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 16th**

**NOVATO INSTITUTE TEACHING TEAM**

**Recalibration—Assessment, Home Movement, Mirror Work, and More**

10:15 A.M.–5:45 P.M. | Open to Members and Allied Practitioners Only

This year’s recalibration will cover a number of topics including:

- **Assessment and Posture**—Finding the client’s patterns. Many of our clients embody several patterns, such as more Red Light in the upper body and more Green Light in the lower body, with a strong head tilt, and oppositely rotated hips/legs. We’ll explore a nuanced view of assessment and posture in order to create session strategies more tailored to the client.

- **Home Movement/ Exercises**—Modifying basic Cat Stretch and other movements for more individualized “homework.”

- **Miscellaneous topics**—This session will include revisiting our mirror work and enhancing our anatomical and clinical understanding of various areas of the body, such as the feet and eyes.

**Demo 1—Assessment and posture 10:15 A.M.–12:15 P.M.**

Enhancements • Practice session 1 • Practice session 2

**Demo 2—Home movement/ exercises 2:00–3:50 P.M.**

Enhancements • Practice session 1 • Practice session 2

**Demo 3—Various topics, including mirror work 4:10–5:45 P.M.**

Enhancements • Practice session 1 • Practice session 2
RYAN MOSCHELL, BA, LMT, CHSE

String Theory: Rediscover Your Soma by Shifting Your Focus

9:00–10:15 A.M. | Open to the Public

At the heart of string theory is the thread of an idea that’s run through physics for centuries, that at some fundamental level, all the different forces, particles, interactions, and manifestations of reality are tied together as part of the same framework.

In this group movement class, I will offer the concept of String Theory to inspire you to a new level of awareness with your traditional Somatic movements. We will explore the ways in which changing your focus concepts can keep your soma’s possibilities expanding.

ELEANOR CRISWELL HANNA, ED.D.

Neurophysiology Update and Upgrade

10:30 A.M.–12:15 P.M. | Open to the Public

How do we explain the neurophysiology of Hanna Somatic Education? What are you confused about? What are the most salient points to cover with our clients and students in our classes? Why are we now emphasizing the phrase “motor–sensory” rather than “sensory–motor?” How do we understand the bigger picture of motor and sensory function and control within the brain and nervous system?

This presentation will combine a number of elements including updating you on current research and clarifying answers to your questions. We all “drift” from our comprehension, absorption, and assimilation of neuro information. Perhaps you’d like to “update” your understandings and explanations. How does HSE reset the resting tonus of the muscles and how does this relate to overall mobility, pain, stiffness, postural alignment, fascial integration, mental–emotional health, stress, and even specific conditions from arthritis to diagnoses of neurological deficits? How do we explain these concepts at various levels of complexity?

This presentation will include lecture and group interaction. Come with your questions and concerns. Elevate your communication and understanding skills. Remember, this is a life-long area of study and growth.
AHSE CONVENTION DAY 2: Friday, April 17th

JOHN LOUPOS, MS, CHSE

Working with the Head and Neck

2:00–4:00 P.M. | Open to the Public

Many of our clients arrive with head and neck issues. In this session I’ll lead you through a series of movement patterns for the head and neck that incorporate HSE’s three defining methods of Means Whereby, Kinetic Mirroring, and Assisted Pandiculation. You’ll have the opportunity to experience these movements both individually and in practice with a partner.

AHSE Annual Meeting

4:15–5:45 P.M. | Open to the Public

At our AHSE Annual Meeting you’ll be invited to sit in and also participate as Board members share a lively review of the past year’s activities—decisions and discussions that have served to shape our organization for the coming years. And, for those of you who can’t get enough of elections (this in the spirit of the 2020 national elections) you’ll have a chance to be part of our process as we elect and confirm various members to open positions on the Board of Directors. We’ll also use this occasion for a very special homage to our renowned founder, Dr. Thomas Hanna, as 2020 marks 30 years since his passing.

Origin Stories of Somatics and the AHSE

7:30–8:30 P.M. | Open to the Public

Before there was the internet there was storytelling around the campfire. Join us as members who attended Tom’s original training share their accounts and recollections of events leading to the beginning of AHSE. All will have a chance to ask questions and contribute.

AHSE CONVENTION DAY 3: Saturday, April 18th

CHRIS RUANE, LMT, CHSE

Five Simple Shoulder Movements and Working with Spirals of the Legs

9:00–11:00 A.M. | Open to the Public

In the first part of this presentation, we’ll look at the movements of the shoulder joint and explore five somatic shoulder exercises and hands— (cont.)
on pandiculations. These can be easily incorporated into a bodywork or massage session, in a private movement session, yoga or Pilates class, integrated into a gym training session or HSE classes and client work.

Next, we'll talk about the spiraling nature of alignment, comparing and contrasting overlaps found in the red, green, and senile postures of Hanna Somatics, with a focus on legs. The skills you learn will allow you to integrate a full leg pandiculation, using an individual’s habituated pattern, to succinctly introduce Hanna Somatic work into a Bodywork, massage or private movement session. They’re also great additions to your work with HSE clients!

**LORI SEYMOUR, CHSE**

**Making Friends with Your Pelvic Floor and Surrounding Support Musculature**

*11:15 A.M.–12:15 P.M. | Open to the Public*

Male and female incontinence, pain with intercourse, prolapse, and pelvic/abdominal/low back pain are all common issues for our clients and can also be helped! To be able to help our clients, though, we must first become friendly with our own pelvic floor and its support system. This session will use pandiculation and other skills to identify and enliven the specific deep support musculature of the pelvic floor. We’ll incorporate information and movement tools from the PT pelvic floor specialists I’ve worked with, as well as GYROTONIC® and Pilates techniques.

**BILL KEELE, CHSE**

**Improvising Pandiculations**

*2:00–4:00 P.M. | Open to the Public*

This presentation will focus on improvising pandiculations in two important areas of the body. The first of these is the pelvic periphery. This complicated intersection invites all our detective abilities to unravel established patterns of organization to get back to feeling free to move in a stable way. We will assess and palpate, use old reliable pandiculations, and improvise new pandiculations to solve the riddles of this complicated area.

In the second part of the presentation, we will focus on the feet. Creative pandiculations in this area result in better balance and improved proprioception.
AHSE CONVENTION DAY 3: Saturday, April 18th

CAROL KERNER, CHSE

Hanna Somatics and Spiritual Practice

4:15–5:45 P.M. | Open to the Public

Spiritual work takes many different forms, and different traditions use various specific practices to help us come to a deeper understanding of ourselves and our essential nature. A common denominator of these practices is the need to pay attention to our states of body/mind so that we can begin to see for ourselves what is true and what is illusion in our conceptions of ourselves and our place in the universe. In our modern world where distractions abound, this is not an easy task! In this presentation, we will take an experiential look at some of the many ways in which Somatics can be a real help in becoming more attentive and aware. We’ll also include movements to help sit more comfortably during meditation.

AHSE CONVENTION DAY 4: Sunday, April 19th

JOHN LOUPOS, MS, CHSE & SUSAN KOENIG, CHSE

Horizontal and Vertical Explorations for Better Posture and Carriage

9:00–10:30 A.M. | Open to the Public

In this joint presentation, we will focus on improving posture and carriage—how you stand and how you walk.

John’s component will focus on standing movements drawn from his original “Functional Differentiation of the Lumbar, Thoracic, & Cervical Spine” curriculum. The movements are specifically designed to increase awareness and significant improvements in range of motion as regards axial rotation.

Susan’s component will focus on standing, floor, and walking movements drawn directly from her clinical work with clients that have been shown to improve functional standing and walking.

It’s unlikely you’ll ever walk the same after this presentation!
AHSE CONVENTION DAY 4: Sunday, April 19th

ELISA BECK, OD, FCOVD, MA, SMT, PDC

EmbodiVision Yoga for Natural Vision Improvement

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

EmbodiVision Yoga works with the developmental movement patterns that underlie vision development and really all of human development. In this session I’ll introduce the field of optometric vision therapy, then progress to somatic movement therapy and natural vision improvement through EmbodiVision Yoga. The session will incorporate both conceptual and experiential learning. Woven into the process is breath work, cellular breath, and integration of all the body systems, including fluids, nervous system, organs (including the eyes), bony structure, fascia, the mind, emotions, and spirit.

LEE BREWSTER, DEBORAH McCUSKER, AND MORE

Movement Collage

2:00–3:45 P.M. | Open to the Public

Back by popular demand, this movement class will be a collage of movements led by several people. 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.
Elisa Haransky–Beck OD, FCOVD, MA, SMT, PDC, and EmbodiYoga™ Teacher has spent her career as an optometrist specializing in optometric vision therapy and natural vision improvement. Somatic movement therapy and EmbodiYoga were woven into the therapy process and were an integral part of facilitating the re-awakening that occurs as people move through their journey. She worked for over 30 years with both children and adults to facilitate the expansion of their visual and movement awareness. Her specialty was in working with those with vision–related learning issues, attention deficit disorder (ADD), autism spectrum issues, and traumatic brain injury. Dietary recommendations included the raw, living–food lifestyle as a recovery tool on the road to enlivening consciousness.

In 2019 she completed a master’s degree in Spirituality and Live Food Nutrition and is writing a book on that subject titled Enlivening Consciousness: spirituality, wellness and veganism, a neurodevelopmental optometrist’s view. She applies her extensive expertise in many settings to facilitate inner paradigm shifting—so important to the transformation of ourselves and our culture.

Lee Brewster is a strength trainer, yoga teacher and somatic educator (graduating from Wave 21 in March 2020). Her special interest is in teaching how deep relaxation through movement leads to connecting with states of consciousness outside the boundaries of tension and habituated patterns.

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.

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.

Carol Kerner, CHSE is a graduate of the Novato Institute, Wave 12. She is currently president of the AHSE and enjoys seeing a variety of clients and teaching Somatics classes. In addition, she teaches Essentrics strengthening and flexibility classes and loves singing in choirs. She has been involved in spiritual work for many years and (cont.)
has investigated the possible benefits of Somatics in this area since she began studying Somatics movements and principles in 2008.

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, MS, 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).

Deborah McCusker LMT, CHSE was certified by the Novato Institute in wave 18. She maintains a private massage therapy and HSE practice in Kodiak, Alaska.

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.

Chris Ruane, LMT, CHSE is a clinical Hanna Somatic Educator and Practitioner, Maryland Certified Massage Therapist, 500 hour Yoga and Pilates teacher with over 19 years of experience and is currently pursuing a BA in Psychology at UMBC and comprehensive Pilates training with Balanced Body. A true movement detective, Chris’s focus is to help others achieve full range of movement in a pain–free body and to teach others how to find those limitations for themselves and their clients, in and outside of the classroom.

Lori Seymour, CHSE. After being told to stop dancing by several doctors at the ripe old age of 16, Lori came to Pilates as a young dancer in 1986 to rehabilitate a chronic hip injury. She used Pilates and then GYROTONIC® to rehabilitate myriads of dance injuries throughout a 29-year dance career. Her movement teaching experience includes swimming, ballet, modern dance technique, dance improvisation, contact improv, and company class. She has been certified in Pilates since 1998, certified in GYROTONIC® since 1999, attended teacher trainings in both systems, and has been certified in Hanna Somatic Education since 2017. Lori has been working for 10 years in a physical therapy clinic that specializes in the treatment of women’s health, along with pelvic floor issues for both men and women. Lori has continued her education in the areas of postural alignment, scoliosis, osteoporosis, gait, vestibular health, healing methodology, pelvic issues, disk herniation, feet and multiple joint conditions, and athletic and dance training.
### Thursday April 16

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:15</td>
<td>Announcements/ Housekeeping</td>
</tr>
<tr>
<td>9:15-10:00</td>
<td>Welcome and Sharing</td>
</tr>
<tr>
<td>10:00-10:15</td>
<td>BREAK</td>
</tr>
<tr>
<td>10:15-12:15</td>
<td>HSE Teaching Team—<em>Assessment and Posture</em></td>
</tr>
<tr>
<td></td>
<td>• Demo • Enhancements • Practice session 1 • Practice session 2</td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>LUNCH</td>
</tr>
<tr>
<td>2:00-3:50</td>
<td>HSE Teaching Team—<em>Home Movement/ Exercises</em></td>
</tr>
<tr>
<td></td>
<td>• Demo • Enhancements • Practice session 1 • Practice session 2</td>
</tr>
<tr>
<td>3:50-4:10</td>
<td>BREAK</td>
</tr>
<tr>
<td>4:10-5:45</td>
<td>HSE Teaching Team—<em>Mirror work, Enhancing anatomical and clinical understanding of specific body areas</em></td>
</tr>
<tr>
<td></td>
<td>• Demo • Enhancements • Practice session 1 • Practice session 2</td>
</tr>
<tr>
<td>6:00</td>
<td>DINNER</td>
</tr>
<tr>
<td>7:30-8:30</td>
<td>Optional work on enhancements or other practice</td>
</tr>
</tbody>
</table>

### Friday April 17

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:15</td>
<td>Ryan Moschell—<em>String Theory: Rediscover Your Soma by Shifting Your Focus</em></td>
</tr>
<tr>
<td>10:15-10:30</td>
<td>BREAK</td>
</tr>
<tr>
<td>10:30-12:15</td>
<td>Eleanor Criswell Hanna—<em>Neurophysiology Update and Upgrade</em></td>
</tr>
<tr>
<td>12:30-2:00</td>
<td>LUNCH</td>
</tr>
<tr>
<td>2:00-4:00</td>
<td>John Loupos—<em>Working with the Head and Neck</em></td>
</tr>
<tr>
<td>4:00-4:15</td>
<td>BREAK</td>
</tr>
<tr>
<td>4:15-5:15</td>
<td>AHSE Annual Meeting</td>
</tr>
<tr>
<td>5:15-5:45</td>
<td>Honoring Thomas Hanna on the 30th Anniversary of his Death</td>
</tr>
<tr>
<td>6:00</td>
<td>DINNER</td>
</tr>
<tr>
<td>7:30-8:30</td>
<td>Origin Stories of Somatics and the AHSE</td>
</tr>
</tbody>
</table>
Saturday April 18

9:00–11:00  Chris Ruane—*Five Simple Shoulder Movements and Working with Spirals of the Legs*

11:00–11:15  BREAK

11:15–12:15  Lori Seymour—*Making Friends with Your Pelvic Floor and Surrounding Support Musculature*

12:30–2:00  LUNCH

2:00–4:00  Bill Keele—*Improvising Pandiculations*

4:00–4:15  BREAK

4:15–5:45  Carol Kerner—*Hanna Somatics and Spiritual Practice*

6:00  DINNER

7:30  Open evening (classroom open to all)

Sunday April 19

9:00–10:30  John Loupos and Susan Koenig—*Horizontal and Vertical Explorations for Better Posture and Carriage*

10:30–10:45  BREAK

10:45–12:15  Elisa Beck—*EmbodiVision Yoga for Natural Vision Improvement*

12:30–2:00  LUNCH

2:00–3:45  *Movement Collage*
Lee Brewster, Deborah McCusker, and more

3:45–4:15  BREAK and EVALUATIONS

4:15–4:30  Ending circle

4:30–4:45  Cleanup