Bainbridge Cohen

October 17-18, 2009 (2 days)

Berkeley, California

Our volitional movement is built on a foundation of automatic movement responses that begin developing in the womb and continue appearing through the first year of life. The emergence and integration of these responses have an enormous effect on our movement, on how we relate to ourselves, others and the world, and on how we organize and process information. The experiential study of developmental movement allows us to consciously access and utilize these automatic patterns and gives us a path to understand and embody the developmental base of Yoga asanas.

Initiating asanas in this conscious, embodied way allows you to freely execute each posture as an expression of your present internal state of being. Your yoga experience is then shaped by the fullness of your cellular involvement rather than dictated by your ability to complete an external form. Static positions transform into dynamic patterns of movement and you, as well as your practice, become enlivened.

This workshop is an opportunity to experience this unique and fulfilling perspective on yoga. It can also serve as an introduction to Bonnie's Embodied Developmental Movement & Yoga program that begins in Berkeley in March 2010. No prior experience with Body-Mind Centering® is necessary. Applicable to all styles of yoga.

Location:

The Sacred Space
830 Bancroft Way • Berkeley, CA

Cost: \$300 (\$275 if registered by August 17)



Photo: Bonnie Bainbridge Cohen

**To register, complete this form
and send with a \$35 deposit to:**

The School for Body-Mind Centering®
P.O. Box 20904 • El Sobrante, CA 94820

Name _____

Street _____

City _____

State _____ Zip _____

Phone _____ E-Mail _____

I wish to register for:

**An Introduction to Embodied Developmental
Movement and Yoga**

Berkeley • Oct. 17-18, 2009 • \$300 (\$275 before Aug 17)

**Embryological Foundations of Movement:
An Embodied Approach**

NYC • Nov. 17-23 2009 • \$750 (\$660 before Sept. 17)

Send me information on upcoming Yoga programs

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Embryological Foundations of Movement:

An Embodied Approach

Bonnie Bainbridge Cohen

November 17-23, 2009 (6 days)

New York City

It is during our embryological development that our body begins creating its form. As tissues and structures develop, some remain with us, some are transformed into other structures and some fade into the background, no longer existing or recognizable as the original structure. As with all development, though the original processes are no longer with us, they have left us with deep-rooted patterns and templates that affect our movement, mind and spirit.

In exploring the embryological developmental process, we discover the primal roots of our structure, perception, responsibility and presence. The understanding and integration of these aspects of development give us a doorway into:

- *Inner and outer processes (self and other) the embryonic disk and development of the front body (endoderm), back body (ectoderm) and middle body (mesoderm)*
- *Development of our central vertical axis (notocord)*
- *Development of the autonomic fluid rhythm*
- *Development of our organs and glands*
- *Development of our fluid system*
- *Development of the autonomic and somatic pathways of our nervous system*
- *The ground for cellular unity and cellular breathing*

This workshop is for movers, dancers, yoga practitioners, bodyworkers, and those from other body-mind disciplines interested in unraveling the mystery of embryological development as it relates to cellular consciousness, movement, mind and spirit. No prior experience with Body-Mind Centering® is necessary.

Location:

Chelsea Studios
151 W 26th St (between 6th & 7th Ave) • NYC

Cost: \$750 (\$660 if registered by September 17)