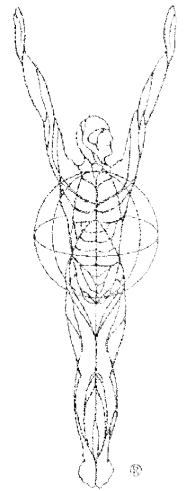


The Association for Hanna Somatic Education<sup>®</sup>, Inc. Presents:

# 2011 AHSE Convention

Thursday, April 21st - Sunday, April 24th

Institute of Noetic Sciences, 101 San Antonio Road, Petaluma



## PRE-CONVENTION DAY WORKSHOP 9 am - 4:30 pm (open to the public)

This day-long intensive, presented by AHSE<sup>®</sup>, is for bodyworkers, doctors, dancers, somatic therapists and others interested in the body, healing, and change. It is part of the 2011 AHSE Convention. **Continuing Education Units available.**

### Thursday, April 21st



#### PEGGY HACKNEY

##### *The Essence of Laban Movement Analysis and Bartenieff Fundamentals*

In this workshop, you will seek ease and internal body connection as you explore a progression of basic neurological patterns that all humans traverse in early development. These "Patterns of Total Body Connectivity" stress Breath Support and Core-Support for all functional and expressive movement, and spinal Head-Tail support for all movement in the Vertical, Sagittal, and Horizontal planes. Later patterns stress Weight-Shift, and activation of the global proximal joints in full 3-D spatial usage for dynamic expression in the world. Function and Expression are in a lively interplay! One does not pattern one in absence of the other.

**Peggy Hackney** holds a B.A. in Psychology from Duke University, an M.F.A. in Dance from Sarah Lawrence College, and is a Certified Laban/Bartenieff Movement Analyst, a Registered Somatic Movement Therapist (ISMETA), and has a Certificate in Creative Systems Theory and Integral Leadership from The Institute for Creative Development in Seattle, WA. Peggy studied with and assisted Irmgard Bartenieff for 15 years, and has been in the Laban work for 48 years. Currently, Peggy teaches "Somatics for Performers" and approaches to choreography for UC Berkeley. She teaches the Laban/Bartenieff work in Rome, NYC, Sydney, and Rotterdam with dancers/actors, Yoga/Pilates teachers, and Dance Movement Therapists. Peggy's book, *Making Connections: Total Body Integration through Bartenieff Fundamentals*, is in its third printing, published by Routledge, 2003 (ISBN# 90-5699-7064—to order, call 800-634-7064 or order from Amazon.com.)

**\$155 per workshop (includes lunch)**

To REGISTER: Mail *Check or Money Order*  
(payable to 'AHSE') to: PO Box 2484, Napa, CA 94558  
To pay by *Credit Card* fill in the information below.

**Overnight accommodations and extra meals** available for additional fee. Call Susan Koenig at 510-848-4129.

Name: \_\_\_\_\_

Phone #: (\_\_\_\_\_) \_\_\_\_\_

Card #: \_\_\_\_\_

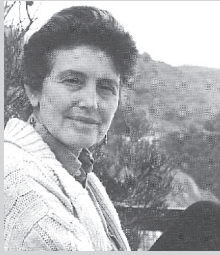
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(use *one form* per participant)

## AHSE CONVENTION: *Friday, April 22nd through Sunday, April 24th*

### *Friday, April 22nd*



**ELEANOR CRISWELL HANNA, Ed.D**

### ***Corollary Discharge and Other Neurophysiological Updates***

Eleanor published a monograph called *Corollary Discharge, the Forgotten Link* by Yochanan Rywerant in 2008. In this presentation, Eleanor will explain “corollary discharge” and its related term “efference copy.” It has to do with a neural mechanism that is so important for our effective movements. Vernon Brooks also makes reference to it in his book, *The Neural Basis of Motor Control*. Let the puzzle be unraveled! Feel free to come with other neurophysiological questions as well.

**Eleanor Criswell Hanna, Ed.D.**, cofounded the Novato Institute for Somatic Research and Training with Thomas Hanna in 1975 which she continues to run along with the *Somatics* magazine and newsletter; she has written books, sponsors the Hanna Somatic Professional Training Program and the Equine Somatic Training Program; conducts research; and produces video and audio DVDs and CDs. Please visit her website: [www.somaticsed.com](http://www.somaticsed.com).



**HSE TEACHING TEAM**

### ***Recalibration of LESSON ONE***

**Deepen your understanding of this important lesson, including innovative enhancements. *Come prepared to practice!***

### *Saturday, April 23rd (open to the public)*



**LAURA M. GATES**

### ***Scoliosis: Journey with Myself and Clients***

During my 15 year career as a professional dancer and dance teacher, I was plagued with constant chronic pain in my thoracic spine, and more than occasional crisis to one part of my spine or another, due to scoliosis. Scoliosis can be a complicated and stubborn puzzle to solve. Even after muscle groups are re-patterned and bones change position, one must be quite diligent at reminding the brain of the changes on a regular basis. The nervous

system tends to revert to an old familiar pattern of imbalance in response to trauma, or lack of use of the body.

In this workshop I offer you these effective self-care methods I have collected, adapted, and developed for improving scoliosis. I use them on a constant basis for maintaining my own postural improvements and physical comfort, and with my clients and students. The sources of inspiration are the work of neuromuscular pioneer, Thomas Hanna, PhD, the movement research of master arthro-kinematics teacher, Irene Dowd, and my background in dance and movement education. You will find these ideas useful not only for scoliosis, but for chronic pain relief and mobilization for any part of the torso.

**Laura M. Gates** was trained and certified by Somatic Systems Institute (MA) in Clinical Somatic Education, and certified in Hanna Somatic Education by Novato Institute (CA.) She brings over 30 years experience as a professional dancer and movement educator to her work, has studied deep tissue body work with Tyr Throne, and anatomy and arthro-kinematics with master teacher, Irene Dowd. She is a somatic movement teacher and practitioner in NYC, as well as nationally and internationally. <http://www.fullmovementpotential.com>.



**SONJA RIKET**

***The RRR's: Primitive Reflexes, Righting Reactions and Equilibrium Responses***

"The Alphabet of Movement: primitive reflexes, righting reactions and equilibrium responses are a continuum of automatic patterns of movement that underlies our volitional movement. These patterns develop in response to the interaction between our internal state of being and gravity, other people and space". From "Sensing, Feeling and Action" by Bonnie Bainbridge Cohen.

In this workshop we will explore in an experiential way the Body-Mind Centering® approach to these early patterns of movement and how they underlie the Basic Neurological Movement Patterns as developed by Bonnie Bainbridge Cohen.

**Sonja Riket** is a Registered Somatic Movement Therapist®, Certified Body-Mind Centering® and Feldenkrais® Teacher. Her passion for dance and music began at age four and blossomed into a professional dance career spanning 30 years and four continents. For two decades she has been practicing and teaching somatic methods for dancers, musicians and general public of all ages and abilities. Sonja is the founder/director of the SF Somatic Wellness Program for low-income women and children at SF's Women's Building. As faculty member of the SF Community Music Center, she teaches Injury Prevention and Creative Expression for musicians. She co-founded Intimate Embrace Tango which explores somatically inspired Argentine Tango as a relational matrix of connection to ourselves, each other and our world.



**JOHN LOUPOS**

***An Introduction to Tai Chi:  
Hanna Somatics and Tai Chi - Sister Disciplines***

This Tai Chi event will allow you to enjoy a direct experiential introduction to the subtleties of Tai Chi as an active and deliberate mind/body endeavor. You will learn about Tai Chi, and you will actively embark on Tai Chi as a living philosophy that will complement and enhance your HSE work on an ongoing basis. Even if you have never experienced Tai Chi, be bold and experimental, with the joy and

challenge of a new mental and physical learning experience with a beginner's mind attitude. After all, isn't that what we ask our clients to do? If you are familiar with it, or a student of Tai Chi, come and enjoy John's approach, style, and explanations.

Tai Chi complements our HSE practice in several important regards. Like HSE, Tai Chi is a discipline that both requires and encourages the development of neuromuscular intelligence and proprioceptive literacy at a subtle level. Tai Chi confers benefits on other bodily systems as well, e.g. the skeletal system, the energetic system, the vestibular system, the lymphatic system, and the immune system.

**John Loupos**, Certified Hanna Somatic Educator, has been teaching Tai Chi (Tai Chi Chuan-Taijiquan) for over 35 years. Tom Hanna thought highly of Tai Chi, even making pointed reference to its benefits in his archived lectures. [www.jfkungfu.com](http://www.jfkungfu.com), and [www.painandmobility.com](http://www.painandmobility.com)

Sunday, April 24th (open to the public)



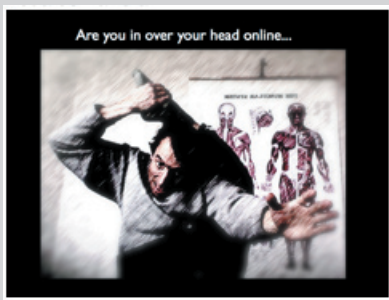
**BERNARD LANGAN**

***Anatomy of Change:  
Skillful Body Mechanics for Outstanding Clinical Results***

This interactive “hands on” presentation will teach a subtle, powerful, and sophisticated approach to body mechanics and movement assessment. These skills will allow you to access the most mechanically efficient series of levers within your own and your client’s musculoskeletal system. Muscular response and awareness in the assisted pandiculations will improve, as this access will enhance your ability to work gracefully and naturally from your own somatic center. Simply by attuning your attention to specific bony points

and skeletal landmarks, you will experience a difference in the effectiveness and ease of your work. Through partner work, you will understand how these new handling skills will allow your clients to more clearly perceive the somatic cues indicated through your touch. Clients with significant challenges around feeling their body, have reported achieving and maintaining exceptional improvements in balance, postural and spatial awareness after being taught this material in the context of the Somatics Exercises. You can expect outstanding results in your work. For more information: [www.stillnessinmotion.com](http://www.stillnessinmotion.com).

**Bernard Langan**, Certified Hanna Somatic Educator, has studied martial and restorative arts intensively for over 27 years and is an internationally respected instructor and practitioner of Ba Gua, Hsing-I, Chen Pan-ling and Wu style Tai Chi, I Liq Chuan, Pentjak Silat, Eskrima, Taoist Nei Gung and Chi Gung. He is a specialist in the fields of Bodywork, Movement Education and Biomechanics. He has done extensive cross-discipline research in martial, meditative, healing and movement systems; having trained and certified in 8 different Healing Modalities as well being a Lineage Holder in Chinese, Indonesian and Filipino Martial Arts. Bernard can clearly articulate the unique synthesis of his knowledge and impart a high level of skill to his students. He has a thriving full time clinical practice and teaching studio in the San Francisco Bay Area.



**ED BARRERA**

***Internet Marketing for Smart Beginners***

If you don't yet have a website, in a matter of minutes you'll be online with your own website, free of charge. If you already have a website, why not add one more to the mix and increase your exposure.

*Here's what you'll learn:* How to put up a website in minutes; Setting up a hosting account; Getting a domain name; The look and feel of your website.

Other areas of discussion: What's a website...What's a blog? What's your website about? Services or Creating Leads; Have a Landing page; Autoresponders - Don't live on the internet without one; Getting links; SEO; Social Media.

Now we're ready for Marketing: USP/Avatar; Defining your market; Demographics; Psychographics; Selling your services/products.

**Ed Barrera**, Certified Hanna Somatic Educator®; Muscle Balance and Function Development Trainer, MBF®; Resistance Training Specialist, RTS; Owner of Gravity Werks; Speciality: chronic pain and stiffness; owner of 6 websites and online 4 years; member Biznik Seattle; 2009, 2010 U. S. Veteran's National Soccer Championships; full time pandiculator and pandiculator provocateur...former fibromyalgia-er.

# 2011 AHSE Convention Schedule

## **Thursday April 21st (Pre-Convention Day - Open to the Public)**

7:30 - 8:00 am	Check-In
8:00 - 8:45 am	Breakfast
9:00 am - 12:00 pm	Peggy Hackney: Laban Analysis & Bartenieff Fundamentals
12:15 - 1:30 pm	Lunch
1:30 - 4:30 pm	Peggy Hackney: Laban Analysis & Bartenieff Fundamentals - continued
4:30 - 4:45 pm	Break
4:45 - 5:45 pm	Community Discussion (optional)
6:00 - 7:30 pm	Dinner
7:30 - 9 pm	Open Time

## **Friday, April 22nd**

8:00 - 8:45 am	Breakfast
9:00 - 9:10 am	Select Tellers Committee
9:10 - 10:20 am	Group Sharing
10:20 - 10:30 am	Break
10:30 am - 12:30 pm	Eleanor Criswell Hanna: Corollary Discharge
12:45 - 2:00 pm	Lunch
2:00 - 3:30 pm	Teaching Team: Lesson 1: Recalibrations & Enhancements
3:30 - 3:45 pm	Break
3:45 - 5:45 pm	Practice with Partners
6:00 - 7:30 pm	Dinner
7:30 - 9:30 pm	Annual Business Meeting

## **Saturday, April 23rd (Day Open to the Public)**

8:00 - 8:45 am	Breakfast
9:00 am - 12 noon	Laura Gates: Scoliosis: Journey with Myself & Clients
12:15 - 1:45 pm	Lunch
1:45 - 2:45 pm	Hanna Somatic Movement: Six Points of Reference
2:45 - 3 pm	Break
3:00 - 6:00 pm	Sonja Riket: Primitive Reflexes, Righting Reactions & Equilibrium Responses
6:00 - 7:30 pm	Dinner
7:45 - 10:00 pm	John Loupos: Tai Chi

## **Sunday, April 24th**

8:00 - 8:45 am	Breakfast
9:00 am - 12:00 pm	Bernie Langan: Anatomy of Change: Skillful Body Mechanics
12:15 - 1:30 pm	Lunch & Pack-up
1:45 - 4:45 pm	Ed Barrera: Internet Marketing
4:45 - 5:00 pm	Closing Circle