**6th Annual**

**Body-Mind Centering® Festival**

**Albany, NY**

**November 9 & 10, 2019**

***Center for Nia & Yoga, 1720 Central Ave, Colonie, NY, 12205***



**Featuring Certified Body-Mind Centering PRESENTERS:**

**Nicole Bindler, Michele Feldheim, Wendy Hambidge, Sylvia Maes, Mariko Tanabe, Julie Teetsov, Elissa Weinzimmer**

**The BMC Festival commences at 10:30am on Saturday, 11/9 and concludes Sunday, 11/10 at 4:00pm. No programs on Saturday night. The following, economical hotels are walking Distance from the Festival:**

***Howard Johnson, 1614 Central Avenue, Colonie, NY***

***Days Inn, 1606 Central Avenue, Colonie, NY***

***Econo Lodge 1630 Central Avenue, Colonie, NY***

**The Festival studio shares a parking lot with a large grocery store and is close to restaurants.**

***Registration Fees:***

**$175 full weekend $125 one day $50 one workshop**

***Discount if Registered by 10/31/19*: *$150 full weekend $100 one day $40 one workshop***

**A PORTION OF THE PROCEEDS WILL BENEFIT THE BODY-MIND CENTERING ASSOCIATION**

***To Register, Send contact information, payment (check payee: Toni Smith), day/s or workshops you will attend to Toni Smith, 11 Locust Avenue, Troy, NY, 12180***

**Questions? Toni Smith, 518-629-0034,** [**tsmith818@nycap.rr.com**](mailto:tsmith818@nycap.rr.com) **updates:** [**www.tonismithdance.com**](http://www.tonismithdance.com)

**BMC FESTIVAL SCHEDULE**

**Saturday November 9**

**10:30 am – noon *Mariko Tanabe***: *Finding Flow: An Exploration of the Fascial and Ligamentous System*

The connective fascial network weaves together the muscles, organs, circulatory system and skin to create a dynamic interconnectivity and tensegrity throughout the human body. In this workshop participants will journey from the cell through the embryological creation of the connective tissue network and explore how it is a key to

greater ease, freedom and balance through their structure and movement.

**1:00 – 2:30 pm *Michele Feldheim***: *Body- Mind Centering supports for Spiritual Practice (non- denominational)*

This workshop will offer different supports and practices that one can use for practicing meditation praying and other kinds of spiritual practices that are somewhat common in the different religions and practices out there. Participants will explore how body tone /core strength/being in the fluids and different types of breathing support our meditation practices and how the autonomic nervous system supports all the different types of sitting practices in a general way. There will be a before and after simple sitting mediation so that we can feel in the present moment how bringing our bodies into it makes all the difference.

**2:45 – 4:15 pm *Nicole Bindler***: *Matching Tone/Matching Power*

This workshop will explore the idea of tone in contact improvisation (CI) dances, using CI skills and Body-Mind Centering® (BMC®) practices. BMC refers to a person’s tone as a way of describing an overall state of activity vs. rest or tension vs. release. Tone can vary from one part of the body to another, and many people who occupy a single space can embody distinct and diverse expressions of tone. CI and BMC experiment with matching other people’s tone, or going under or over their tone to explore the various ways of meeting. When we look at these principles through an embodied lens, we find a wealth of knowledge and material to use in our CI practice toward more dynamic, juicy, relational dances. When we look at these principles through a social lens, we find opportunities to explore power dynamics, and any biases we might have toward certain kinds of tone. Through a broadening of our capacity to modulate our tone, we can find avenues toward more creativity, agency, freedom, and safety in our dances.

**4:30 – 6:00 pm *Julie Teetsov***:*Explore Your Attachment Style Using Movement and Social Engagement Practices*

Participants will review the basis of what psychologists call “secure" attachment and the three categories of insecure attachment: ambivalent, avoidant and disorganized.  This workshop involves individual exploration as well as the option to participate in group, dyads and triads exercises.  The workshop will use visualization, somatization and embodiment to explore how trauma can change our attachment anatomy and physiology.  In a safe and titrated manner, this workshop aims to provide experiences of relationshiop to ourselves and others based on past experiences of bonding with our primary care-givers and how to re-enforce our wiring for secure attachment.

**Sunday, 11/10**

**10:00 – 11:30 am *Sylvia Maes***: *Breath, Intent, Energy, Mitochondria*

This workshop will be a BMC exploration through movement and sub cellular anatomy to develop awareness into what powers our bodies. Through a concise anatomical exploration, with Chi Gung inspired exercises and Authentic Movement, the power and possibilities of cellular energy will enfold.

**12:30 – 2:00 pm *Elissa Weinzimmer***:*Vibration in the Body, Expressed through the Voice*

In this workshop with Elissa Weinzimmer, we'll explore vibration as it is experienced in sensation and released through sound. What qualities of engagement allow vibration to travel through the tissues with ease? What qualities of engagement inhibit the freedom of vibration? How can we free the flow of our voice through our body and into space? Exploration will be through somatization, movement, touch, and song.

**2:15 – 3:45 pm *Wendy Hambidge***:*Seeing and Being Seen: Body-Mind Centering® and “Race”*

Can the experiential anatomy of Body-Mind Centering help us dismantle the mirage of race?  This workshop will engage with this question through developing and refining the support of our bones, blood and skin as participants see and are seen. This is a step in a project of gathering primary research in the application of BMC in engaging in social justice work.

***Meet Our Body-Mind Centering Presenters****:*

[**Nicole Bindler**](https://www.nicolebindler.com/)'s performance work and teaching have been presented at festivals and intensives throughout the U.S., Canada, Argentina, Europe, and in Tokyo, Beirut, Bethlehem, Mexico City, and Quito. Her dances have been supported by the Pew Center for Arts and Heritage, Leeway Foundation, Puffin Foundation, Foundation for Contemporary Arts, Pennsylvania Council on the Arts, and the Ellen Forman Memorial Award. She has been on faculty at Temple University, University of the Arts, and the University of Pennsylvania, and has guest lectured at Drexel University, University of Wisconsin, Milwaukee, University of Minnesota, Minneapolis, Hameline University, Arizona State University, Tempe, University of Texas, Austin, Goldsmith’s University, St Mary’s College of Maryland, Moore College of Art and Design, and Ursinus College. Her writing on dance and somatics has been published in Critical Correspondence, Contact Quarterly, Emergency Index by Ugly Duckling Presse, Jewish Currents, BMC® Currents, Curate This, Journal of Dance & Somatic Practices, Somatics Toolkit, and thINKingDANCE.

**Michele Feldheim** is a Body- Mind Centering Practitioner and Teacher who has been combining this work directly to spiritual work for a number of years. She will be teaching in a day long workshop on this material at Nalandabodhi Conn. Nov 16 in Simsbury Conn. Michele has a body work and movement practice in Northampton Ma currently at Studio Helix. For the past 4 years Michele has been working with people of disability helping them to find supports within their body- mind and in their life to support their continued increased health. She also teaches a week class combing Pilates BMC and breath work. Michele specializes in the psycho-physical aspect of the BMC material where the body and mind meet and specifically working with balancing the Central and Autonomic Nervous Systems.

**Wendy Hambidge** is a BMC Practitioner, Teacher and IDME. She is the past Board Chair and President of BMCA and teaches in her hometown of Portland, OR as well as on several certification programs. Her current passion is social justice and BMC, growing her capacity to be an anti-racist, a humanist.

**Sylvia Maes**, a BMC Practitioner 1994, has been studying Body-Mind Centering since she was a young adult. 33 years and numerous classes, assisting and hands-on sessions in her cellular experience - she is now needing to share this knowledge with the greater BMC community. BMC is her primary healing modality.

**Mariko Tanabe** (RSME/T) is the founder and director of the Body-Mind Centering® Licensed Training Program in Montreal. and a teacher in the Somatic Movement Graduate Program at the Université de Montréal à Québec. She has created and performed her choreographic works internationally for the past twenty-five years and has collaborated with Toronto Dance Theatre, Steptext dance project (Germany), Fabrication Danse, Montréal Danse and Benoit Lachambre. For twelve years she worked with the Erick Hawkins Dance Co. in NYC as a principal dancer, teacher and rehearsal director, and is a Certified Teacher, Infant Developmental Movement Educator and Practitioner of BMC®.

**Julie Teetsov**, Ph.D, CST, SEP, teaches movement classes and works one-on-one as a body therapist in private practice and with an NGO providing mental health services to refugees and asylum seekers healing from trauma and stress-related illnesses such as chronic pain, chronic fatigue, depression and anxiety. She is a certified Somatic Experiencing Practitioner (SEP), Teaching Assistant and Case Consult provider for Peter Levine's Trauma Healing Institute, and a certified Craniosacral Therapist and teaching assistant with the Upledger Institute.  Julie is passionate about creating environments where people can experience greater safety to explore their relationship with themselves and the world around them.

**Elissa Weinzimmer** is a voice and presence coach and the founder of Voice Body Connection. Through coaching and online courses, she works with speakers and singers to help them access optimal vocal health, share a confident message, and connect deeply through the instrument of the voice. She lives in New York City and hosts a weekly podcast called "How To Speak Your Truth."