Body-Mind CENTERING™

An Embodied Approach to Movement, Body and Consciousness

Embodying Centers of Transformation

with

Bonnie Bainbridge Cohen

April 18 - 21, 2015 • Berkeley, California

The potential for transformation lies in every cell, tissue and structure of our body. The lungs, heart, brain and digestive organs function as hubs of change in our movement, body and consciousness. Through their roles in breathing, circulation, neural processing and ingestion/ digestion/elimination they become centers of transformation as we relate to our internal and external world.

The Centers

Through the **lungs** we reciprocate our breathing with that of plants. We breathe in the breath they breathe out, and they breathe in the breath we breathe out. In the process of breathing, the lungs gently and rhythmically embrace the heart. We celebrate life's joys and sadness.

The cardiovascular system is composed of one continuous cyclical series of looping tubules with our **heart** at the center of their convergence and transformation. We experience passion and compassion.

The **brain** has a right and left side. Each half registers the sensations arising on its side of the body. Each half witnesses the sensations occurring on the opposite side of the body. The right side of the brain registers sensations arising from the right side of the body and witnesses the sensations arising on the left side of the body. The left side of the brain registers the sensations arising on the left side of the body and witnesses the sensations arising on the right side of the body. We perceive knowledge and gain wisdom.

With our **digestive organs** we reach for, receive and absorb that which is nourishing and reject that which is toxic. We process and assimilate gut feelings, give back to the soil our eliminations and experience earthiness, rooting and grounding.

In this workshop we will focus on embodying these four key organ systems of transformation, their embryological foundation and their interrelations in the inner expression of space. 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. The Body-Mind Centering® approach is an exploration of how we embody our body systems, tissues and cells as well as our developmental movement patterns and embryological development. 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 18 - 21, 2015 from 10:00 - 12:30 and 2:00 - 4:30
Cost: $680 ($600 if registered by Feb 18, 2015) A non-refundable deposit of $35 is due with your registration. The balance is due by April 15, 2015.

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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*To register for the **April 18 - 21, 2015 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 18, 2015)

Name _____

Street _____ City _____ State _____ Zip _____

Phone _____ Email _____

Enclosed is a non-refundable deposit of $35. **(The balance is due by April 15, 2015.)**

- ❑ 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 _____

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. 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 _____