

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

# 2010 AHSE Convention

Thursday, April 8th - Sunday, April 11th

Institute of Noetic Sciences

101 San Antonio Road, Petaluma

## PRE-CONVENTION DAY *(open to the public)*

A day-long intensive for bodyworkers, doctors, dancers, somatic therapists and others. **Continuing Education Units available.**

### Thursday, April 8th



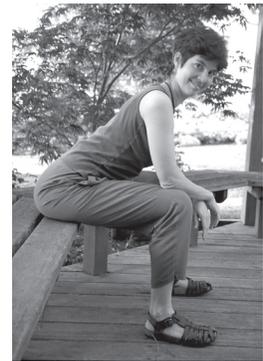
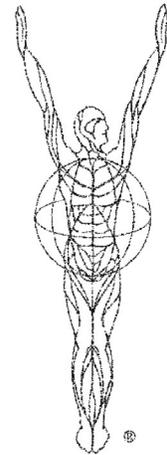
#### ESTHER GOKALE

#### *The Gokale Method: An Anthropologically-based Posture and Movement Approach to Back Pain*

**Gokhale™ (go-clay) Method** uses intellectual, visual and kinesthetic channels to help people improve their structure and movement patterns. Known for its efficiency and effectiveness, the Gokhale Method creates common ground and a shared language between conservative and

alternative health practitioners. With its focus on education and empowerment of people, it is sensitive to the necessary balance between healing input from a practitioner/teacher with self care. This exciting day-long workshop will cover:

- The basis for Gokhale Method: an exploration of posture and movement in young children and traditional cultures, past and present.
- Gokhale Method Foundations techniques: stretch-sitting, stretch-lying, stack-sitting, inner corset, tall-standing, hip-hinging, glide-walking.
- Practicum on Stretch-sitting or "How to use sitting to help you rather than hurt you" or "Sit your way to a healthier back."
- Stretch-sitting instruction – working in pairs on hands-on guidance, modification of chairs, cautions.
- Glide-walking: Exploration of the importance of gluteus medius involvement in walking. Ways to strengthen gluteus medius. Checking for gluteus medius action in self and others.
- How to perform a posture evaluation – working in small groups to develop our eyes and recognition of healthy and unhealthy posture.
- How to apply healthy posture and movement principles to exercise, dance, yoga, other wellness and healing modalities.
- The status of Gokhale Method: research, teacher training, vision.



**Esther Gokhale (Go-clay)** is an acupuncturist, author and expert in pain-free living. She developed the Gokhale Method,<sup>SM</sup> a unique, systematic approach to help people find their bodies' way back to pain-free living. Gokhale majored in biochemistry at Harvard and Princeton and earned her degree in Chinese medicine from the SF College of Acupuncture and Oriental Medicine. Esther has practiced acupuncture and taught posture, dance and yoga in Palo Alto, Calif., for the past 20 years. Her book, *8 Steps to a Pain-Free Back* is the first in her series, *Remember When It Didn't Hurt*.

## AHSE CONVENTION: Friday, April 9th through Sunday, April 11th

### Friday, April 9th

#### HSE TEACHING TEAM

#### *Recalibration of LESSON THREE*

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

Friday, April 9th - cont'd



KATHERINE KERBER

***Optimal Decision Making Skills:  
The Latest Brain Research & Our  
Ability to Choose Effectively & Efficiently***

How can recent brain research help you become a better Hanna Somatic Educator? Learn how your brain makes decisions and when to trust and/or question them. The material in this workshop is based on findings from *How We Decide*, Jonah Lehrer, a science writer and former “lab worker” under Nobel Prize winning neuroscientist Eric Kandel. Lehrer currently edits the *Mind Matters* blog for Scientific American and writes his own blog, *The Frontal Cortex*.

*Workshop Highlights:*

- ***Does Your Mind Make Decisions “Without You”?***: Quarterbacks “in the pocket” don’t have time to think, they have to choose a target before understanding why.
- ***Dopamine – Prediction Neurons, How to Maximize Them:*** Dopamine neurons must be continually trained and re-trained or their predictive accuracy declines. Intelligent intuition is the result of deliberate practice.
- ***Choking on Thought:*** Too much thinking can cause the brain to second-guess skills that have been honed through years of practice. When the rational brain takes over, we ignore the wisdom of our feelings, and decision-making mistakes occur.
- ***How to Survive a Crisis When Seconds Count:*** Tap into amazing problem-solving abilities, but first you must beat back panic which narrows thinking.
- ***Self-delusion Feels Really Good:*** Research done during the run-up to the 2004 election showed that voters used reason to reinforce their already partisan beliefs rather than using it to analyze the facts.

Katherine Kerber is founder of San Jose-based Persensa. She is a full-time, Certified Hanna Somatic Educator, (Wave 9, Novato Institute). Prior to this, she trained her dopamine neurons for over twenty years to make better marketing decisions for technology companies.

Saturday, April 10th (open to the public)



MARY BOND

***Vertebral Segments:  
The Core of the Core***

Deep tension along the front of the spine can cause flexion inhibitions of individual vertebrae, even when neighboring vertebrae are in extension. In the cervical region, tensions “in front of the spine” involve the face and sensory organs. In the trunk such tensions may involve respiration, visceral function, emotional patterns and gravitational balance and support.

In this presentation you will experience the continuity between the intrinsic muscles of the feet and the deep muscles of the spine. We will discover ***the role of habit in spinal mechanics***, identifying and releasing habituated vertebral segments. The work will help you understand the role of spinal segmental mobility in:

- Normalization of breathing patterns
- Postural adaptability and balance
- Contra lateral gait
- Freedom of self-expression

Mary Bond is the author of *The New Rules of Posture: How to Sit, Stand and Move in the Modern World*, which is quickly becoming a must-read for anyone desiring better understanding of the effects of posture and movement on physical health and well-being. Mary has also written numerous magazine articles on bodywork and movement, and an earlier book, *Balancing Your Body*. A student of the human body since she put on dancing shoes at age six, Mary received an MA in Dance from the University of California at Los Angeles, and then studied directly with Ida P. Rolf, PhD, Founder of the Rolf Institute of Structural Integration. Currently Chair of the US Movement Faculty of the Rolf Institute, Mary has been a featured presenter at numerous Structural Integrators’ Conferences. She has a private practice in Los Angeles, and travels throughout the US conducting workshops tailored for dancers, bodyworkers, athletes and yoga practitioners. Her teaching emphasizes the practical sensory and movement awareness that contributes to sustainable improvements in mind and body functioning. Visit [www.marybond.net](http://www.marybond.net).



**BOGUSIA BADON, RPT, HSE**  
***Enhancement Techniques  
for Hanna Somatics  
Protocols***

A physical therapist for more than 25 years, Bogusia Badon will share exciting **somatic maneuvers, therapeutic**

**exercises and hands-on techniques** that will **complement and enhance your client work**, especially those with special challenges. This interactive lecture/demonstration will present invaluable practices to increase your knowledge base and skill in working with clients with impairments in alignment, movement patterns, and musculoskeletal dysfunction.

We have all encountered clients who are unable to tolerate certain HSE lessons because of their particular pain and bracing patterns. Bogusia's protocols have been specially designed to facilitate the natural muscle release associated with Hanna Somatics work. These enhancement techniques can be used before or after HSE lessons, and can help even very sensitive clients to be able to utilize HSE lessons. Bogusia's Hanna Somatics-based therapeutic exercises improve self-awareness and reinforce the fundamental teaching that the benefits of HSE are dependent on the client's own somatic education, rather than the practitioner's interventions. Come prepared to learn exciting new manual skills, communication skills and Hanna Somatic-based independent exercise that will augment and inspire your Hanna Somatics practice.

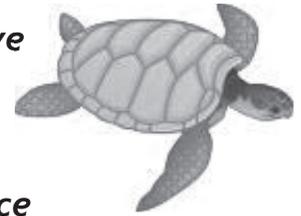
**We will:**

- Compare and contrast principles of Hanna Somatics with other common modalities used by physical therapists, exercise professionals and chiropractors.
- Review customization and application of Hanna Somatics protocols.
- Develop protocols for musculoskeletal disorders common in a rehabilitation setting, including neck, back, shoulder, hips, knee and ankle pain.
- Demonstrate manual skills including soft tissue and joint mobilization, as well as enhancement techniques for Hanna Somatics protocols.
- Demonstrate and teach therapeutic exercises with the use of small props such as foam rolls, Arc barrels, inflated balls, Yoga pillows and Theraband.

**Bogusia Badon** was born in Wroclaw, Poland. After moving to the United States, she received her license in physical therapy and founded Farmington Valley Physical Therapy, an outpatient rehabilitation center with clinics and Somatics Institute in Central Connecticut. Bogusia has over 25 years of experience treating clients in Europe and United States. She is skilled in many rehabilitation and exercise modalities, including Hanna Somatic Neuroeducation, Yoga and Pilates.

**LORNE FEDDERSON**

***Using Proprioceptive  
Deep Tendon  
Reflex (P-DTR)  
Recalibration to  
Improve and Enhance  
Somatic Stability and Competence***



In this interactive presentation, Lorne will share important and fascinating information about **proprioception and the nervous system**. Proprioception, or self sensing, begins at the myriad different receptors found through-out the Soma. These receptors detect pressure, vibration, tension, stretch, temperature and nociception (pain). Sensations transmitted in each receptor's axon to the interneurons will pool at the spinal level. They are then channeled to the appropriate ascending tracts and directed to different central nervous system areas. Here sensations are further processed, interpreted, enhanced or suppressed, and contextualized. If they reach the cortex, they become part of our conscious perception, where we can facilitate a positive change for our client. Metabolic factors, mood, memory, previous trauma, genetics and immediate context all shape the interpretation and responses to any given input. We will study the different responses in **muscle testing** outcomes and their interpretations as an assessment tool. We will discuss how this valuable information is pertinent to hands-on HSE clinical work.

**Lorne Fedderson** is a Certified Hanna Somatic Educator (from the 1995-97 training with a specialty in Applied Kinesiology). Over 30 years ago he went down the coast of Mexico to surf, and has lived there ever since. For the past 3 decades Lorne has used Applied Kinesiology and aspects of HSE in his private practice in Tecoman, Colima, Mexico, where he lives with his wife and 4 children. He is well known throughout the country as a "healer" par excellence, and sees as many as 30 clients a day! Legend has it he can transform into a large green sea turtle! Lorne is a graduate of the Boulder School of Massage Therapy, the Postural Integration training and the White-Walthers Applied Kinesiology programs. He has taught Applied Kinesiology at the University of Guadalajara, the University Autonoma of Guadalajara, and in Los Angeles. Lorne studied with Dr. Walter Schmitt and was a student in the Carrick Institute Chiropractic Neurology course.

# 2010 AHSE Convention Schedule

## **Thursday April 8th (Pre-Convention Day - Open to the Public)**

7:30 - 8:00 am	Check-In
8:00 - 8:45 am	Breakfast
9:00 am -12:15 pm	Esther Gokale: An Anthropologically-based Posture & Movement Approach to Back Pain
12:30 - 2:00 pm	Lunch
2:15 - 5:30 pm	Esther Gokale: continued
6:00 - 7:00 pm	Dinner
7:30 - 9 pm	Discussion or open time

## **Friday, April 9th**

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	Katherine Kerber: Optimal Decision Making & Brain Research
12:45 - 2:00 pm	Lunch
2:15 - 4:00 pm	Lesson 3: Recalibrations & Enhancements
4:00 - 4:15 pm	Break
4:15 - 6:15 pm	Practice with Partners
6:30 - 7:30 pm	Dinner
7:45 - 9:30 pm	Annual Business Meeting

## **Saturday, April 10th (Open to the Public)**

8:00 - 8:45 am	Breakfast
9:00 - 9:45 am	Movement
9:45 - 10:00 am	Break
10:00 - 12:30 pm	Mary Bond: Vertebral Segments: the Core of the Core
12:45 - 2:15 pm	Lunch
2:30 - 6:00 pm	Mary Bond - continued
6:15 - 7:30 pm	Dinner
7:45 - 10:00 pm	Discussion or open time

## **Sunday, 11th**

8:00 - 8:45 am	Breakfast
9:00 am - 12:00 pm	Bogusia Badon: Enhancement Techniques for Hanna Somatics
12:15 - 1:30 pm	Lunch & Pack-up
1:45 - 4:45 pm	Lorne Fedderson: Using Proprioceptive Deep Tendon Reflex
4:45 - 5:00 pm	Closing Circle