

Embodying Form and Flow

A Body-Mind Centering[®] Approach
to Movement, Consciousness and Well-Being

with

Bonnie Bainbridge Cohen

July 28 – 29, 2012 • New York City

This seminar will cover the evolving of form and flow through a multi-body-systems and developmental perspective. It is one in a series of Movement, Consciousness and Well-Being seminars being offered by Bonnie Bainbridge Cohen on finding the ease in being ourselves.



Form and Flow

Many of us carry a deep and fundamental underlying layer of tension or discomfort. This unease expresses itself in our bodies, our minds, our movement, our relationships, and our creativity. Two fundamental aspects of this unease grow out of the relationship between our sense of form and our sense of flow. One arises from our attempt to hold onto form, to continually create and manipulate the form of who we are. The other arises from a continuous, ongoing flow without the stability of an underlying sense of form.

Our form or structure is more than our external shape. It is our body and mind and all the many aspects that we think of as being 'me'. We hold our form through intellectual concepts, emotional patterns, physical compensations and physiological imbalances. All of these become interwoven into global patterns.

Flow manifests as fluid motion spiraling through the body, connecting each cell to all other cells. It is the fluid field in which the cells breathe and move.

Well-being is a deep sense of ease, comfort and inner restfulness. It comes when we let go of manipulating ourselves and rest in the essential form of who we are. It comes when we balance the liquidity of our free flowing movement with a deep sense of form.

This workshop will draw from three experiential and embodied perspectives:

- An exploration of the embryological development of the body systems. In tracing and experiencing our embryological history, we enter the process of the creation of the systems. It is in this process that we find openness to transformation and an expanded range of creative possibilities and choice making.

- An exploration of the function of each system in the development of movement during the first year after birth. The initiation and sequencing of developmental movement patterns provides the ground for optimal functioning, ease, flexibility, strength and coordination.
- An exploration of the alignment, patterning and expression of our systems, tissues and cells as they manifest in our present movement, consciousness, and sense of well-being.

In exploring ease or well-being through the body systems and developmental movement, we are weaving the fabric of our global patterns, where form and flow, internal and external, structure and process, emotion and cognition, spirit and flesh, and movement and stillness intertwine and dance. And here in this dance is where we find the ease of being who we are.

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



Bonnie Bainbridge Cohen

Bonnie Bainbridge Cohen's work with movement, touch and the body-mind relationship has influenced the fields of dance, yoga, bodywork, psychotherapy and many other body-mind disciplines. She is the founder of the School for Body-Mind Centering[®], the author of the book Sensing, Feeling and Action and currently has five DVDs in her Embodied Anatomy series: The Nervous System, The Lower Limbs, The Upper Limbs, The Axial Skeleton and The Organ System, and is currently working on other books and videos.

Location: Reflections Yoga, 250 W 49th St (bet 8th Ave & Broadway), 2nd Fl, New York City

Dates and Times: July 28 - 29, 2012 Sat & Sun 9:30 - 12:30 & 2:00 - 4:30

Cost: \$340 (\$300 if registered by May 28, 2012) A deposit is due with your registration. The balance is due by July 25.

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

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*To register for the **July 28–29, 2012 New York City workshop**, send this completed form with a non-refundable \$35 deposit to:*
Bonnie Bainbridge Cohen • PO Box 21391 • El Sobrante • CA 94820. Cost: \$340 (\$300 if registered by May 28,, 2012)

Name _____
Street _____ City _____ State _____ Zip _____
Phone _____ Email _____

Enclosed is a non-refundable deposit of \$35. **(The balance is due by July 25.)**

Check/money order (payable to **Bonnie Bainbridge Cohen**) Charge my credit card \$ _____
 Visa MasterCard Card number _____ Exp Date _____
Name and address on your credit card statement, if different from above _____
