

Embodying the Architecture of the Body as a Foundation for Movement

A 12-day Workshop on a Body-Mind Centering® Approach to Dance

with

Bonnie Bainbridge Cohen

July 7 – 21, 2017 - Hosted by Pomona Dance, Claremont, California



Movement is our first language. Dance is the poetry of that language. To be fluent, dancers need to move with ease, flexibility, strength and expression. Although we often think of dance or other movement as being muscle based, all of the body systems play important roles in the support and articulation of our body and are expressed as a wide range of movement qualities and consciousness.

Bones are a wonderful entry point for exploring the body systems. When our bones are actively engaged in maintaining a vibrant and informed structure, our muscles respond easily. However, when the bones lose awareness of themselves, the neuromuscular system is recruited to buttress the structural integrity of our body. This leads to patterns of local muscular fixations and joint compensation resulting in effortful, restricted and inefficient movement and injury.

Our psychophysical geography (anatomy) and history (embryological development) help us discover where we are in this body and how we got here. Exploring these processes through embodied movement opens a path to natural, effortless fluency, an increased dynamic range, expanded choreographic possibilities, and more extensive improvisational creativity. Revisiting the process of our creation – re-memembering ourselves – brings us into the presence of the ongoing dance of existence. This is the essence of our dancing.

In this workshop, we will explore opening our awareness to the inner vitality of our individual bones and the energetic spaces (joints) between them. Explorations will also draw from other body systems and from developmental movement and their applications to dance.

Participants should have previous experience in dance or other movement disciplines. No prior experience with the Body-Mind Centering® approach is necessary. Come and share with curiosity and a sense of inquiry about movement, touch, the body and consciousness.



Bonnie Bainbridge Cohen

Bonnie Bainbridge Cohen has been dancing for over seventy years. She is a movement artist, researcher, educator, therapist and developer of the Body-Mind Centering® approach to movement and consciousness. In 1973 she founded The School for Body-Mind Centering®. Her work has influenced the fields of dance, bodywork, yoga, body psychotherapy, infant and child development and many other body-mind disciplines. She is the author of the book, *Sensing, Feeling and Action* and numerous DVDs on dance, embodied anatomy, embryology and working with children with special needs. For more information, visit www.bodymindcentering.com.

Location: Pomona College, Claremont, California

Dates and times: July 7 – 21, 2017 from 9:30 - 12:30 and 2:00 - 5:00 (no class on July 10, 14 & 18)

Workshop Cost: \$1800 (\$2000 if registered after May 7, 2017) **A non-refundable deposit of \$100 is due upon registration. The balance is due by July 3, 2017.**

Room and meals will be available at Pomona College. For details about housing and meals, visit <https://goo.gl/A8jhfY>.

To register or for more information about this workshop and the Body-Mind Centering® approach, please contact:

www.bodymindcentering.com; email: info@bodymindcentering.com. Tel. 510-243-1500. Bonnie Bainbridge Cohen, PO Box 21391, El Sobrante CA 94820.

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Body-Mind CENTERING®

To register for the **July 7-21 Pomona workshop**, complete and sign this form and send it with a non-refundable \$100 deposit to: Bonnie Bainbridge Cohen • PO Box 21391

• El Sobrante • CA 94820. Cost: \$1800 (\$2000 if registered after May 7, 2017)

Name _____
Street _____ City _____ State _____ Zip _____
Phone _____ Email _____

Enclosed is a non-refundable deposit of \$100. **(The balance is due by July 3, 2017.)**

☐ Check/money order (payable to **Bonnie Bainbridge Cohen**)

☐ PayPal (we will send you a PayPal invoice)

☐ Charge the deposit to my credit card \$ _____ ☐ Charge the balance, when it comes due, to this same card

☐ Visa ☐ MasterCard Card number _____ Exp Date _____ CSC 3-Digit Code _____

Name and address on your credit card statement, if different from above _____

Over the past few years, we have been videotaping as many of Bonnie's workshops as possible in order to create an archive of her teaching for posterity and to create educational resources that will be available to current students and future generations of people interested in her work. Everyone will need to sign a video release form when they arrive at the workshop. If you have any questions, please contact the office before registering.

☐ I understand that this workshop will be video recorded and agree to sign a video/photo release before participating in the workshop.

Signature _____ Date _____