These workshops, presented by the AHSE®, are for bodyworkers, doctors, dancers, somatic therapists and others interested in the body, healing, and change.

**AHSE CONVENTION DAY 1: Thursday, April 25th**

Ryan Moschell, BA, LMT, CHSE

**The Alchemy of Community**

9:15-10:30 A.M. | Open to the Public

When somas consciously gather together with a common intention we have the potential to create something completely new and unique. Throughout our convention we will participate in experiential activities as a group and as individuals that can help us access the alchemy of community. Together we will activate a heightened “second person” awareness that can deepen our connections to one another, create unique learning opportunities, and help increase our gratitude for what we co-create as a community.

Novato Institute Teaching Team

**Recalibration—Pandiculating the Green Light Protocol from Supine and Side-Lying**

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

The teaching team gets many requests from students and colleagues about how to do the Green Light protocol for clients who can’t lie on their bellies. So for this year’s recalibration we will focus on the Green Light protocol done from side-lying and supine. We’ll modify some protocol moves and show a variety of alternatives for others. We’ll also demonstrate our favorites, add some of our own enhancements, and, of course, solicit your preferences and enhancements.

As we demo the moves, we’ll also include pointers about body mechanics. We are very excited about presenting this material!

(cont.)
AHSE CONVENTION DAY 1: Thursday, April 25th

NOVATO INSTITUTE TEACHING TEAM

10:45 A.M.–12:15 P.M.
Demo 1—The Four Shoulder Moves

Enhancements • Practice session 1 • Practice session 2

2:00–3:50 P.M.
Demo 2—Highlighting through “Walking”

This part of the protocol includes highlighting for both side 1 (compression) and side 2 (lengthening), bowing, Cat Stretch #3 (back extension), hip release (release of internal hip rotators), and walking (pulsing through feet).

Enhancements • Practice session 1 • Practice session 2

4:10–5:45 P.M.
Demo 3—The Supine Work

This work consists of two moves, each with a passive and active pandicular component. In this session we’ll particularly focus on noticing when a client is truly pandiculating or actually stretching, and paying attention to whether the client remains in their comfort zone throughout these moves.

Enhancements • Practice session 1 • Practice session 2

AHSE CONVENTION DAY 2: Friday, April 26th

TAMMIE LYN MARTIN, MS OTR/L, CHSE

Discover Your GLOW

9:00–10:15 A.M. / Open to the Public

Do you ever wonder why sometimes you shine and sometimes you just feel blah? Over the past year I’ve been exploring this question from three perspectives—Occupational Therapy, Hanna Somatics, and my intuitive nature as a ‘sensitive’. In this movement class we’ll explore the GLOW mindset as a frame of reference, using Hanna Somatics movements as the medium of exploration and my personal musings from interacting with the world around me. The class will focus on core muscles along the anatomical planes of the body (sagittal, transverse, and coronal) and will be guided through my favorite movements to free the pelvis and release other holding patterns throughout the body. As you explore these movements with me, I invite you to discover what the GLOW mindset means to you.

(cont.)
Discover Your GLOW

GLOW mindset—A frame of reference to examine what brings shine to your being through nurturing self-care and the quality of your thoughts through mindfulness.

- Grow—Counter complacency. Follow your passion!
- Listen—Sensory Motor feedback. What do you need now?
- Observe—Mindfulness. The quality of thoughts, your reaction and action.
- Emotional relief and following the path of least resistance.

ELEANOR CRISWELL HANNA, ED.D.  
PETER BEHEL, MA

Language, Pain, and Neurophysiology

10:30–12:15 P.M. | Open to the Public

While the experience of pain is universal, research has uncovered various factors that influence each person’s individual pain perception, including personal history, social interactions, mood, and expectations. This assortment of influences can make communication with a client in pain challenging and multi-faceted. Through our language and communication we can either soothe or amplify pain perception, and help our clients become open to the possibility of a positive outcome or at least a potential reframe of how they choose to see and live with their situation.

This workshop will focus on facilitating positive interactions with clients, keeping pain-related communication complexities in mind, and furthering the recovery process through effective practitioner communication. To this end, we’ll be using both role play and biofeedback instruments to monitor the physiological effects of communication from practitioner to client, as well as the effects of the way clients talk to themselves.

The presentation will include participation from the group with regard to times they realized they may have made communication blunders or created misunderstandings, times when using positive language felt contrived and untrue, times when the practitioner just didn’t know how to respond in the moment, and times when practitioners might have communicated with a client in pain in a way that was truly beneficial. Given the abundance of influences that shape the way individuals experience pain, learning to maximize our capacity to facilitate beneficial outcomes is an important component of client interaction.
AHSE CONVENTION DAY 2: Friday, April 26th

KELLI PEACOCK, CHSE
JOHN LOUPOS, CHSE

Walk better so you’ll never need a walker!

2:00–4:00 P.M. | Open to the Public

This workshop will start with a detailed walking self-assessment to increase awareness of the many component parts of walking. Then we will be guided in sensing for a whole body continuity, using variations of our most basic Arch and Flatten movement pattern. We’ll reinforce and expand those learnings in standing mode with principles and partner practices derived from the Tai Chi tradition. Finally, we’ll assess our walking again and discover the changes that have happened.

AHSE ANNUAL MEETING

The Present and Future of Your AHSE

4:15–5:45 P.M. | Open to the Public

“Expectation’ is one of the most important words in the English language…Expectation is what carries us from the present into the future. As such, it is like the prow of a vessel nosing its way forward. The direction in which the prow is pointed determines the direction the vessel will go." (Thomas Hanna, Somatics)

What direction are we pointed towards as a group of Hanna Somatic Educators? We all love the work we’ve been taught and continue to practice as individuals. Now to bring Tom Hanna’s vision to its full potential, we need to work as a group. Together, we can do much more to advance the fullest potential of our work than we can hope to accomplish as separate individuals. This is what your AHSE is all about. Your Board of Directors (made up of volunteer members like you) is always working with the vision of supporting our HSE work collectively and your work individually through our monthly meetings, committee work, and individual efforts. Each year at the convention we have a meeting open to all AHSE members to share with you what we’ve been doing so we can then engage and strategize with you and together work out ideas and suggestions for directions we all feel would be helpful for the AHSE in the coming year. Your participation and input is very important to the work of our association! Come and be part of our future!
Refining Your Pandiculation Skills

9:00–10:30 A.M. & 10:45 A.M.–12:15 P.M. | Open to the Public

Pandiculation is one of the most basic tools we use to help clients recover from sensory motor amnesia, so it’s very important that we use this tool with great understanding and skill. In this presentation we’ll cover a range of pandiculation topics, both theoretical and hands-on. We’ll review the latest scientific literature, take a closer look at the mechanics of pandiculation, and include exercises designed to help you match your pandicular skills to the particular needs, abilities, and individual psychologies of the clients you work with.

“Going UP”—Our HSE Elevator Pitch

2:00–3:15 P.M. | Open to the Public

So, there you are, standing in the elevator when somebody asks you, “What’s this Hanna Somatics stuff you do?” And you’ve got thirty seconds to catch their interest (Wow, that sounds cool! Have you got a card?), or lose them forever (Hmmm, okay sounds cool. This is my floor...).

Hanna Somatics is based on the complex principles of neurophysiology and neuroplasticity, and we HSE practitioners have all undergone an extensive training program to gain our expertise. Yet in the age of Tweets and woefully short attention spans the public that stands to benefit from our unique services has been conditioned to digest new information in short sound bites. How can we practitioners encapsulate the totality of our special gift to humanity into a catchy one- or two-sentence phrase without compromising our ethics or overall message?

At this year’s convention I’ll be facilitating a discussion to explore this very challenge...to help you get your Somatics message across to potential clients in a way that they can relate to, and even be intrigued by.

NOTE: To get the most out of our discussion, the Education Committee would like to ask you to give this question some thought and, if possible, send your own favorite sound bite, or bites, to us before the convention. Feel free to submit your ideas even if you can’t attend in person! You can send your favorite elevator pitch to John Loupos at jadeforest@comcast.net. Send it any time from now while this is fresh on your mind up to April 1, 2019.
AHSE CONVENTION DAY 3: Saturday, April 27th

BOGUSIA BADON, RPT, CHSE
ANDREW SCHAEFER, PHD, PTA, CSE

Enhancement Techniques for Hanna Somatics Protocols to Improve Whole Pattern Self-Awareness

3:30–5:45 P.M. | Open to the Public

In this session we will introduce exciting somatic maneuvers, therapeutic exercises, and hands-on techniques to complement and enhance your work with clients—especially those with special challenges. This interactive lecture/demonstration will present invaluable practices to increase your knowledge base and skill in working with clients with impairments in alignment, movement patterns, and musculoskeletal dysfunction.

We have all encountered clients who are unable to tolerate certain HSE lessons because of their particular pain and bracing patterns. In our physical therapy rehabilitation clinic we also frequently encounter patients such as athletes and laborers, who are strong but don’t pay attention to the subtle sensory feedback required for somatic change. Post-surgery trauma-induced SMA can likewise be disruptive to teaching self-care somatic movements. Our work with these types of clients aims to improve their self-awareness and reinforce the fundamental teaching that the benefits of HSE are dependent on the client’s own somatic education, rather than the practitioner’s interventions.

Join us and we will compare and contrast principles of Hanna Somatics with other common modalities used by physical therapists, exercise professionals and chiropractors. We will also share somatic maneuvers to help your clients improve control and sensory awareness of whole body movements. Examples include side-lying total body extension, supine trunk rotation, shoulder clock with scapular isolation, and more.

AHSE CONVENTION DAY 4: Sunday, April 28th

LINDA SMITH, CHSE
MARY POXON, CHSE
KEN BRIDGEMAN, CHSE

Movement Collage

9:00–10:15 A.M. | Open to the Public

(cont.)
**Movement Collage**

At last year’s convention, our Sunday morning movement class was a collage of movements led by several people. The feedback about this “round–robin” style of class was so positive that we decided to do it again. In “round one”, each presenter will guide us in a movement of their choice. In “round two”, each presenter will guide us in a different movement. We may even have time for a “round three”? Each movement will be complete in itself. There is no particular theme or connection between the movements—just favorite or particularly effective movements from each presenter’s clients and students.

**JOAN KAUFFMAN, CHSE**

**Challenges of Aging:**

As we age, we begin to have decreased balance responses from vestibular, visual, and proprioceptive systems, creating an increased potential for loss of balance and falling. Statistics show that falling is a leading cause of injury–related death for those over 65. More than 1 out of 4 older adults fall annually; 20% of these falls result in serious injury. Decreases in strength, change of gait, and side effects from medications can all cause instability. Besides the immobility that results from falling, there is a huge psychological impact—the fear of falling. In this presentation, we’ll do a variety of activities you can use with clients, in classes, and for yourself. For example, we’ll challenge our balance reflex by relearning and strengthening our automatic responses to instability, which in turn proactively stimulates our nerve cells to activate muscles. We’ll see a demonstration and then practice/role play assisting an aging or injured person to increase their ability to stand from sitting in a chair to decrease their anxiety, and increase a sense of self-reliance and well-being. This presentation will include a handout on related effects of various types of medications that you can take home and refer to when working with older or less mobile clients.
SUSAN KOENIG, CHSE

Challenges of Aging: Pelvic Floor Somatic Movement

10:30–12:15 P.M. | Open to the Public

I discovered this somatic movement when looking for something that would bring relief to a client of mine with pelvic floor pain. She had had three children and with each child she experienced more pain in this area. However, pelvic floor pain is just one of the reasons people can benefit from this pelvic floor movement. Other issues it can help with are incontinence, a drooping pelvic floor due to childbirth, dropping down (prolapsing) of the bladder and other organs, lack of support from injury, aging, and more. We’ll briefly look at the diamond shape made by the muscles of the pelvic floor, from coccyx to pubic bone and sitz bone to sitz bone. Then I’ll guide you in the movement which has various parts. We’ll practice each part and then put them together. I’ll have a handout with thorough instructions and pictures. Credit goes to Judith Aston who taught me this movement.

FARZANEH JAFARI, CHSE

Hanna Somatic Movement and Somatic Yoga

2:00–3:30 P.M. | Open to the Public

In this session, I am excited to present a unique movement class that combines both Hanna Somatics and Somatic Yoga as taught by Eleanor Criswell. During this class you will be encouraged to focus your self-awareness on various muscle groups with great attention and comfort. You’ll be directed to notice your sensations and how these sensations open up your sense of awareness from deep within you, as if guiding your soul to freedom from within. During this session you will be invited to explore your current range of motion limitations and how this can change by moving slowly, comfortably, and with awareness to overcome sensory motor amnesia.

RYAN MOSCHELL, BA, LMT, CHSE

The Alchemy of Community

4:00–4:30 P.M. | Open to the Public

As we close our convention, we will take this time to connect within our somas with all that’s happened during the convention, what we’ve learned, and the connections we’ve made and deepened with each other.
**Speaker Biographies**

**Bogusia Badon, RPT, 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.

**Peter Behel, MA** is a biofeedback specialist who has spent 20 years specializing in the treatment of chronic pain, beginning in 1987 at Mt. Diablo Hospital Medical Center in Concord, CA. Currently serving as an adjunct faculty member at Sonoma State University, Peter has also been involved in the treatment of acute care psychiatric disorders as a member of a behavioral health treatment team at Community Psychiatric Hospital in Santa Rosa, CA. While formerly a member of a multidisciplinary treatment team who treated Pixar and Industrial Light and Magic animators suffering from repetitive strain injuries in San Rafael, CA, Peter is currently practicing as a provider for Kaiser Permanente in Santa Rosa.

**Ken Bridgeman, CHSE** is a graduate of Wave 6. For 15 years, he worked in hospital and physical therapy settings, before becoming a Nationally Certified Massage Practitioner. He has been an active member of AHSE since 2001.

**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.

**Farzaneh Jafari, CHSE** is a certified Yoga therapist, teaching yoga therapy in the last decade. Her passion in understanding the mind and the body and its relation to movement led her to Hanna Somatic Education. She has a unique style of integrating the mind and the body movements through HSE and therapeutic yoga which is clearly demonstrated through her teachings.
Joan Kauffman, CHSE attended Wave 4. Joan practiced as a Public Health Nurse for over 20 years. HSE has been an important tool she has offered to educate and enhance her clients’ and students’ understanding and ability to maintain and improve their health and wellbeing. She continues to teach classes to the community on Lopez Island where she lives.

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.

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).

Tammie Lyn Martin, MS OTR/L, CHSE has formal education as an Advanced Master of Occupational Therapy (OT), Bachelor of Psychology, and certification in Hanna Somatic Education. Professionally, her OT and Hanna Somatics engagement with youth, adult, and geriatric clients across education, health care, and corporate environments provides broad experience working with diverse challenges affecting the whole person. As a highly sensitive person, she is able to deeply connect with the individual needs of clients with whom she has the opportunity to work.

Ryan Moschell, BA, LMT, CHSE was certified by the Novato Institute for Somatic Research and Training®, and is also a Licensed Massage Therapist. He created and owns Get Out Of Shape®, a full-time practice in Annapolis, Maryland. In 2015, Ryan was elected to, and continues to serve on, the Board of Directors of the AHSE. His almost two decades of experience as a bodyworker and his academic background in cultural anthropology offers him a broad perspective on human behavior and how cultural norms can affect health and wellbeing. His innate curiosity has led him to continually search for new and creative ways of communicating and connecting with each of his clients. Ryan combines and utilizes many of the specialized techniques he has learned over the years to enhance his clients’ experience as they move from pain to pain-free on their way to their full potential.

Kelli Peacock, CHSE has been active in the healing community for 18 years. She is a certified member of Hanna Somatic Education, graduating in Wave 13, 2012. She teaches three Somatics classes a week and has a private practice in Boulder Creek/Ben Lomond and Santa Cruz, CA. She is also certified in shiatsu, advanced acupressure, Zentherapy Bodywork, and Trigger Point therapy. She is empowering people to get in touch with that deeper place from within and heal.
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.

Mary Poxon, CHSE was a general dentist in private practice for 30 years before becoming a certified yoga therapist, C-IAYT. She has a special interest in helping people with chronic pain. She has studied several types of yoga, including Loyola Marymount University Yoga RX program, YTRx–500C & POLY–500, iRest Yoga Nidra, and is a Viniyoga Wellness instructor. Mary is a graduate of wave 19 at the Novato Institute, where she immensely enjoys being a teaching assistant. She practices Canine Somatics daily with her dog Mimi.

Andrew 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.

Linda Smith, CHSE is a personal fitness instructor, dancer, and Hanna Somatic Educator. She creates classes with a unique combination of strength and function training and Hanna Somatics. Besides her certification as a Hanna Somatic Educator, she is also certified as a Personal Fitness Trainer and as a Clinical Exercise Specialist.
Thursday April 25

9:00–9:15 Announcements/Housekeeping
9:15–10:30 Ryan Moschell—The Alchemy of Community
10:30–10:45 BREAK
10:45–12:15 HSE Teaching Team—Green Light Protocol from Side-lying or Supine: Shoulder Movements
   • Demo • Enhancements • Practice session 1 • Practice session 2
12:30–2:00 LUNCH
2:00–3:50 HSE Teaching Team—Green Light Protocol from Side-lying or Supine: Highlighting, Bowing, Cat Stretch #3
   • Demo • Enhancements • Practice session 1 • Practice session 2
3:50–4:10 BREAK
4:10–5:45 HSE Teaching Team—Green Light Protocol from Side-lying or Supine: Supine Work
   • Demo • Enhancements • Practice session 1 • Practice session 2
6:00 DINNER
7:30–8:30 Optional work on enhancements or other practice

Friday April 26

9:00–10:15 Tammie Lyn Martin—Discover Your GLOW
10:15–10:30 BREAK
10:30–12:15 Eleanor Criswell Hanna and Peter Behel—Language, Pain, and Neurophysiology
12:30–2:00 LUNCH
2:00–4:00 Kelli Peacock and John Loupos—Workshop on Walking
4:00–4:15 BREAK
4:15–5:45 AHSE Annual Meeting
6:00 DINNER
7:30–8:30 Optional AHSE committee meetings and/or discussions
2019 CONVENTION SCHEDULE

Saturday April 27

9:00–10:30  Gabriel Posner and John Loupos—
Refining Your Pandiculation Skills, Session 1

10:30–10:45  BREAK

10:45–12:15  Gabriel Posner and John Loupos—
Refining Your Pandiculation Skills, Session 2

12:30–2:00  LUNCH

2:00–3:15  John Loupos—Our HSE Elevator Pitch

3:15–3:30  BREAK

3:30–5:45  Bogusia Badon and Andrew Schaefer—
Enhancement Techniques
for Hanna Somatics Protocols to Improve While Pattern Self-Awareness

6:00  DINNER

7:30  Linda Smith—Fun night

Sunday April 28

9:00–10:15  Linda Smith, Mary Poxon, Ken Bridgeman—
Movement Collage

10:15–10:30  BREAK

10:30–12:15  Challenges of Aging:
Joan Kauffman—Issues of Balance, Falling, Getting Up
and Down from a Chair
Susan Koenig—Pelvic Floor Somatic Movement

12:30–2:00  LUNCH

2:00–3:30  Farzaneh Jafari—Hanna Somatic Movement and Somatic Yoga

3:30–4:00  BREAK and EVALUATIONS

4:00–4:30  Ryan Moschell—The Alchemy of Community

4:30–4:45  Cleanup