



**The Somatic Visionaries Series at
The University of California, Santa Barbara**
presents:

Body-Mind Centering®
with **Bonnie Bainbridge Cohen and Alison Zuber**

The guests of the Somatic Visionary series are pioneers whose techniques unify the body/mind, offering evolutionary models of embodiment, relationship, and humanity. Their work has profound resonance with healers, artists, scientists, and individuals interested in expanding their awareness.

Please join us.

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Moving Home with Alison Zuber

We are formed, our very structure and function organized, with self-assessing and self-correcting mechanisms which allow us to realign with our originally intended state of balance.



Our breath...

Our movement...

Our tone...

When uninhibited by our habits, these functions are our most powerful ways to self-regulate.

How do we return to our fullest possibility?

Through touch, movement, sound, and body-based guided imagery, we will explore our own capacity to return, to integrate and to ultimately find ourselves Moving Home.

Alison Zuber's exploration of the therapeutic and spiritual aspects of touch and movement began in 1977 in response to a need in her community and a deep calling to explore our innate capacity for health and healing. Her early training includes western allopathic and holistic health, therapeutic bodywork, Gestalt and family systems work, conflict resolution, and theatre arts. She is a Senior Practitioner and Advanced Instructor of Ortho-Bionomy®, a practitioner and instructor of Body-Mind Centering™, an Infant Developmental Movement Educator, a Nationally Certified Therapeutic Bodyworker, a Registered Somatic Movement Therapist, and an IDME registered Spiritual Director. Alison maintains a private practice in Santa Barbara, California where the primary focus of her work is facilitating developmental, cognitive and movement integration for infants, children and adults.

Date: Saturday October 25th, 2014

Time: 9:30AM-5PM

Location: HSSB Ballet Studio Theater, University of California, Santa Barbara

Cost: Sliding Scale \$70-125

A Body-Mind Centering® Approach to Embodying the Endocrine Glands with Bonnie Bainbridge Cohen



Date: Saturday February 21st, 2015

Time: 10AM-4:30PM (Lunch 12:30-2:00)

Location: HSSB Ballet Studio Theater, University of California, SB

Cost: Sliding Scale \$70-125

The endocrine glands are the bridge between the organs and the nervous system. They create crystalline psychophysical states through which we are able to experience and understand the universal aspect of mind and self. This is the system of internal stillness, surges or explosions of chaos/balance and the crystallization of energy into archetypal experiences. The endocrine glands underlie intuition and the perceiving and understanding of the Universal Mind. In this workshop we will explore the role of the glands in skeletal alignment, their relationship to the energy centers along the spine (chakras), breathing and vocal toning. We will embody them through specific movement and vocal exercises, hands-on partnering and moving and sounding improvisations.

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.

Online Registration opens September 2014 at www.ritualandresearch.org

To reserve a space or ask questions please contact: David@ritualandresearch.org

For more information on Body-Mind Centering visit www.bodymindcentering.com