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, April 23rd (Open to the Public)

SUSAN KOENIG & BILL KEELE

Somatic Walking With a Focus on the Practitioner: Skills to Help Clients and Students in Classes

Walking is a full body activity and an expression of our well being. If walking is comfortable and you are using efficient walking movements, you are going to enjoy the sense of vitality that comes from easeful, graceful walking. Learning to walk is both a developmental step and a learned activity. Even a seemingly “small” imbalance such as one hip a little higher than the other, or a head constantly projected forward, becomes amplified when repeated many, many times and can cause an accumulation of discomfort and/or pain and eventually compromise some combination of muscles, joints, fascia, tendons, ligaments, blood flow, and nerve function.

This workshop is geared toward the practitioner and/or student of a movement-oriented discipline who wants to advance personally, as well as help clients and students understand and achieve optimal patterns of dynamic walking. Even though this workshop contains terminology and clinical techniques of Hanna Somatic Education, practitioners of other disciplines are welcome and encouraged to attend.

A standing and walking assessment begins and ends this 6-hour workshop. After the initial assessment, we’ll learn and practice a movement pattern that encompasses the lumbar spine, pelvis and hips, including the multifidus, gluteals, and hamstrings. This versatile movement pattern creates more balance between vertebral joint segments encouraging all the back-line extensor muscles to participate — that is “turn-on and turn-off” — appropriately. This versatile movement pattern can be done as a somatic movement or can be pandiculated with assistance from a partner.

Our emphasis regarding the role of knees in the walking pattern revolves around an extensive assessment of the knee joint and its muscles in sitting, standing, walking, and with the client lying.

(cont.)
in supine and prone positions. We’ll assess the knee visually, palpating it, and moving it passively to gain insight into how we might then work with it clinically. Even though we include some clinical moves, the emphasis is on assessment.

In our “foot-ankle” portion of the workshop, we’ll revisit Cat #6, Inversion–Eversion and explore its role in our understanding of the function of rotation. What is the movement of inversion? What is the movement of eversion? How does the initiation of inversion or eversion engage the pelvic-somatic center to organize and coordinate the soma to turn, to rotate?

Expect surprises and challenges. Enjoy the result of more easeful, pain-free and competent walking. Feel more confidence helping others with their walking issues. Note: Bring or wear shorts or loose pants you can roll up above the knees. Bring a mat/towel or Somatics table, if possible.

**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, Mexico, and Taiwan. She has a YouTube channel (http://www.youtube.com/user/somaticsforyou) and a SoundCloud channel (http://soundcloud.com/susan–koenig).


**AHSE CONVENTION:**  
**Friday, April 24^{th} through Sunday, April 26^{th}**

**Friday, April 24^{th} (Open to the Public for Leora Gaster’s program)**

**LEORA GASTER**

**Experience the Power of Mind Body Studies**

In this workshop, you will experience the power of Mind Body Studies, as presented by MBS Master Trainer Leora Gaster.

How you will benefit:
- Optimize your own mind and body connection to facilitate personal growth
- Re–examine habitual ways of acting
- Increase your ability to move with ease and less pain

**What is Mind Body Studies?**
Moshe Feldenkrais said about his life’s work: *It is a special kind of learning: that of knowing oneself.*
Learning “how” you are acting and thus able to do “what” you want.

**Mind Body Studies** is a method for learning. We established an academy for studying and exploring the comprehensive inter-connections of mind and body. Through the process of self-exploration and discovery, health improves and healing occurs. In developing knowledge of how to know yourself and how your thoughts and actions are connected, improvement in widespread walks of life and in self-fulfillment are optimized.

We practice studying our Selves, our bodies and the way we think, feel and act. When we know these ideas, we can take responsibility for what we do, we recognize our potential and we can live up to it.

**Leora Gaster** grew up under the personal guidance of Dr. Feldenkrais and in constant exposure to his work as he was developing it.

Leora has been teaching Mind Body Studies internationally for over 30 years, collaborating with her mother, Mia Segal, who was Dr. Feldenkrais’ first assistant. Leora has spent the last 3 decades developing the curriculum and methodology of the complete work of Dr. Feldenkrais in Mind Body Studies for MBS Academy.

Leora enhanced her extensive knowledge of MBS work with a degree in Human Biology from Stanford University and is also an NLP Trainer. She received a black belt in Judo (which provides some of the fundamental foundations of MBS philosophies and principles) from the Kodokan in Tokyo, when she was 16, with special commendations and training at the master level.

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**NOVATO INSTITUTE TEACHING TEAM**

**Recalibration of Lesson 2: Trauma Protocol**

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 2, or other move/pandiculation you love and use frequently, please share it with all of 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 all love this part of the convention!
Saturday, April 25th (Open to the Public)

MICHELE NEWMARK, M.S., D.D.

Reichian Therapy — Breathwork Session

Reichian Therapy is based on the work of Wilhelm Reich (clinical assistant to Sigmund Freud, 1922–1928). He referred to his focus as “character-analytic vegetotherapy.” When memories and feelings are suppressed, they lie dormant but intact in the form of “frozen impulses to action” in the muscles; and the totality of these chronic muscle spasms constitutes a system of muscular armoring. Reich developed a variety of ingenious techniques for dissolving the muscle armoring. Michelle will demonstrate this by guiding us through a Reichian breathwork session to help restore free, natural energy flow.

Michele Newmark, M.S., D.D. Born and raised in southern California, Michele attended Chiropractic College in 1973 and earned her Bachelor’s degree in psychology in 1977. She received her Master’s degree in biology with clinical emphasis in nutritional biochemistry in 1987, the same year she relocated to Northern California. While continuing her Reichian Therapy and nutrition practice, she also formulated her own signature line of botanical fragrances, massage oils & incense, “Yakshi,” establishing her small manufacturing business nationwide for over 12 years.

JOHN LOUPOS

Qigong – Breathwork Session with Somatic Awareness

Qigong describes a generic range of personal mind/body wellness disciplines stemming from Asian traditions. Most qigong practices combine deliberate breathing methods with mindfulness, intention, and sometimes movement to cultivate qi (life force energy).

In this presentation, John will teach a simple, but effective, method that can be practiced sitting, standing or lying down. The method covered will offer direct health and wellness benefits to convention attendees and link seamlessly with our HSE theory and practice.

Sifu John Loupos has been involved with Chinese martial arts since 1966. 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 1VirtualHeal Inc., a pioneering internet company specializing in virtual medicine and wellness.
Do you really understand your body's tension levels? How much underlying tension is at work in your daily life? Do certain people cause you to brace? Can you feel it? How does your mood affect your posture and vice versa? This three-hour program will offer a wealth of research, ideas and demos to help you come to a new understanding of muscle tension and how to help your clients. This workshop will include lecture as well as experiential learning. You'll see a live surface electromyography (SEMG) demo — make the invisible muscle contractions ‘visible,’ the un-felt tension ‘felt,’ and thus develop awareness and control. You'll also experience progressive muscle relaxation and work with becoming aware of all that is being brought into the movement, sifting through it, and learning to let some of that tension rest, while you focus on engaging only certain areas of your body.

ERIK PEPER, PH.D., BCB

The Dynamics of Tension: Making the Unaware Aware

ERIK PEPER, PH.D., BCB, is an international authority on biofeedback and self-regulation and since 1971 he has been researching factors that promote healing. He is Professor of Holistic Health Studies / Department of Health Education at San Francisco State University. He is President of the Biofeedback Foundation of Europe and past President of the Association for Applied Psychophysiology and Biofeedback. He has a biofeedback practice at BiofeedbackHealth (www.biofeedbackhealth.org). He is an author of numerous scientific articles and books such as “Muscle Biofeedback at the Computer”, “Make Health Happen”, “Fighting Cancer — A Nontoxic Approach to Treatment”, and “Biofeedback Mastery”. He publishes the blog, the peper perspective — ideas on illness, health and well–being (www.peperperspective.com). He is a recognized expert on holistic health, stress management and workplace health. His research interests focus on psychophysiology of healing, illness prevention, holistic health, respiratory psychophysiology and optimizing health with biofeedback.

Sunday, April 26th (Open to the Public)

25th Anniversary of Historic Wave 1 Training Program – Panel Discussion

This is the twenty–fifth anniversary of the legendary Wave 1 HSE Training and we are planning a grand celebration of Thomas’ spirit and his tremendous offering to the world and to overall human health!

Come and learn about what it was like to attend this training from a distinguished panel of Wave 1 graduates, who will share their memories, thoughts, feelings, and special insights/learnings. Kathy Kerber will moderate this discussion and we will also field questions from the audience. Tom’s daughter, Wendell Hanna, has agreed to sit on the panel and share some of what her dad told her about his experience in running this training. You won’t want to miss this!
Sunday, April 26th — Continued  (Open to the Public)

**RICHARD ESHELMAN**

Coaching the Arch/Release and Arch/Curl with Hands-on Feedback

We will coach the client to learn how to differentiate the Arch and Release from the Arch and Curl, especially differentiating the release of the back muscles before curling. We will provide hands-on feedback as part of the process.

Richard Eshelman is a Wave 6 graduate of Novato Institute. He is also the AHSE Treasurer. He lives and works in Ithaca, NY. Richard retired from Cornell University in 2012 to focus totally on his Hanna Somatics practice. Presently, he is learning and practicing Chi Gong from Master Yuan Ming Zhang as part of his healing practice. See: http://www.qigongmaster.com.

**KEN BRIDGEMAN**

Making the Most of Hip Replacement Surgery and Rehab, and How Hanna Somatics Fits In

For the individual who faces hip replacement surgery, the prospect of surgical intervention may bring little sense of personal relief; it may rather represent abject failure. Over the years, this person may have spent a substantial amount of time and money — utilizing a myriad of movement arts and rehabilitative therapies — trying to stave off what now has become inevitable. Despite these efforts, this person daily faces the indignity of progressive physical debilitation; expanding feelings of helplessness; isolation and depression; and a sense of personal inadequacy largely as a direct result of chronic excruciating pain.

As HSE practitioners, we may find it quite difficult to accept that there’s nothing to “fix” here. We can only meet and support this person at whatever stage he or she happens to be. Over the course of a year, beginning in August 2012, I had double hip replacement surgery. Through the frank and gentle support of HSE colleagues and a trusted physical rehabilitation mentor, I finally accepted that surgery had become necessary. I then discovered that there’s actually a lot I could do to prepare myself in order to maximize the post-surgical outcome. In this workshop, we’ll explore some simple movements that I found I could do, despite my painful joints, to keep my hips and spine as mobile as possible. You’ll also learn to “somaticize” some of the standard post-surgical physical therapy exercises so your client can then practice these prior to surgery. This kind of pre-surgical preparation will certainly empower your client and help them to make a much more rapid and successful recovery.

Ken Bridgeman began his career in the helping professions as a medical corpsman on a surgical floor at David Grant Medical Center on Travis Air Force Base. He worked as a Nursing Aide and then as a Physical Therapy Assistant at Moss Rehabilitation Center in Philadelphia, PA. In both these progressive institutions, he learned the healing power of personal, compassionate care when offered within an...
SUSAN KOENIG

Creative Cat Routine Incorporating Walking-Related Movements

Don't let your Daily Cat Routine get stale. Bring new curiosity and creativity to your daily movements by combining Red Light, Green Light, and Trauma movements together. For example, add lateral flexion (hip hiking) to both Arch and Curl, not only in supine, but also in side lying and prone positions. Since Bill Keele and I will be doing the “Walking” workshop and Ken Bridgeman will be focusing on movements for people with hip replacements, this class will also include movements for the somatic center down through the lower extremities.

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, Mexico, and Taiwan. She has a YouTube channel (http://www.youtube.com/user/somaticsforyou) and a SoundCloud channel (http://soundcloud.com/susan-koenig).
2015 AHSE CONVENTION SCHEDULE

Thursday, April 23  Pre-Convention Day (Open to Public)
7:30 – 8:00 am  Check-in
8:00 – 8:45 am  Breakfast
9:00 – 9:15 am  Announcements / Housekeeping
9:15 – 12:15 pm  Susan Koenig / Bill Keele: Somatic Walking
10:30 – 10:45 am  Break
12:30 – 1:30 pm  Lunch
2:00 – 5:00 pm  Susan Koenig / Bill Keele: Somatic Walking
3:30 – 3:45 pm  Break
5:00 – 5:30 pm  Sharing the day’s walking program experiences
6:00 – 7:00 pm  Dinner

AHSE Convention 24th – 26th

Friday, April 24  (Leora Gaster’s Program Open to Public;  Afternoon Open to Members only)
8:00 – 8:45 am  Breakfast
9:00 – 10:00 am  Tellers Committee, Sharing
10:00 – 10:10 am  Break
10:10 – 12:10 pm  Leora Gaster: Mind Body Studies
12:30 – 1:30 pm  Lunch
2:00 – 3:30 pm  NI Teaching Team: Lesson 2: Trauma plus Enhancements
3:30 – 3:45 pm  Break
3:15 – 4:15 pm  Practice session #1
4:15 – 4:30 pm  Break
4:30 – 5:30 pm  Practice session #2
6:00 – 7:00 pm  Dinner
7:30 – 9:30 pm  Annual Meeting of the AHSE Membership: All Welcome

Saturday, April 25  (Open to Public)
8:00 – 8:45 am  Breakfast
9:00 – 10:00 am  Michele Newmark: Reichian Breathwork
10:00 – 10:15 am  Break
10:15 – 12:15 pm  John Loupos: Qigong Breathwork
12:30 – 1:30 pm  Lunch
2:00 – 5:00 pm  Erik Peper: Dynamics of Tension: Making the Unaware Aware
3:30 – 3:45 pm  Break
5:00 – 5:30 pm  Sharing / discussion on day’s programs
6:00 – 7:00 pm  Dinner
7:30pm onward  Fun time in classroom; Free time & dancing

Sunday, April 26  (Open to Public)
8:00 – 8:45 am  Breakfast
9:00 – 11:00 am  25th Anniversary of Wave 1 Training: Panel Discussion
10:00 – 10:15 am  Break
11:00 – 12:00 pm  Richard Eshelman: HSE Movement Class
12:30 – 1:30 pm  Lunch (last meal)
2:00 – 3:30 pm  Ken Bridgeman: Hip Replacement / Rehab
3:15 – 3:30 pm  Break
3:30 – 4:30 pm  Susan Koenig: Creative Cat + Walking, HSE Movement Class
4:30 – 5:00 pm  Evaluations, Closing Circle, Room Cleanup, out by 5:00pm