



An Embodied Approach to Movement, Body and Consciousness

The Art of Repatterning through Touch, Movement and Consciousness

with

Bonnie Bainbridge Cohen

August 20-26, 2016 • Berkeley, California



Repatterning is the process of opening habitual ways of moving, perceiving and expressing to assimilate new influences and responses. The art of touch and repatterning is an exploration of communication through touch and movement -- the transmission and acceptance of the flow within ourselves and between ourselves and others. When we touch someone, they touch us equally. Through touch, the subtle interplay between body and mind can be experienced clearly and directly.

In hands-on work, through changes in the pressure and quality of our touch, subtle rhythms of touch, placement of attention within specific layers of the body, and following existing lines of force and suggesting new ones, we come into harmony with the different tissues and their associated qualities of mind.

Through movement, we experience patterns of receptivity, organization, expression and communication. Expanding our efficiency and range of qualities offers increased comfort and ease, and provides us with a greater repertoire of movement possibilities and creative movement inventions.

In this workshop, acceptance and curiosity guide the inquiry. Through mutual resonance, attention is given to discovering the primary tissues through which we express ourselves. We also discover those tissues which are usually in shadow, so that the supporting tissues can be given voice and the articulating ones be allowed to recuperate. This shifting of energy expression allows for more choices and expanded consciousness of body-mind for working in partners, whether in the role of student and student, student and teacher, client and practitioner.

This workshop is for people who have some experience with movement, bodywork, consciousness practice or other psychophysical discipline and wish to explore more deeply the interrelated embodiment of movement, touch, the body and consciousness. We especially invite:

- people who want to gain greater embodiment of the relationship of movement, touch and consciousness for their own personal growth
- movers, dancers, yoga practitioners/teachers and others who want to integrate touch and awareness into their discipline (touch as an expression of movement and using touch to facilitate movement)
- bodyworkers, therapists and others who do hands-on work and want to integrate movement and awareness into their discipline (movement as an extension of touch)

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 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.

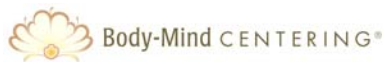
Location: Rudramandir, 830 Bancroft Way, Berkeley, California

Dates and times: August 20 - 26, 2016 from 10:00 - 12:30 and 2:00 - 4:30

Cost: \$1,020 (\$900 if registered by Jun 20, 2016) **A non-refundable deposit of \$35 is due with your registration. The balance is due by August 17, 2016.**

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 **Aug 20 - 26, 2016 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: \$1,020 (\$900 if registered by Jun 20, 2016)

Name _____

Street _____ City _____ State _____ Zip _____

Phone _____ Email _____

Enclosed is a non-refundable deposit of \$35. **(The balance is due by August 17, 2016.)**

☐ 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 _____

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 _____