



A Body-Mind Centering® Approach to **EMBODIED VINYASA**

Thru Cellular Consciousness, Breathing & Movement

BONNIE BAINBRIDGE COHEN

December 17 & 18, 2016

This 2 day workshop is an invitation to explore the subtle layers of how our amazing body moves and discover the richness and depth of the practice of embodied vinyasa yoga. We will tune in our senses and slide below our skin, dive into our inner and outer environment, turn everything **INSIDE OUT** and then let our bones, tissues, blood and organs inform our vinyasa movement.

Somatic inquiry guided by curiosity and acceptance awakens a greater consciousness and provides a deeper understanding of underlying movement patterns of receptivity, organization, and expression. By expanding your efficiency and range of qualities this workshop will help you discover increased comfort and ease, and provide you with a greater repertoire of movement possibilities and creative vinyasa sequencing inventions.

- Look closely at inspiring anatomical landscapes in order to motivate kinesthetic somatic explorations of embodied awareness within vinyasa flow.
- Through mutual resonance, discover the primary tissues through which we express our vinyasa practice.
- Consciously inhabit those tissues which are usually in shadow so that the supporting tissues can be given voice bringing our vinyasa practice into wholeness, greater ease and fullness.

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 with the body and consciousness. We especially invite movers, dancers, yoga practitioners/teachers and others who want to gain greater embodiment of the relationship of movement and consciousness for their practice and own personal growth.

Bonnie Bainbridge Cohen is the developer of Body-Mind Centering® and the founder and Educational Director of the School. For over fifty years, she has been a movement artist, researcher, educator and therapist. An innovator and leader, her work has influenced the fields of bodywork, movement, dance, yoga, body psychotherapy, childhood education and many other body-mind disciplines.

She is the author of the books, Sensing, Feeling and Action and The Mechanics of Vocal Expression and currently has ten DVDs: The Organ System, The Nervous System, The Fluid System, The Endocrine System, The Ligamentous System, three on the Skeletal System (The Lower Limbs, The Upper Limbs, and The Axial Skeleton), Embodiment and Expression for Musicians and Singers, and Four Special Children. She is also featured in the following DVDs: Dance and Body-Mind Centering, and The Origins of Movement: The Embodiment of Early Embryological Development. She is currently working on a number of other books and DVDs.

Bonnie is a Registered Occupational Therapist and a Registered Movement Therapist. She is also certified in Neurodevelopmental Therapy, Laban Movement Analysis, and Kestenberg Movement Profiling. She has practiced occupational therapy and taught in university hospitals, helped to establish a school for occupational and physical therapy for the Tokyo government, practiced bodywork and movement in psychiatric settings, taught in the masters program in Dance Therapy at Antioch New England College, taught dance at Hunter College and at the Erick Hawkins School of Dance in New York, and presented workshops throughout the U.S., Canada, Europe and Asia.

