NOVATO INSTITUTE TEACHING TEAM

Recalibration of Lesson 1: Green Light Protocol

10:15 A.M.—5:00 P.M. | Open to Members Only

Deepen your understanding of this very important lesson which focuses on working with the Landau Reflex. This year we will devote the entire first day of the convention to working with this protocol so that we can delve deeper and have plenty of time for practice. Here is a brief outline of how the day will go.

Morning Session
10:15 A.M.—12:15 P.M.

Demo Side 1 – Shoulder moves, bowing, highlighting, teaching Back Lift movement, release of internal hip rotators, “walking.”

Enhancements
Practice session 1
Practice session 2

Afternoon Session  2:00 P.M.—5:30 P.M.

Demo Side 2 — Highlighting, Bowing, teaching Back Lift movement.

Enhancements
Practice session 1
Practice session 2

Supine work, Side 2 — Crossed-leg moves
Arch & release out of arch, passive and pandicular
Lengthening back, passive and pandicular

Enhancements
Practice session 1
Practice session 2
GABRIEL POSNER, CHSE
A New Look at The Dark Vise

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

We have specific protocols for unwinding the effects of the Green Light, Red Light, and Trauma Reflex. The Dark Vise, however, presents in ways that defy the protocols. Thomas Hanna described the Dark Vise as “the sum of neuromuscular stress, a state of muscular immobility caused by the gradual buildup of chronically opposing contractions.” Each person we work with will have their own unique buildup of contraction, reflecting the events of their life. What does the Dark Vise or “senile posture” look like, how does that feel, and what are the effects of this vise at various stages of buildup? Our ability to assess and guide clients to free this vise is necessary if they are to reach their full potential.

This workshop will unfold in three parts. First, Gabriel will present an update of research supporting the theories that Thomas Hanna presented in Somatics and his other books. In the nearly three decades since the publication of Somatics, advances in physiology, neuroscience, and psychology offer insights that can help us understand our work better. Secondly, Gabriel will guide participants through a self-exploration of the Dark Vise and its effects on their somas. Thirdly, participants will work together, using kinetic mirroring, means whereby, and assisted pandiculation to facilitate a further unwinding of the dark vise. Rather than teach specific protocols here, Gabriel will focus on how to use our skills with greater sensitivity and precision when working with the Dark Vise.

Gabriel Posner, CHSE, is a certified Wave 10 graduate of the Novato Institute and also a Certified Massage Therapist who has been in private practice in San Francisco for 12 years. He taught massage therapy and somatic education for five years at the National Holistic Institute in their core program as well as their Advanced Neuromuscular Program, and recently completed a Master’s degree in Mind–Body Medicine at Saybrook University. He has also served for six years as a director of the board of the Association for Hanna Somatic Education, chairing the education and research committees.

SURESHA HILL, CHSE, Ed.S., D.O.M.T.P.
The Effectiveness of Communicating with Bone! – Part 1

2:00–5:00 P.M. | Open to the Public

Bones are profoundly sensitive and intelligent and play a vital role in the maintenance of health and balance in the system. Suresha will demonstrate how palpating, monitoring, consciously connecting, decompressing, and mobilizing bones can assist in the overall enhanced flow of information and integration of the soma.
AHSE CONVENTION DAY 2: Friday, April 21st

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.

Suresha Hill, CHSE, Ed.S. (Educational Specialist), D.O.M.T.P. (Diplomate in Osteopathic Manipulative Theory and Practice) began her career in holistic health and education in the 1970s when a graduate advisor presented his unique theories in Systems Intervention and Prevention, her specialty curriculum in the field 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 body's fluid, visceral, and bony layers.

AHSE CONVENTION DAY 3: Saturday, April 22nd

BOGUSIA BADON, CHSE

My Top 3 Client Complaints and How I Approach Them

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

Bogusia will be discussing the three most challenging, common complaints that her clients come to her physical therapy practice with—gait and balance issues, shoulder conditions including impingement and capsulitis, and temporo-mandibular joint dysfunction with associated pathologic postural patterns. She will discuss the basic anatomy and pathology of each condition, the rehabilitative approach she uses, and the integration of Somatic principles and movement into the traditional physical therapy protocols. She will describe exercise and joint mobilization techniques as well as how she transitions from somatic movement to traditional strength training. Also covered will be how to recognize the signs and symptoms of these conditions, including when to refer to a medical or rehabilitation provider.

Bogusia Badon, CHSE, is a physical therapist and owner of Farmington Valley Physical Therapy and has been in practice over 30 years. She is originally from Poland and trained in rehabilitation both in Europe and in the U.S. In addition to being a licensed physical therapist, she became a certified Hanna Somatic Educator in 2007, and also has had training in Pilates and Yoga. She incorporates aspects of Hanna Somatic Movement and Pilates while treating patients and clients with sports injuries, during post-surgical recovery, and with chronic pain. In addition to her clinical practice, she teaches Hanna Somatic movement, private sessions and group classes. She enjoys skiing, swimming, gardening, biking, and tea appreciation in her free time and has two grown children.
AHSE CONVENTION DAY 3: Saturday, April 22nd

SURESHA HILL, CHSE, Ed.S., D.O.M.T.P.
The Effectiveness of Communicating with Bone! – Part 2
2:00–5:00 P.M. | Open to the Public

Suresha will continue her didactic and experiential presentation on the sensitivity and intelligence of bones and how they play a comprehensive role in the maintenance of health and balance in the system. See Suresha's bio above.

AHSE CONVENTION DAY 4: Sunday, April 23rd

ELEANOR CRISWELL HANNA, Ed.D.
A Neurophysiology Update
9:00–10:30 A.M. | Open to the Public

This presentation will feature trends in neuro hacking, consciousness hacking, brain hacking, wearables, and the role of HSE in brain hacking. We will look into future implications for all these current enthusiasms. We will also consider the potential for and ethical considerations of neurophysiology hacking.

The session will also explore the sensory side of HSE, especially the sensory contributions of the sensory receptors within our fascia. We will explore the sensory contributions experientially.

Eleanor Criswell Hanna, Ed.D., is emeritus professor of psychology and former chair of the psychology department, Sonoma State University. Founding director of the Humanistic Psychology Institute (now Saybrook University, San Francisco), she is editor of Somatics Magazine, the magazine–journal of the mind–body arts and sciences, and director of the Novato Institute for Somatic Research and Training. Her books include Biofeedback and Somatics: Toward Personal Evolution, How Yoga Works: An Introduction to Somatic Yoga, and she is editor of Cram’s Introduction to Surface Electromyography. She is past president and board member of the International Association of Yoga Therapists. She is also on the board of the Association for Hanna Somatic Education. She is the originator of Somatic Yoga and Equine Hanna Somatics.

DANNY BURKE, SUSAN KOENIG, JOHN LOUPOS AND RYAN MOSCHELL
Panel Discussion: Maximizing Social Media in Promoting Your Hanna Somatics Practice
10:45 A.M.–12:30 P.M. | Open to the Public

There is a vast universe of approaches focusing on pain relief today. In this interactive panel discussion, we will hear from four of our practitioners as they discuss their philosophies,
approaches, successes and challenges in promoting their Hanna Somatic Education practices. The focus will be on using social media, and also some time-tested “old school” methods that are still effective! Join us for this lively sharing experience!

PHIL SHENK, CHSE

Pandiculation of the Convention – Realize a Deeper, more Subtle Experience of Pandiculation

2:00–3:15 P.M. / Open to the Public

During these somatic exercises you will be guided to experience pandiculation—especially—from a fresh, nuanced perspective that will enable you and those you work with to derive additional benefit and insight with less effort and a deeper understanding.

Phil Shenk, CHSE, entered Thomas Hanna’s first Hanna Somatic Education Training in 1990. Since that time, he has been practicing, teaching, and nurturing Hanna Somatic Education in the world in a variety of ways, and intends to continue doing so. He is looking forward to working with you and learning with you at the AHSE 2017 Annual Convention.

KELLI PEACOCK, CHSE

Demystify Your Core

3:30–4:30 P.M. / Open to the Public

This session is about discovering our true core strength, as well as gentleness in core and full body somatic movement. We will explore our postural patterns, both standing and lying, paying special attention to the way muscle groups collectively work together. Balance is a dance, a process of muscles adjusting constantly, helping to support us. In working with our vertical axis, we will use the metaphor of building blocks to address tone or balance in the body. Our somas change all the time, and as our understanding and conscious experience of our somas grows, so does our somatic wisdom.

We will also work with a special stabilizing space behind the eyes. Using this space helps us to better perceive ourselves, others, and things around us. By using a spatial quality of awareness surrounding our body and its relationship to the outside world, we begin to discover how energies in the body can provide more freedom in movement.

Kelli Peacock, CHSE, has been active in the healing community for 15 years, certified in shiatsu, advanced acupressure, Zentherapy Bodywork, and Trigger Point therapy. She is also a certified member of Hanna Somatic Education, graduating in Wave 13, 2012. Since 2011, she has been studying with Michele T. Newmark and Dr. Siri Gian Khalsa in learning Reichian Breathing and Kundalini Yoga through attending their workshop intensives four times a year. She practices in Boulder Creek/Santa Cruz and Berkeley, CA.
Thursday, April 20 – AHSE 2017 Convention

9:00–10:00am  Announcements/Housekeeping, Sharing with convention attendees
10:00–10:15am  Break
10:15–11:00am  **NI Teaching Team:** Recalibration of Green Light Protocol,
                Demo Side 1 — Shoulder moves, bowing, highlighting, teaching
                Back Lift movement, release of internal hip rotators, “walking”
11:00–11:35am  Practice Session 1
11:35am–12:15pm  Practice Session 2
12:30–2:00pm  Lunch
2:00–2:45pm  Demo Side 2 — Highlighting, Bowing, teaching Back Lift movement,
             enhancements
2:45–3:15pm  Practice session 1
3:15–3:30pm  Break
3:30–4:00pm  Practice session 2
4:00–4:30pm  Supine work, Side 2 — Crossed-leg moves, Arch & release out of
             arch (passive and pandicular), Lengthening back (passive and
             pandicular), enhancements
4:30–5:00pm  Practice session 1
5:00–5:30pm  Practice session 2
6:00pm  Dinner

Friday, April 21 – AHSE 2017 Convention

9:00–10:00am  **Gabriel Posner:** A New Look at The Dark Vise
10:00–10:15am  Break
10:15–12:00pm  **Gabriel Posner:** A New Look at The Dark Vise
12:30–2:00pm  Lunch
2:00–3:00pm  **Suresha Hill:** The Effectiveness of Communicating with Bone! – Part 1
3:00–3:15pm  Break
3:15–5:00pm  **Suresha Hill:** The Effectiveness of Communicating with Bone! – Part 1
5:00–5:30pm  Sharing experiences from the day
6:00pm  Dinner
7:30–9:30pm  Annual Meeting of the AHSE Membership
Saturday, April 22

9:00–10:00am  Bogusia Badon: My Top 3 Client Complaints and How I Approach Them
10:00–10:15am Break
10:15–12:00pm Bogusia Badon: My Top 3 Client Complaints and How I Approach Them
12:30–2:00pm Lunch
2:00–3:30 pm Suresha Hill: The Effectiveness of Communicating with Bone! – Part 2
3:00–3:15 pm Break
3:15–5:00 pm Suresha Hill: The Effectiveness of Communicating with Bone! – Part 2
5:00–5:30 pm Sharing experiences from the day
6:00pm Dinner
7:30–9:30pm Open Mic Night (entertainment) — Skits, Poems, Readings, Movements, etc.

Sunday, April 23

9:00–10:30am  Eleanor Criswell Hanna: A Neurophysiology Update
10:30–10:45am Break
10:45am–12:15pm Panel Discussion: Maximizing Social Media in Promoting Your Hanna Somatics Practice
12:30–2:00 pm Lunch
2:00–3:15pm Phil Shenk: Pandiculation of the Convention – Realize a Deeper, more Subtle Experience of Pandiculation
3:15–3:30pm Break
3:30–4:30pm Kelli Peacock: Demystify Your Core
4:30pm Closing ceremony