An Embodied Approach to Movement, Body and Consciousness

Embodying the Primitive Reflexes, Righting Reactions and Equilibrium Responses from an Embryological and Body System Perspective

with

Bonnie Bainbridge Cohen

April 5 - 8, 2014 • Berkeley, California

Underneath ALL successful, effortless movement are integrated primitive reflexes, righting reactions, and equilibrium responses (RRR). The RRR are the fundamental elements, the alphabet, of our movement. They develop in response to the interaction of our internal state of being with gravity, space, and ‘other’ (people, objects and nature).

The reflexes are the most primitive patterns that occur in response to specific stimuli, and they establish our basic survival patterns of functional movement. The righting reactions are important in establishing our vertical or upright posture within the gravitation field and a continuous head-spine axis. The equilibrium responses are patterns which maintain balance of our whole body in the dynamic relationship between the shifting of our center of gravity through space and our base of support.

RRR and the Body Systems
The body systems are lenses through which the RRR can be perceived, experienced and integrated. Bones, muscles and ligaments clarify the outer form of the patterns; the organs provide the inner support and three-dimensionality; the endocrine glands energize and crystalize the patterns; the nerves organize and integrate the specific movements into a recognized whole; and the fluids provide the qualities of flow within the patterns and the transitions between them.

Embryological Development
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 process, we discover the primal roots of our structure and interrelationships with the RRR.

Material will be presented through a Body-Mind Centering® approach and will include movement exploration, touch, lecture, demonstration and discussion.
In this workshop we will explore the RRR from selected aspects of the embryological process and from various body systems. No prior experience with the Body-Mind Centering® approach is necessary. You should have some experience with movement, bodywork, consciousness practice or other psychophysical discipline. Come and share with curiosity and a sense of inquiry about movement, the body and consciousness.

Bonnie Bainbridge Cohen

Bonnie Bainbridge Cohen 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: Rudramandir, 830 Bancroft Way, Berkeley, California

Dates and times: April 5 - 8, 2014 from 10:00 - 12:30 and 2:00 - 4:30

Cost: $680 ($600 if registered by Feb 5, 2014) A non-refundable deposit of $35 is due with your registration. The balance is due by March 29, 2014.

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.


To register for the April 5 - 8, 2014 Berkeley workshop, complete and sign this form and send it with a non-refundable $35 deposit to: Bonnie Bainbridge Cohen • PO Box 21391 • El Sobrante • CA 94820. Cost: $680 ($600 if registered by Feb 5, 2014)

Name ___________________________________________ City ________________ State ________ Zip __________

Phone ___________________________ Email ___________________________

Enclosed is a non-refundable deposit of $35. (The balance is due by March 29, 2014.)

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

☐ Charge the deposit to my credit card $ __________

☐ Charge the balance, when it come due, to this same card

☑ Visa ☐ MasterCard Card number ___________________________ Exp Date _______

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

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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. These video recordings are focused on Bonnie. Workshop participants are, in general, only in the video incidentally or in certain situations such as volunteering to have Bonnie work with them on camera. However, everyone will need to sign a video release form. 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 ____________