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.**

**AHSE CONVENTION DAY 1: Thursday, April 19**

**NOVATO INSTITUTE TEACHING TEAM**

Recalibration—Pandiculating the Extremities

10:30 A.M.–5:45 P.M. | Open to Members and Associated Somatic Practitioners Only

We’re offering something different this year. Instead of focusing on a particular protocol, we are expanding our focus to the extremities, including the jaw and neck. Again, as last year, we will divide the day into three sections. Each section will have a demo, request for enhancements, and practice time. Here is a brief outline of how the day will go:

**Morning Session**

10:30 A.M.–12:15 P.M.

Demo 1 — Assessment and Pandiculations for Upward and Downward Rotators of the Scapula

(The upward rotators are the upper trapezius, lower trapezius, and serratus anterior. The downward rotators are the levator scapula, rhomboids, pectoralis minor, and latissimus dorsi.)

Enhancements • Practice session 1 • Practice session 2

**Afternoon Sessions**  2:00–5:45 P.M.

Demo 2 — Assessment and Pandiculations for the Jaw; and as time permits, also for the Neck

Enhancements • Practice session 1 • Practice session 2

Demo 3 — Assessment and Pandiculations for the foreleg, foot, ankle, and toes

Enhancements • Practice session 1 • Practice session 2
GABRIEL POSNER, CHSE

What Do Our Clients Say About Hanna Somatics and How Can We Use This Information?

9:00–10:30 A.M. | Open to the Public

We all have felt the benefits of Hanna Somatics. Either we have benefited personally from this work in overcoming our own sensory motor amnesia, or we have seen the effects in our clients who gain the resources to live fully and free from pain. Statistically, however, little is known about the effects of Hanna Somatics. A client survey, sent out a few years ago, is an initial step in building a scientifically validated foundation for this work. While some aspects of the survey are in preparation for publication, many of the results are ready to share with you.

In this session, I’ll present some of the findings from the survey and then transition to a discussion of some important questions—What do we as practitioners do with such information once we receive it? How does this affect how we practice Hanna Somatics and how we talk about it with clients? Although the data we received from surveying our clients offers new insights into aspects of this work that are hard to see when working with one client at a time, the true value of this data is in what we DO with it. Join me in this session for an illuminating and stimulating discussion around research and Hanna Somatics.

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 13 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 seven years as a director of the board of the Association for Hanna Somatic Education, chairing the education and research committees.

JAMES KNIGHT, CHSE

Gentle Somatic Yoga Workshop—Bringing Mindful Movement into Integrating the Whole Self

10:45 A.M.–12:15 P.M. | Open to the Public

I invite you to consider that what may seemingly pose as bodily limitations are, in actuality, a threshold for you to experience something greater. The question becomes, “Am I ready for deeper and more pleasurable experiences in my life?”

During this workshop, I will engage you in exploring efficient postural alignment, generative gait, and somatic movement flows to free the body from head to toe.
**AHSE CONVENTION DAY 2: Friday, April 20th**

In terms of its capacity to nourish, liberate and enhance the vitality of the Soma, Gentle Somatic Yoga (GSY) is an adaptogenic movement art practice with unlimited potential for erasing sensory motor amnesia. GSY will meet you where you are currently, and guide you into ever-expanding states of well-being, freedom and joy. Each time you practice GSY, you will experience greater aliveness, freedom and creativity. These qualities will then spill out and transform every facet of your experience as a living, breathing, sensing, moving Soma.

James Knight, CHSE, has been an Integrative Therapist, Yoga Teacher, and Movement Educator for over 25 years. He derives great pleasure in being a part of the evolution of Hanna Somatic Education. Today, he travels the world facilitating Gentle Somatic Yoga retreats, teacher trainings, and events exploring how to create a balanced lifestyle within our modern culture. For more information, visit his website: www.GentleSomaticYoga.com and YouTube Channel: www.youtube.com/user/JamesKnightGYSE.

**BILL KEELE, CHSE**

**Teaching Spontaneous Somatics Classes Around Student Interests**

2:00–3:30 P.M. | Open to the Public

In this session, I will demonstrate how I teach Somatics classes using information gathered from students at the beginning of the class. For example, students might be experiencing specific pains or tightness in certain regions of the body and wish to loosen the area and learn how to work more consciously and intelligently in that area. Other students may have questions about movements, anatomy, principles guiding Somatics movements, and so on. I often solicit this kind of information from students and then organize my class around their expressed interests. After the example class, there will be a short discussion time to address any questions about this very interesting way to organize a class.

Bill Keele, CHSE, 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 him to Hanna Somatics. Bill completed the Hanna Somatics Training Program at the Novato Institute, graduating in 2003 in Wave 6. Subsequently, 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.
BILL KEELE, CHSE

Core and Hip/Pelvis Muscle Relationships—
A Somatic Educator’s Pathway Through the Maze

3:45-5:45 P.M. | Open to the Public

The muscles of the core and hips/pelvis are part of a complex area of the body and can play multiple roles with respect to functionality, posture, and walking. This session will help us navigate this “maze”, starting with noting some anatomical highlights that are important for us as HSE practitioners. We will also learn how to be more clear about what we see and feel when pulsing the client’s pelvis so we can use this more differentiated understanding in working with our clients. We’ll learn how to palpate the six abdominal quadrants to get immediate benefits. We’ll also explore various pandiculations related to this area, as well as learn how to see excessive pelvic rotation during walking and how to address it.

See Bill’s bio above.

ELEANOR CRISWELL HANNA, Ed.D.

The Neurophysiology of Somatics and Trauma,
Somatic Yoga, Equine and Canine Hanna Somatics

9:00–10:30 A.M. | Open to the Public

This presentation will feature trends and research in neurophysiology, including somatics and trauma. Much gratitude and appreciation goes to the research of such people as Bessel van der Kolk, Stephen Porges, and others for the current explosion of media coverage both to the general public and health care practitioners. We, as Hanna Somatic Educators, can play a very important role in helping our clients mend and recover from traumatic experiences in their lives.

Due to questions and inquiries from Hanna Somatic Educators, I will also present some experiential activities and explanations of “Somatic Yoga” which I conceived and developed, along with a greater understanding of how I apply the principles of HSE in my original work with horses and dogs.

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.

ANDREW SCHAEFER, PHD, PTA, CSE

Somas and the New Physics of Life

10:45 A.M.–12:15 P.M. and 2:00–3:15 P.M. | Open to the Public

Recent advances in biophysics reveal to us the hidden movements and organizing principles of life as understood from the third person perspective of science. I will explore the transition from non-living active matter to living cells, organisms and populations. We will address the question: when do the properties we identify as Soma arise in matter? Active matter systems are composed of energy-consuming constituent components that drive the system to behave in very complex ways. These active materials have characteristic properties that are dramatically different from the everyday materials that we interact with such as plastics, metals, or fluids such as water and oil. We will learn that endowing the fundamental unit of a material with the ability to consume energy, exert forces and move, can result in a material that has properties of self-motility and self-healing that adapts to the world. I invite the audience to apprehend the beauty of our hidden parts through the presentation of videos that will showcase the dynamic biophysical and cell biological concepts relevant to understanding Somas. We will also interact with models and materials to encourage discussion and insight. We will see that the “new” physics of life validates Thomas Hanna’s concept of Somas as self-moving, self-experiencing, and self-regulating Active-matter systems.

Andy Schaefer, PhD, PTA, CSE, obtained a PhD in Neurosciences from Case Western Reserve University in OH and worked as a Research Scientist at the Departments of Molecular, Cellular, and Developmental Biology and of Mechanical Engineering at Yale University. He spent 25 years conducting original research on cellular mechanics underlying motility and nerve regeneration, publishing numerous peer-reviewed articles. Throughout those years, he enjoyed training and collaborating with distinguished medical clinicians, neurosurgeons, biologists, physicists, and engineers. Together they applied innovative technologies to visualize the inner life of cells. In 2011, he personally experienced the healing power of Hanna Somatic Education and realized he wanted to integrate his third-person scientific understanding of life with his embodied first-person experience as a living Soma. He is now an Allied Somatics Practitioner (2013), trained at the Somatic Systems Institute in MA. He currently integrates Clinical Somatic Education into a physical therapy practice at Farmington Valley Physical Therapy & Sport Medicine, and Soma Movement Studio in CT. He enjoys synthesizing knowledge of neurophysiology and biophysics and sharing it to empower people to live more fully.
AHSE CONVENTION DAY 3: Saturday, April 21st

LYMAN SPENCER, CHSE
Enhance Your Cat Stretch With Neck and Other Movements

4:00–5:30 P.M. | Open to the Public

In this series of movements I will demonstrate how to enhance the fundamental “Cat Stretch” movement series by weaving in additional movements using gravity to assist in the pandiculation of neck movements in supine, prone, side-lying and seated positions. I’ll also show how to add movements that involve scapula and shoulder pandiculation as well as additional lower extremity pandiculations.

Lyman Spencer, CHSE, enthusiastically shares his knowledge of human anatomy, physiology, kinesiology and neuroscience to help students understand how they can transform themselves to achieve better health, movement and overall well-being through Somatics. He lives in Novato, CA where he sees individuals in private sessions. He began practicing Somatic movements in 2003 and completed his training in 2008 with Wave 9. Since becoming certified, he has been assisting the teaching team of the Novato Institute for Somatic Research and Training in conducting its program to train practitioners in Hanna Somatic Education.

AHSE CONVENTION DAY 4: Sunday, April 22nd

JOHN LOUPOS, CHSE
Complex Movements for Savvy Shoulders

9:00–10:30 A.M. | Open to the Public

Complex doesn’t have to mean complicated. Complex simply implies more parts comprising a whole. An important part of our mandate in Somatics is to make complex movements come to feel simple and easy. In this guided movement series I will offer up fresh insights into how movement combinations, utilizing aspects of already familiar patterns, can open up new possibilities allowing you (and your clients) to achieve savvy shoulders. Our lying down routine will focus primarily on core and posterior muscles associated with the entire back and shoulder areas.

John Loupos, CHSE, is certified by both the Novato Institute and by Somatic Systems Institute where he studied directly with protégés trained by Thomas Hanna. John is founder of The Pain & Mobility Clinic, and of Jade Forest Kung Fu/ Tai Chi (home of PMC) in Cohasset, Ma., and author of The Sustainable You—Somatics and the Myth of Aging. John also sits on the Board of Directors for the Association for Hanna Somatic Education (AHSE).
Along with its other intriguing presentations, the 2018 Convention includes a next installment in its popular panel discussion series. The theme for the 2018 Convention’s panel discussion will be “How to Teach Effective Group Classes.” Each panelist will present a short movement pattern that highlights his or her individual teaching and guidance style. Following this segment, panel members will field questions and comments from audience members.

**SUSAN KOENIG, CHSE**

**Pandiculation of the Convention—Pandiculating the Psoas and Iliacus**

2:00–3:00 P.M. | Open to the Public

In my experience, helping people to release their psoas and iliacus, brings pain and tension relief, not only to the low back, but also to the pelvis, hips, and adductors of the hip. I will be demonstrating several pandiculations I use all the time from both supine and prone. We will also practice with partners. My YouTube video (https://youtu.be/jxWOkZ3Om4I) regarding the psoas has gotten over 942,800 hits!

Susan Koenig, CHSE, was in Wave 1, Thomas Hanna’s Hanna Somatic Education Training in 1990. Since that time, she has been practicing, teaching a Saturday morning movement class (now monthly), and is part of the Novato Institute’s Teaching Team along with Eleanor Criswell, Phil Shenk, and Lyman Spencer.
KEN BRIDGEMAN, CHSE

Less Can Be So Much More—Creating Greater Somatic Awareness with More Effective Results Through Focused Movements

3:15–4:15 P.M. | Open to the Public

Following double hip replacement surgery in 2012 and 2013, I went through a long period of intensive rehabilitation that was very successful. That pain I’d lived with for so long was now simply gone! But of course, such invasive procedures couldn’t “fix” the whole soma. I was left with a myriad of unexpected, often painful, restrictions throughout my body. Walking even short distances, or standing in place for very long, continued to be difficult as a result of chronic low back pain. With that crippling hip pain gone, however, I could now return to working with my full Somatics routine for some relief.

But after such a long period of all-encompassing pain prior to the surgeries, I discovered I had difficulty feeling or sensing a clear, first-person experience of my inner self. I had difficulty “going within”. Through a lot of trial and error, and fine-tuning of the somatic exercises, I finally began to find ways to regain that inner connection. In this presentation, I will share some of those simple movements that I found to be effective for enhancing ease of movement and a greater inner awareness throughout my soma.

Ken Bridgeman, CHSE, is a certified graduate of Wave 6 of the Novato Institute. For 15 years, he worked in hospital and physical therapy settings, before becoming a Nationally Certified Massage Therapist and completing a course of study at the Hendrickson Method Institute, Inc. He has been active with the AHSE since 2001.
2018 CONVENTION SCHEDULE

Thursday April 19

9:00-9:15  Announcements/Housekeeping
9:15-10:15 Sharing with convention attendees
10:15-10:30 BREAK
10:30-12:15 Novato Institute Teaching Team—Recalibration: Pandiculating the Extremities
Pandiculating the upper extremities—Assessment and pandiculations for upward and downward rotators of the scapula
• Demo 1 • Enhancements • Practice session 1 • Practice session 2
12:30-2:00 LUNCH
2:00-3:50 Pandiculating the upper extremities—Assessment and pandiculations for the jaw (and also for the neck, as time permits)
• Demo 2 • Enhancements • Practice session 1 • Practice session 2
3:50-4:10 BREAK
4:10-5:45 Pandiculating the lower extremities—Assessment and pandiculations for the foreleg, foot, ankle, and toes
• Demo 3 • Enhancements • Practice session 1 • Practice session 2
6:00 DINNER
7:30-8:30 Optional work on enhancements or other practice

Friday April 20

9:00-10:30 Gabriel Posner—What Do Our Clients Say About Hanna Somatics and How Can We Use This Information?
10:30-10:45 BREAK
10:45-12:15 James Knight—Gentle Somatic Yoga Workshop: Bringing Mindful Movement into Integrating the Whole Self
12:30-2:00 LUNCH
2:00-3:30 Bill Keele—Teaching Spontaneous Somatics Classes Around Student Interests
3:30-3:45 BREAK
3:45-5:45 Bill Keele—Core and Hip/Pelvis Muscle Relationships: A Somatic Educator’s Pathway Through the Maze
6:00 DINNER
7:30-9:30 Annual Meeting of the AHSE Membership
**2018 CONVENTION SCHEDULE**

**Saturday April 21**

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<td>7:30–9:30</td>
<td>Open Mic Night (entertainment)—Skits, Poems, Readings, Movements, etc.</td>
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**Sunday April 22**

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<td>Closing Ceremony</td>
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