



Body-Mind CENTERING™

An Embodied Approach to Movement, Body and Consciousness

# Yoga and Developmental Movement

with

**Bonnie Bainbridge Cohen**

February 28 - March 1, 2015 • Portland, Oregon



## **Developmental Movement**

At birth we emerge from the tightly contained fluid environment of the womb into the expanded world of space, air and dynamic continually changing relationships. During our first year after birth, in the context of our nature, family and culture, we gradually develop movement skills to meet the challenges presented by gravity and space.

From birth to 3 months, we learn basic internal movement skills for survival in this new realm of existence. These include breathing, circulation, feeding and elimination. Externally we learn bonding, communication and midline organization around our central axis.

From 4 to 6 months, we learn to raise our body upward while still lying on our belly, back and sides and begin the transition toward lifting our torso away from the supporting surface.

From 7 to 9 months, we learn to locomote horizontally across the supporting surface by crawling on the belly and creeping on the hands and knees. We also rise vertically to sitting and kneeling and begin to climb and pull ourselves to standing.

From 10 to 12 months, we continue to climb and walk while holding on to furniture and people, transitioning between all postures until we attain independent standing and walking.

## **This Workshop**

In this workshop we will explore the sequencing of this developmental progression from the newborn lying horizontally upon the surface of the earth to toddler independently walking vertically upon the earth. These developmental sequences create an integrated foundation for asana practice, dance and other movement forms. They can also be approached in a therapeutic context to discover the patterns underlying structural and developmental challenges.

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.



## Bonnie Bainbridge Cohen

Bonnie Bainbridge Cohen is a movement artist, researcher, educator, therapist and developer of the Body-Mind Centering® (BMC™) approach to movement and consciousness. BMC™ 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](http://www.bodymindcentering.com).

**Location:** Yoga Shala of Portland, 3808 North Williams Ave., Portland, OR

**Dates and times:** February 28 - March 1, 2015 10:00 - 12:30 and 2:00 - 4:30

**Cost:** \$340 (\$300 if registered by Dec 28, 2014) **A non-refundable deposit of \$35 is due with your registration. The balance is due by February 21, 2015.**

To register or for more information about this workshop and the Body-Mind Centering® approach, please contact: [www.bodymindcentering.com](http://www.bodymindcentering.com); [info@bodymindcentering.com](mailto:info@bodymindcentering.com). Tel. 510-243-1500. Bonnie Bainbridge Cohen Seminars, PO Box 21391, El Sobrante CA 94820.

© 2014 Bonnie Bainbridge Cohen. Body-Mind Centering® is a registered service mark of Bonnie Bainbridge Cohen. Photo credits Michael Ridge/Somagraphics; Leonard Cohen



To register for the **Feb. 28 - Mar 1, 2015 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: \$340 (\$300 if registered by Dec 28, 2014)

Name \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Enclosed is a non-refundable deposit of \$35. **(The balance is due by February 21, 2015.)**

☐ 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 \_\_\_\_\_

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 videoed or photographed and agree to sign a video/photo release before participating in the workshop.

Signature \_\_\_\_\_ Date \_\_\_\_\_