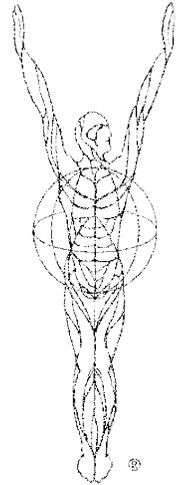


The Association for Hanna Somatic Education[®], Inc. Presents:

2013 AHSE Convention

Thursday, April 18th - Sunday, April 21st

Institute of Noetic Sciences, 101 San Antonio Road, Petaluma



PRE-CONVENTION DAY WORKSHOP 9 am - 5:30 pm (open to the public)

This day-long intensive, presented by AHSE[®], is for bodyworkers, doctors, dancers, somatic therapists and others interested in the body, healing, and change. It is part of the 2013 AHSE Convention. **Continuing Education Units available.**

Thursday, April 18th



G.H. SOTO

Ideokinesis, Embodied Anatomy and Movement

This workshop will introduce and explore the inter-relatedness of Ideokinesis, Embodied Anatomy and Movement. Ideokinesis, a neuromuscular re-patterning system innovated by Mabel Elsworth Todd, can be described as visualized movement with no conscious effort. Embodied Anatomy unfolds through identification of structure, use of touch, understanding of function and the feeling of our Anatomy (ourselves) in movement. It is the study of the nature of our humanness through our physical being. The approach to Movement is somatic, with the intention to give the experience of our internal landscape both movement and life. Together the work will facilitate the ongoing process of living fully in, and through, our BodyMindSpirit continuum.

G. Hoffman Soto has been in a lifelong pursuit of personal discovery and unfoldment through a wide range of the Movement, Dance, Body Work Disciplines, and Martial Arts. Most profoundly, his approach to movement has been influenced and shaped by Anna Halprin and his 40-year association with her and the San Francisco Dancers' Workshop, later the Tamalpa Institute. He has taught in dance and martial arts studios as well as schools, centers, institutes, universities, and forests, mountains, beaches and rivers in 18 countries throughout the world over the past 35 years.

\$155 per workshop (includes lunch)

To register:

Mail *Check or Money Order* (payable to 'AHSE') to:
925 Golden Gate Dr, Napa, CA 94558

To pay by *Credit Card* please visit our website:
www.hannasomatics.com. Click on **Our Association**
and select **Annual Convention**.

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

AHSE CONVENTION: *Friday, April 19th through Sunday, April 21st*

Friday, April 19th (Open to Members only)



MARION ÉVA WALDMANN

Hanna Somatics for Easier, Safer Yoga Poses

As a teacher of Hatha Yoga, Éva often comes across situations where it is helpful to include some Hanna Somatic movement patterns and finds these unique practices to be complementary. Both aim to increase relaxation and decrease unnecessary tension. Hanna Somatics can serve as a preparation to make yoga postures more accessible. Yoga poses can then be used to demonstrate new possibilities of movement and comfort.

Within the basic format of yoga sequencing, Éva will demonstrate how to incorporate Hanna Somatic concepts to prevent excessive effort that can lead to strain. The approach is exploratory and allows for discovery and the result is a blend of Hanna Somatics and Hatha Yoga that allows everyone a safe, restorative experience.

Marion Éva Waldmann is a wave 6 graduate from the Novato Institute and a certified Hatha and Raja Yoga Studies teacher since 1994. A long time yogi, she came into Hanna Somatics through Eleanor Criswell's book "Somatic Yoga" and presently teaches both Hatha Yoga and Hanna Somatics as separate and blended subjects in public classes and at the University of York in Ontario, Canada. In 2012 she became a Somatic Experiencing Practitioner, and received certification as a teacher of Yoga for the Trauma Sensitive. Her focus is on integrating these three distinct studies to decrease people's physical and mental pain.



ELEANOR CRISWELL HANNA, Ed.D

Refreshing the Neurological Correlates of Hanna Somatic Techniques

Has it been a while since you reviewed what is happening neurologically with Means Where (MW), Kinetic Mirroring (KM), Pandiculation (Pand), Quick Release, Lock-in, and Highlighting? This presentation will refresh or correct your neurological understandings and explanations. With these understandings refreshed, you'll be able to deepen your embodiment and integration of your first person experience with your third person scientific understanding. As time permits, updates regarding recent research and neural net connectivity and default networks may be included.

Eleanor Criswell Hanna, Ed.D, co-founded 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. She conducts research; and produces video and audio DVDs and CDs. Please visit her website: www.somaticsed.com.

Friday, April 19th – continued (Open to Members only)



NOVATO INSTITUTE TEACHING TEAM **Recalibration of Lesson 3**

Deepen your understanding of this important lesson, including innovative enhancements. After the demonstration, participants will share their insights and enhancements. If you have a favorite addition to Protocol 3, or other move/pandiculation you love and use frequently, please share it with us. Remember each lesson works with the whole soma. After this portion of the afternoon we'll choose partners and give and receive about an hour session! We love this!

Saturday, April 20th (Open to Public)



PETER BEHEL **Autonomic Overload: How to bring chronic tension under control**

Have you ever encountered individuals who seem prone to maintaining muscle tension? People who despite their best efforts and yours continue to return with significant muscle rigidity, even though they may be able to experience some level of relief during an office visit? There's a good reason why some individuals seem prone to excessive muscle tightness, and learning how to detect fundamental tension-producing factors can pave the way to induce changes that provide symptom relief.

This workshop will focus on the makeup of the body's circuitry, and cover how the pain signal transmission apparatus can work to amplify pain signals and produce ongoing states of muscle contraction and rigidity. We will investigate how pain signal conduction can serve to sustain autonomic and somatic motor neuron activation, and explore somatic-based strategies for providing symptom reduction. Participants should emerge with a better understanding of how chronic tension can emerge, and how to facilitate its recovery.

Peter Behel is a biofeedback specialist who has spent 13 years specializing in the treatment of chronic pain. He began treating chronic pain patients in 1987 as a member of a multidisciplinary pain management program at Mt. Diablo Hospital Medical Center in Concord, California. He has also been involved in treatment of acute care psychiatric disorders as a member of a behavioral health treatment team at the Community Psychiatric Hospital in Santa Rosa. Peter currently sees clients at a physical rehab facility in Mill Valley, and in his private practice in Santa Rosa. He can be reached at 707-579-7982, peterbehel@earthlink.net. His website is www.PacificBio.net.



WENDELL HANNA, Ph.D

Music and Hanna Somatics

This session will explore how music can aid the use of pandiculation in Hanna Somatic Education. Harmonic and rhythmic aspects of music, in particular, will be used to enhance the motor cortex's ability to slowly release contracted muscles. The session will emphasize a first person experience with music materials and Hanna Somatics.

Harmonic aspects of tonic, sub-dominant and dominant chord structures will be explored as a means of refining self-pandiculation techniques. Rhythmic aspects of music will be experienced as a way to entrain Hanna Somatic exercises into the cerebellum. By practicing exercises with musical phrasing in mind, muscles are both reset at lower resting levels and entire movement sequences are re-programmed as freer patterns of coordinated movement. Using music with Hanna Somatics also makes doing the exercises enjoyable and may inspire more consistent practice.

Wendell Hanna, Ph.D is an Associate Professor of Music Education and Bassoon Performance at San Francisco State University. Her degrees are from the University of Oregon, Ph.D. (2000), Yale University, M. M. (1987) and a B.A. from the University of South Florida (1985). Her scholarly and op-ed articles on music education have appeared in such peer-reviewed outlets such as the Arts Education Policy Review and The Journal of Early Childhood Connections, Tempo Magazine, and The American Music Teacher. Her article, The new Bloom's taxonomy: Implications for music education, has been cited by 37 publications and downloaded by over 2,580 people worldwide. Wendell is also the youngest daughter of Thomas Hanna and completed the Novato, CA three-year Hanna Somatics training in 2011.



TARA SULLIVAN

Vision Improvement through Alexander Technique

The notion that people can change the way their body looks and feels, their pain status, and perhaps also an inter-related state of mental and emotional being has become widely accepted even in the most conventional models. Myriad means of doing so have gained popularity, whether ancient or experimental, movement based or rooted purely in thought. Yoga, meditation, tai chi, and even plain old walking, to name just a few, are not uncommon prescriptions even from Western medical doctors these days. However, our collective thinking seems closed to the possibility that some aspects of our human experience can be changed, or are even worthy of such an exploration. One of these is eyesight and vision.

Applicable to literally any activity, the Alexander Technique involves using the body in harmony with its structure and function by means of mental direction. Key concepts involve: becoming aware of and letting go of habit; understanding of fundamental hierarchy in how vertebrates operate; and the role of the kinesthetic sense in both habit and novelty. In this workshop we will

Saturday, April 20th – continued (Open to Public)

apply some of the Alexander Technique principles to the process of seeing as well as to some “eye-exercises” and movements. We will also discuss why working on vision might be among the most useful ways to make change in one’s whole self.

Tara Sullivan holds a B.A. in Music from Sarah Lawrence College, is a Certified Teacher of the Alexander Technique (ACAT), and is a Certified Jivamukti Yoga teacher. A soprano, Tara is formerly of the Music faculty at Long Island University’s C.W. Post campus. She has worked extensively with her teacher and colleague Peter Grunwald, a pioneer in applying the Alexander Technique to the process of seeing, and is editor of his book “Eyebody” — the Art of Integrating Eye, Brain and Body. She has recently relocated to Berkeley from her home in New York City via three years in New Zealand and quite a bit of travel. Tara has a private Alexander Technique teaching practice in the East Bay where she also teaches Jivamukti yoga, prenatal and postnatal yoga.

Sunday, April 21st (Open to Public)



JAMES CHEN M.D.

What’s New In Joint Replacement

As Hanna Somatic Educators, our work focuses on helping people regain healthy and free functioning in their Somas. So what do we do when there have been structural changes to those Somas and joints have been replaced with artificial structures? Dr. Chen will present on the latest technologies in replacement joints, the procedures that someone goes through to receive those joints, and the structural limitations that may be present after the procedure. With better understanding of the procedures and shifts that happen with joint replacements will come more comfort when working with the growing number of people who have had them.

Dr. James Chen is a San Francisco Bay Area fellowship-trained Sports Medicine, Knee, and Shoulder surgeon who specializes in minimally invasive arthroscopic techniques. After playing soccer through high school and captaining his college squad, Dr. Chen has continued his passion for athletics in his medical career. He has worked with the Cal Berkeley Basketball and Soccer teams as well as Bay Area high schools and the USA Sevens Rugby team. While completing his Orthopaedic Surgery residency at University of Hawaii Queens Medical Center working with the University of Hawaii Football team, he received the Richardson Award for Outstanding Orthopedic Research. He has also conducted research on Anterior Cruciate Ligament Reconstruction and received the Thompson Award as well as the Carlson Award for Outstanding Orthopedic Research.



BILL KEELE & SUSAN KOENIG

The Role of the Obliques in Daily Life Movements

Walking, rolling over and getting up from the bed or floor, and many more common, daily movements require efficient internal and external oblique functioning and integration with our soma. Over the years, Bill and Susan have discussed various inefficient patterns common in our clients (and our somas too). One “problem” pattern that comes up with frequency is the confusion between the pelvis and low back in the cross lateral, diagonal patterns between the pelvis and upper trunk (rib cage and shoulder girdles).



This presentation will focus on the role of the obliques in that uniquely human cross lateral patterning necessary for comfortable walking, rolling over, turning, getting up, and much more. You’ll be able to apply what you learn to yourself, clients, and classes you teach. Come prepared to move, learn, and pandiculate. Feel the difference in your awareness and pleasure as you move through your daily activities.

Bill Keele studied therapeutic movement in the tradition of Viniyoga in 1999, and gained his certification as a Viniyoga teacher. In 1999, Cynthia Lindway, an early Somatics Graduate, introduced Bill to Hanna Somatics. Bill completed the Hanna Somatics Training Program graduating in 2003 in Wave 6. Bill taught Biomechanics and Postural Analysis, studied Ortho-Bionomy and Muscle Energy Technique, and gained certification in Mat Pilates. In 2006, he attended Makawao School of Therapeutic Massage and was licensed in the State of Hawaii. In 2010 Bill completed a six-month study in the field of structural Applied Kinesiology taught by another past Hanna Somatics graduate Lorne Fedderson.

Susan Koenig trained with Thomas Hanna in 1990 and received her Certification in Hanna Somatic Education in 1992. She is a licensed trainer of Hanna Somatic Education through the Novato Institute, has a private practice in Berkeley, teaches a semi-regular weekly HSE class in Emeryville, CA, and also presents HSE workshops around the US, Canada, and Mexico; and will be presenting a 12 hour workshop in Lafayette, LA, May 18-19, 2013 through the AMTA-LA.

2013 AHSE CONVENTION SCHEDULE

Thursday, April 18

7:30 – 8:00 am
8:00 – 8:45 am
9:00 – 9:30 am
9:30 – 12:15 pm
12:30 – 1:30 pm
2:00 – 5:30 pm
6:00 – 7:00 pm
7:30 pm onward

Pre-Convention Day (Open to Public)

Check-in
Breakfast
Gather, Short Movement
G. H. Soto: *Ideokinesis, Embodied Anatomy and Movement*
Lunch
G. H. Soto – continued
Dinner
Free time: classroom available

AHSE Convention 19th – 21st

Friday, April 19

8:00 – 8:45 am
9:00 – 9:45 am
9:45 – 10:45 am
10:45 – 11 am
11:00 – 12:15 pm

12:30 – 1:30 pm
2:00 – 3:30 pm
3:30 – 3:45 pm
3:45 – 5:30 pm
6:00 – 7:00 pm
7:30 – 9:30 pm

(Open to Members only)

Breakfast
Tellers committee, Sharing
Éva Waldmann: *Hanna Somatics for Easier, Safer Yoga Poses*
Break
Eleanor Criswell Hanna:
Refreshing the Neurological Correlates of Hanna Somatic Techniques
Lunch
NI Teaching Team: *Lesson 3: RL plus Enhancements*
Break
Practice with Partners
Dinner
Annual Business Meeting

Saturday, April 20

8:00 – 8:45 am
9:00 – 9:30 am
9:30 – 12:15 pm

12:30 – 1:30 pm
2:00 – 3:15 pm
3:15 – 3:30 pm
3:30 – 5:30 pm
6:00 – 7:00 pm
7:30 pm onward

(Open to Public)

Breakfast
Short Movement
Peter Behel: *Autonomic Overload: How to Bring Chronic Tension Under Control*
Lunch
Wendell Hanna: *Music and Hanna Somatics*
Break
Tara Sullivan: *Vision Improvement through Alexander Technique*
Dinner
Fun time in classroom; Free time

Sunday, April 21

8:00 – 8:45 am
9:00 – 9:30 am
9:30 – 10:45 am
10:45 – 11 am
11:00 – 12:15 pm

12:30 – 1:30 pm
2:00 – 4:30 pm
4:30 – 4:45 pm
4:45 – 5 pm

(Open to Public)

Breakfast
Short Movement
Dr. James Chen : *What's New In Joint Replacement*
Break
Bill Keele, Susan Koenig: *The Role of the Obliques in Daily Life Movements*
Lunch (last meal)
Bill Keele, Susan Koenig – continued
Evaluations, Closing Circle
Room Cleanup; out by 5 pm