These workshops, presented by the AHSE®, are for bodyworkers, doctors, dancers, somatic therapists and others interested in the body, healing, and change. They are part of the AHSE Convention. Continuing Education Units are available.

**Thursday A.M., April 24th (Open to the Public)**

**DANA DAVIS, MA, CYT**

**Why “Good Posture” is Bad for Your Back**

Learn how what is typically taught as “Good Posture” is actually harmful for your back. Most physical disciplines teach common postural guidelines that are the opposite of traditional posture in less industrialized countries. People in these cultures experience much less back pain and stay straight into their old age rather than getting hunched over. Decades of research by Noelle Perez-Christiaens from Paris, France has illumined the alignment and movement patterns of these healthy people. These postural guidelines can help you and your clients reduce back and joint pain, regain lost height, reduce muscle tension, and age gracefully.

Dana Davis, MA, CYT is a Senior Certified Balance Teacher by the Balance Center in Palo Alto, California, where she has studied and worked with Jean Couch (author of *The Runner’s Yoga Book*) since 1996. She has practiced yoga since 1984 and is a graduate of the 3-year Advanced Studies Program at the Yoga Room in Berkeley (a 500-hour program). She has studied Restorative Yoga with Judith Lasater, and is a certified “Relax and Renew” Trainer. She became certified by Elise Miller to teach Yoga for Scoliosis in 2013. She has also completed advanced studies with Richard Miller, Ph.D., in Yoga Nidra/iRest.

**Thursday P.M., April 24th (Open to the Public)**

**JIM BERNS**

**Proprioceptive Releases for the Neck and Shoulders**

What is the body telling us it needs in order to respond back to balance?

By bringing awareness through the proprioceptors, we learn to listen, observe, and palpate the body to give it an experience of what it is doing. This will activate the self corective reflexes of the body to bring itself back to balance.

(cont.)
Thursday P.M., April 24th — Continued (Open to the Public)

Based on the osteopathic principles in Ortho-Bionomy®, we will use specific positions and movements to recognize the held pattern and rebound it back into a more comfortable state of fluidity and ease.

This hands-on training will include feedback from other participants and the instructor.

Specific objectives include learning:
- Which osteopathic principles to use for specific problems
- How to identify the direction a contraction needs to release
- Painless, gentle, easy on the practitioner, and fast release techniques for the neck and shoulders
- Neurological integration techniques that allow the body to stabilize the releases

Jim Berns is a Registered Ortho-Bionomy® Advanced Instructor and Senior Practitioner. He has been trained directly by the founder, English Osteopath, Dr. Arthur Lincoln Pauls D.O. Jim has been a Registered Instructor and Practitioner since 1980, and has taught Ortho-Bionomy® internationally and throughout the United States. Jim is co-author with Kathy Kain of the book Ortho-Bionomy A Practical Manual (North Atlantic Books, Berkeley, Ca.) which has sold over 15,000 copies. Jim’s private practice has had many successful referral cases including post-surgery work, accident cases, emotional trauma, peak performance, and pain management. Jim brings together into his trainings the understanding of details, being in touch with our own compassionate heart, and his “unique” humor.

AHSE CONVENTION:  Friday, April 25th through Sunday, April 27th

Friday, April 25th (Open to Members only)

JOHN LOUPOS
Tai Chi, Qigong and Means–Whereby

On the surface, Tai Chi and qigong appear simply as slow motion movement/pattern modalities, in some ways not unlike our HSE patterns. Tai Chi & qigong are widely recognized for a range of benefits, including stress relief, qi cultivation, hormone regulation, and overall improved health. One less touted benefit that has relevance to our HSE work is how Tai Chi and qigong can facilitate a first-person experience of means–whereby.

In this presentation I will share some very simple, easy to learn and practice Tai Chi and qigong skills. Attendees can integrate these skills to better understand and apply the means–whereby principle so we can live in our bodies in the best way.

Sifu John Loupos has been involved with Chinese martial arts since 1968. He holds a Master’s degree in psychology and has written several books on Tai Chi and most recently The Sustainable You about Hanna Somatics. John is also the Director of Martial Arts and of Somatics for how2connect.com, a pioneering internet company specializing in virtual medicine and wellness.
Friday, April 25th — Continued  (Open to Members only)

ELEANOR CRISWELL HANNA, Ed.D.
Neurological Updates and Review

Neurological updates and review of important issues and concepts relating to Hanna Somatic Education. With these understandings you’ll be able to deepen the embodiment and integration of your first person experience with your third person scientific understanding. Neurological research is exploding at this time with many interesting and relevant new percepts that have relevance to HSE. What are some of your questions and confusions? As time permits we’ll address these as well.

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.

ELEANOR CRISWELL HANNA, Ed.D.
Neurological Updates and Review

Novato Institute Teaching Team
Recalibration of Lesson 1: The Green Light Reflex

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 1, 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 26th  (Open to the Public)

STEPHEN SIDEROFF, Ph.D.
The Path: A model of resilience that facilitates somatic approaches to healing and optimal functioning

Stress and its symptoms are maintained unconsciously as a distraction from emotional pain and harmful thinking. The resulting physical and emotional holding patterns cause muscle tension and nervous system reactivity and imbalance. By addressing these issues, the body can let go, thereby improving physical health and enhancing performance and the ability to feel joy. “The Path” is a model of resilience that incorporates a comprehensive array of characteristics in a functional and organized manner to overcome personal blocks and achieve high levels of success, while optimizing health. The Path identifies the signposts and distills the journey down to one question at any moment, “Am I on The Path, or off The Path?” Participants will gain relevant clinical tools to help clients develop resilience and lessen stress and its

(cont.)
LARRY GOLDFARB, Ph.D

SPIFFER: THE Secret Decoder Ring

*This workshop will start Saturday afternoon and finish Sunday morning. Participation in both sessions is recommended.

Back in the 1980s, Larry Goldfarb was developing courses to introduce the Feldenkrais Method into rehabilitation. Observing that post-graduate seminars for physical and occupational therapists had a major didactic component, Larry knew that he would need to do more than teach a few movement classes and give a demo. He devised a model for making the Feldenkraisian approach explicit and evident to the medically-minded participants in those courses.

The model Larry created, SPIFFER, has proven to be so useful for unlocking the mysteries of the Feldenkrais Method and making its magic learnable, that it has become the foundation for Larry’s teacher trainings and post-graduate programs. It is based around seven dimensions of action and awareness that unveil what Feldenkrais teachers notice, explain how we understand coordination and skill, and disclose how lessons can make learning happen.
Sequence—The chain of motion thru the skeleton.
Path—The line of movement in space.
Initiation—That which happens at the beginning.
Foundation—The relationship of weight to support.
Flow—The role of timing and control.
Effort—The patterns of muscle action.
Respiration—The rhythms and reach of breathing.

In this workshop, Larry introduces you to SPIFFER through embodied experiences, reflective exercises, and Socratic dialogue. He uses SPIFFER to reveal how the way we move and hold ourselves causes—or contributes to—our pain and limitations. Larry demonstrates how this model can help us untangle the logic of learning and, therefore, become more engaging, effective teachers.

Pioneering Feldenkrais teacher & international renowned trainer, movement scientist, Neuro-Linguistic Programming trainer, and multimedia author Larry Goldfarb, Ph.D. trains Feldenkrais teachers, supports them in developing their professional practices, and prepares experienced practitioners to be mentors. He is known for his ability to demystify the Feldenkrais Method as well as for his commitment to each student’s individual learning.

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**GABRIEL POSNER**

**Moving Around and Beyond Pain**

When we are guiding a person through a movement, one of the inhibiting factors is their conscious or often unconscious memory of certain movements being once painful. A person may be fearful to move the pained limb or the body part may just seem stuck, held and forgotten in a pattern typical to sensory motor amnesia. So how do we help the person move that limb freely without retriggering pain? Somatic education provides a solution to this with the concept of Relative Conjugate Movement. At essence this explains something that is inherent to much of what we already do.

When a distal region of the body is in pain, we can move around and beyond that pain by moving the proximal ends; thereby moving the stuck area without retriggering the former painful pattern. In this closing workshop, attendees will explore how this concept is already firmly embedded in our cat stretch and also experience novel approaches to unlocking areas of pain and tension.

Gabriel Posner is a graduate of the Novato Institute, wave 10. He lives and works in San Francisco where he has a somatic education practice and also teaches massage and Somatics at the National Holistic institute. Somatics has helped him move beyond pain and explore more deeply what it means to get better at being a Soma. For the past three years, Gabriel has also been on the AHSE Board of Directors, currently as Vice President, and has enjoyed organizing this and the past two conferences.
Thursday, April 24
7:30 – 8:00 am  Check-in
8:00 – 8:45 am  Breakfast
9:00 – 9:15 am  Gather, Short Movement
9:15 – 12:00 pm  **Dana Davis:** Why Good Posture is Bad
12:00 – 12:15 pm  Discussion: Somatization and Integration
12:30 – 1:30 pm  Lunch
2:00 – 5:00 pm  **Jim Berns:** Orthobionomy
5:00 – 5:30 pm  Discussion: Somatization and Integration
6:00 – 7:00 pm  Dinner
7:30 pm onward  Free time: classroom available

AHSE Convention 25th – 27th

Friday, April 25
(Open to Members only)
8:00 – 8:45 am  Breakfast
9:00 – 9:45 am  Tellers committee, Sharing
9:45 – 10:45 am  **John Loupos:** Tai Chi
10:45 – 11 am  Break
11:00 – 12:15 pm  **Eleanor Criswell Hanna:** Neurophysiology Review/ Update
12:30 – 1:30 pm  Lunch
2:00 – 3:30 pm  **NI Teaching Team:** Lesson 1: GR plus Enhancements
3:30 – 3:45 pm  Break
3:45 – 5:30 pm  Practice with Partners
6:00 – 7:00 pm  Dinner
7:30 – 9:30 pm  Annual Business Meeting: All Welcome

Saturday, April 26
(Open to Public)
8:00 – 8:45 am  Breakfast
9:00 – 12:00 pm  **Stephen Sideroff:** The Path
12:00 – 12:15 pm  Discussion: Somatization and Integration
12:30 – 1:30 pm  Lunch
2:00 – 5:00 pm  **Larry Goldfarb:** SPIFFER Pt. 1
5:00 – 5:30 pm  Discussion: Somatization and Integration
6:00 – 7:00 pm  Dinner
7:30 pm onward  Fun time in classroom; Free time & Dancing

Sunday, April 27
(Open to Public)
8:00 – 8:45 am  Breakfast
9:00 – 12:00 pm  **Larry Goldfarb:** SPIFFER Pt. 2
12:00 – 12:15 pm  Discussion: Somatization and Integration
12:30 – 1:30 pm  Lunch (last meal)
2:00 – 4:30 pm  **Gabriel Posner:** Moving Around and Beyond Pain
4:30 – 4:45 pm  Evaluations, Closing Circle
4:45 – 5 pm  Room Cleanup; out by 5 pm