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.

PRE-CONVENTION DAY: Thursday, April 21st

JAMES KNIGHT, CHSE, E-RYT
Catch the “New Wave” of Popular Body Movement Classes: Gentle Somatic Yoga
9:15 A.M.–12:15 P.M. | Open to the Public

In America, what used to be an activity for people who were spiritualists, yoga has now become mainstream. As the population ages, people are searching for gentler, kinder, and more mindful ways to move, which is exactly what Gentle Somatic Yoga provides. Experience the unique brain-to-muscle re-education that combines traditional yoga postures, Hanna Somatic Education, Core Energetic exercises, breathing techniques, and healing visualizations. Through innovative educational exercise sequences called Somatic Movement Flows, muscles are reprogrammed to dissolve chronic pain, improve range of motion, and increase strength and control. All ages and abilities are welcome.

James Knight, CHSE, E-RYT (Experienced-Registered Yoga Teacher) took his first yoga class (Somatic Yoga!) at Sonoma State University from Eleanor Criswell in the early 1990s. From that day on, he was hooked and took Eleanor’s suggestion to become a bodyworker, yoga teacher and certified Hanna Somatic Educator (Wave 3). For over 25 years, James Knight has been an Integrative Therapist and Yoga teacher. Today, he travels the world teaching Gentle Somatic Yoga retreats and trainings (retreats & workshops in 8 countries in 2016). For more information visit his website: www.GentleSomaticYoga.com and/or his YouTube Station: youtube.com/user/JamesKnightGYSE.

LAURA GATES, CHSE
Core to the Floor
2:00–5:00 P.M. | Open to the Public

“Core to the Floor” addresses the torso, legs and feet, and offers somatic solutions to pain, stiffness, and improved mobility, balance. This workshop includes slow motion, sensual, gentle, techniques done mostly on the floor with some sitting and standing sequences. You’ll learn how to
recalibrate and restore the full resting length to muscles, while improving alignment, sensation and control. This work may be very helpful to issues like sciatica, leg pain, plantar fasciitis and more. Included are illustrated drawings to guide you as you recreate these effective self-care techniques at home.

This workshop may be of special interest to dancers and other athletes, walkers, runners, bikers, hikers. The techniques are powerful yet gentle and safe for people of all ages and fitness levels.

Laura M Gates, CHSE is a certified Hanna (Clinical) Somatic Educator, trained at Somatic Systems Institute (SSI) and certified by both SSI and Novato Institute. She is a former professional dancer, teacher, and earned an MFA from Bennington College. She is an ongoing student of kinesthetic anatomy with master teacher, Irene Dowd in NYC. She is based in NYC and teaches somatic movement classes and works with clients there, north AL, various US locations, and Europe. She has taught workshops in NYC at Peridance Center (addressing dancers’ needs), Reebok Sports, Balance Arts, Movements Afoot, CUNY Graduate Center (addressing musicians’ needs) to name a few. She is currently assisting Martha Peterson, CHSE with Essential Somatic trainings internationally.

PRE-CONVENTION DAY: Thursday, April 21st

SURESHERA HILL, Ed.S., CHSE, D.O.M.T.P.
The Efficacy of Sensing Bone

10:15 A.M.–12:15 P.M. | Open to the Public

Suresha’s studies with the work of Drs. Chauffeur, Barral and Croibier taught her methods for communicating to the soma via the densities trapped in intra-osseous compression. Their teachings led to years of personal exploration of the relationship between connective tissue fields and where they interface with bone in three dimensional space in both local and distal relationships. This workshop will include the fundamental principles that apply to locating and releasing inter- and intra-osseous forces that lead a path up the system creating restriction, torque, congestion, and other symptoms of sensory-motor amnesia.

We will experience several self-sensing exercises that attune and awaken relationships within the skeleton, at junction or articular intersections, as well as at the interface between the skeleton and soft tissue fields. We’ll then translate the clarification of those relationships into movement sequences that can be used for yourself or for your clients, and into hands-on techniques for table work. Load bearing areas like the sacrum, spine, and feet will be covered, as well as referral structures like the epicondyles, ASIS, the trochanters, ribs and cranial base. We'll also briefly cover the constituents of bone.

Suresha Hill, Ed.S., CHSE, D.O.M.T.P. (Educational Specialist, Certified Hanna Somatic Educator Wave 1, Diplomate in Osteopathic Manipulative Theory and Practice) began her career in holistic health and education in the 1970’s when a grad advisor presented his unique theories in Systems Intervention and Prevention, her specialty curriculum in the field of school psychology.
at Kent State University. Keeping the perspective of how to gently intervene into the body in a holistic way to help rebalance the system, she began numerous courses of study for the body, its nervous system, its energetic structures, breath therapy, then eventually Hanna Somatics and other osteopathic approaches that went in-depth with the fluid, visceral, and bony layers.

**AHSE CONVENTION DAY 1: Friday, April 22**

**NOVATO INSTITUTE TEACHING TEAM**

**Recalibration of Lesson 3: Red Light Protocol**

2:00–3:00 P.M. | Open to Members Only

Deepen your understanding of this important lesson, including innovative enhancements. After the demonstration, we will share our 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 all love this part of the convention!

**AHSE CONVENTION DAY 2: Saturday, April 23**

**LAURA GATES, CHSE**

**Somatic Solutions for Lower Spine, Groin and Pelvis With a Focus on the Iliopsoas Muscle Group**

9:00 A.M.–12:00 P.M. | Open to the Public

This workshop offers hands-on and self-care techniques for the lower torso, hip joint area. We will address alignment and mobility for this part of the body that serves as the “universal joint” of humans in motion. We will cover issues of hip and sacroiliac pain in-depth as well as psoas and iliacus tension, paying particular attention to how they interact with lumbar health and movement mechanics of the pelvis and legs.

Laura M Gates, CHSE is a certified Hanna (Clinical) Somatic Educator, trained at Somatic Systems Institute (SSI) and certified by both SSI and Novato Institute. She is a former professional dancer, teacher, and earned an MFA from Bennington College. She is an ongoing student of kinesthetic anatomy with master teacher, Irene Dowd in NYC. She is based in NYC and teaches somatic movement classes and works with clients there, north AL, various US locations, and Europe. She has taught workshops in NYC at Peridance Center (addressing dancers’ needs), Reebok Sports, Balance Arts, Movements Afoot, CUNY Graduate Center (addressing musicians’ needs) to name a few. She is currently assisting Martha Peterson, CHSE with Essential Somatic trainings internationally.
AHSE CONVENTION DAY 2: Saturday, April 23rd

**DR. JIM KAO**

Forefoot Strike Workshop

2:00–5:00 P.M. | Open to the Public

Research has found that runners and walkers who utilize a forefoot-striking pattern of motion significantly reduce lower extremity joint loading when compared to runners and walkers who utilize a heel-striking pattern of locomotion. Additional research has linked this reduction in joint loading to findings of reduced lower extremity pain and injury in runners and walkers. The focus of Dr. Kao’s research is on the continuing study of the benefits of forefoot locomotion and to expand these findings with research into methods of training that facilitate the conversion from a heel-striking pattern of locomotion to a forefoot-striking pattern of motion.

Dr. Kao will be presenting his research findings as well as the findings of researchers from around the world on the benefits of locomotion. He will illustrate the biomechanics theory that these research findings support. He will then discuss methods of training that can help facilitate the transition from a heel-striking pattern of motion to a forefoot-striking pattern of locomotion. This will include audience participation examining:

- what is a forefoot-striking pattern of motion
- what does it feel like
- how can neuromuscular training be an important part of training programs that facilitate the acquisition of a forefoot-striking pattern of motion
- what are the potential pain and injury mechanisms that arise during and after the transition – including patellofemoral pain syndrome, Achilles tendinitis, knee osteoarthritis, and plantar fasciitis.

**Dr. Jim Kao** is a specialist in Biomechanics and Motor Behavior. He received a Bachelor of Science degree in Civil Engineering from Stanford University, a Master of Science degree in Civil Engineering from Stanford University, a Master of Arts degree in Kinesiology from San Jose State University, and a Doctor of Philosophy in Exercise Science from Arizona State University. His areas of research include (1) the study of sensory mechanisms used by the human motor control system to select the preferred type of locomotion at varying speeds and (2) the study of kinematic and kinetic variables that distinguish different performance levels (novice, intermediate, expert, elite) of sport-related movements (e.g., golf, tennis, gymnastics, etc.).

Dr. Kao teaches undergraduate courses in biomechanics, motor development, motor control, and motor learning in the Department of Kinesiology and in the Department of Mechanical Engineering at San Jose State University. In 2005, he received the Gold Award for the College of Applied Sciences and Arts (CASA) at San Jose State University as the outstanding graduate of the last decade from the college. Dr. Kao is actively involved with implementing K–12 physical education standards in the State of California. He has conducted workshops for physical education teachers on methods of teaching biomechanics concepts to children and adolescents in the California Public School System. Dr. Kao enjoys playing golf, running, and cycling. In June 2005, he completed his first marathon, the Nisene–Marks marathon in Santa Cruz, California.
This is a new program we're offering at this convention. Susan has volunteered to be our first presenter. She's going to be demonstrating how to work with a client supine and release muscles of the back. She will lead us in floor work and also provide a demonstration in practitioner/client mode. Then, we will practice with partners.

**SUSAN KOENIG**

**Pandiculation of the Convention**

**Pandiculating all Muscles of the Back with the Client Lying Supine**

*2:00–3:15 P.M. | Open to the Public*

Van der Kolk doesn't know about HSE or have our understanding of SMA. But we do! And we've planned a special interactive panel discussion to bring this important topic to the surface for all of us, including plenty of audience participation. And, we'll also bring this topic to “the floor”, including an experiential portion to the program. You might find it helpful to read the book before attending convention so you arrive with some awareness of van der Kolk’s experiences, his thoughts on trauma, and how body-oriented therapies are, perhaps, the missing link in what's been “understood” to be the best approach so far.

**EDUCATION COMMITTEE**

**Panel Discussion on Bessel van der Kolk’s Book “The Body Keeps the Score” and How to Somaticize It**

*9:00 A.M.–12:00 P.M. | Open to the Public*

Have you heard of the book, “The Body Keeps the Score,” by Dr. Bessel van der Kolk? It's a fascinating read that takes you on a journey spanning one man’s career working with people suffering from PTSD and various forms of mental/physical trauma.

He alludes throughout his book to his observation that all trauma becomes “body” trauma in some way. While the conscious memory of the trauma may fade away or become fragmented, body holding patterns remain, almost like a bookmark or placeholder, that keeps track of what a soma has experienced. He wrote about how traditional talk therapy gets limited results with PTSD and that drugs can only go so far. He also talked about the value of body-oriented therapies and how important they can be in helping a traumatized person become “whole” again.

Van der Kolk doesn’t know about HSE or have our understanding of SMA. But we do! And we've planned a special interactive panel discussion to bring this important topic to the surface for all of us, including plenty of audience participation. And, we'll also bring this topic to “the floor”, including an experiential portion to the program. You might find it helpful to read the book before attending convention so you arrive with some awareness of van der Kolk’s experiences, his thoughts on trauma, and how body-oriented therapies are, perhaps, the missing link in what's been “understood” to be the best approach so far.
The lives of all human beings are affected by two variables that strongly influence how we live and experience living. First, there are the ever-present effects of gravity on our bodies in relationship to the Earth, as we move about. Second are the intra-relationships between different, and often disparate parts of our bodies, including the bones of our skeletal frame and other connective tissues. Most people’s awareness of the effects of gravity and the relationships between different body parts is wholly unconscious or implicit only. However, these variables must be understood and actively nurtured if you wish to live in your body in the smartest and most gratifying and efficient way. In the Zillion Points of Contact learning series we will lay the groundwork for making the implicit explicit.

The Zillion Points of Contact utilizes thirty, more or less, of the body’s natural boney prominences, along with their associated muscular attachments, to help you stand straighter and taller and move more intelligently with enhanced somatic awareness.

John Loupos, M.S., CHSE has been teaching Asian martial arts since 1968, and has been involved with Hanna Somatic education since 2003. John is the author of several books on Tai Chi and “The Sustainable You,” a book on Somatics, plus assorted other learning media.

John’s overriding philosophy is that Somatics, Tai Chi, and Qigong can help people improve their experience of living in their bodies (pain relief, better posture, smarter muscles), and achieve their human potential by recovering or maintaining a more youthful freedom of the body while fostering a sense of philosophical/emotional resolve to get the most out of life while the opportunity presents.
Thursday, April 21 – Pre-Convention Day

9:00 – 9:15 am  Announcements/ Housekeeping
9:15 – 10:30 am  James Knight: Somatic Yoga
10:30 – 10:45 am  Break
10:45 – 12:15 pm  James Knight: Somatic Yoga
12:30 – 2:00 pm  Lunch
2:00 – 3:30 pm  Laura Gates: Core to the Floor
3:30 – 3:45 pm  Break
3:45 – 5:00 pm  Laura Gates: Core to the Floor
5:00 – 5:30 pm  Sharing experiences from the day
6:00 pm  Dinner

Friday, April 22 – AHSE 2016 Convention

9:00 – 10:00 am  Sharing with convention attendees
10:00 – 10:15 am  Break
10:15 – 12:15 pm  Suresha Hill: The Efficacy of Sensing Bone
12:30 – 2:00 pm  Lunch
2:00 – 3:00 pm  NI Teaching Team: Recalibration of Red Light Protocol
3:00 – 3:15 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 pm  Dinner
7:30 – 9:30 pm  Annual Meeting of the AHSE Membership

Saturday, April 23

9:00 – 10:00 am  Laura Gates: Lower Spine, Groin and Pelvis
10:00 – 10:15 am  Break
10:15 – 12:00 pm  Laura Gates: Lower Spine, Groin and Pelvis
12:30 – 2:00 pm  Lunch
2:00 – 3:30 pm  Jim Kao: Forefoot Strike Workshop
3:30 – 3:45 pm  Break
3:45 – 5:00 pm  Jim Kao: Forefoot Strike Workshop
5:00 – 5:30 pm  Sharing experiences from the day
6:00 pm  Dinner
7:30 – 9:30 pm  Floor work with Thomas Hanna CD: Releasing hips/ hamstrings

Sunday, April 24

9:00 – 10:00 am  Panel discussion on The Body Keeps the Score by Bessel Van Der Kolk
10:00 – 10:15 am  Break
10:15 – 12:00 pm  Continuing panel discussion/ experience
12:30 – 2:00 pm  Lunch
2:00 – 3:15 pm  Susan Koenig: Pandiculation of the Convention
3:15 – 3:30 pm  Break
3:30 – 4:30 pm  John Loupos: A Zillion Points of Contact
4:30 pm  Convention closing ceremony