



Embodying the Nervous System in Movement & Consciousness

A Body-Mind Centering® Workshop

BONNIE BAINBRIDGE COHEN

December 13 & 14

10:00am - 12:30pm and 2:00pm - 4:30pm

Experience first occurs on the cellular level. The nervous system is the recording system of the body. It records our experiences and organizes them into patterns. It can then recall the experience and modify it by integrating it with patterns of other previous experiences. The nervous system is the last to know, but, once knowing, it becomes a major control center of psychophysical processes. It can initiate the learning of new experience through creativity and play. The nervous system underlies alertness, thought, and precision of coordination and establishes the perceptual base from which we view and interact with our internal and external worlds.

In this workshop we will explore how embodying different aspects of our nervous system can bring us a sense of greater ease, concentration and organization. This felt understanding can inform our asana and movement practices and create subtle changes in consciousness. Material will be drawn from:

- Sensory/motor; central/peripheral; autonomic/somatic; enteric nervous system.
- Softening, releasing, energizing, containing and balancing of the nervous system.
- Autonomic rhythm and balance.
- Establishing the spinal axis in relationship to the central and peripheral nerves in any asana.

Material will be presented through a Body-Mind Centering® approach and will include movement exploration, touch, lecture, demonstration and discussion. This workshop is recommended for yoga practitioners, dancers, somatic educators and therapists, athletes, bodyworkers, infant and childhood teachers and others interested in expanding their experience and understanding of the developmental foundations of movement.

No prior experience with Body-Mind Centering is necessary. You should have some experience with yoga, movement, bodywork, consciousness practice or other psychophysical discipline. Come with curiosity and a sense of inquiry about movement, the body and the mind.

Bonnie Bainbridge Cohen is a movement artist, researcher, educator, therapist and developer of the Body-Mind Centering® (BMCTM) approach to movement and consciousness. BMCTM 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

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\$300 by Oct 28 / \$350 After