

# Somatic Learning Convention

## Fascia, Reflexes, and Perception

Friday, April 19 - Sunday, April 21, 2024

These workshops presented by the Association for Hanna Somatic Education® are for bodyworkers, doctors, dancers, somatic therapists and others interested in the body, healing, and change. You can register for the whole convention or on a per-day basis at: [associationforhannasomateducation.com/ahse-convention](http://associationforhannasomateducation.com/ahse-convention)

### FRIDAY, APRIL 19TH

#### Recalibration - Head, Neck, and Shoulder Work

10:15 AM - 12:00 PM, 1:00 PM - 3:00 PM Pacific

*Novato Institute Teaching Team:*

***Phil Shenk, Susan Koenig, Ryan Moschell,  
Mary Poxon, Farzaneh Jafari and Melissa Fray***



#### Open to Members Only

This year our Recalibration will be focused on the head, neck and shoulders. Our goal is to demonstrate specific Hanna Somatic techniques, especially pandicular movements, that can easily be added into our regular protocol work. There is no special protocol for the head, neck and shoulders. We always aim to create a balanced clinical session for our clients, in which we are addressing their whole soma. We can carefully pick and choose movements from the protocols, the cat routine, and other Hanna Somatic movements to integrate our clients' needs to have more specialized work in the areas of their head, neck, and shoulders.

**Please Note:** Recalibration presentations use Hanna Somatic techniques and vocabulary common to all Hanna Somatic practitioners or students. Such terms as Red Light, Green Light, Trauma Reflex, pandiculation, and more will probably not be explained during Recalibration, as their use is understood by practitioners and students. Please consider whether you are prepared and qualified to come to Recalibration. We want you to have a wonderful experience!

Session 1, 10:15 AM–12:00 PM

Session 2, 1:00 PM–3:00 PM

#### Each session will include:

- Demonstration by a teacher leading one or two people in the protocol so you can watch and take notes
- Teacher guiding that same protocol so participants can experience it via self-pandiculation
- As time permits, integration of these pandiculations into the full body with specific protocol, cat routine, or other Hanna Somatic movements.
- Questions, clarifications, enhancements, related extremity work, and more

FRIDAY, APRIL 19TH

**AHSE Annual Meeting  
with Member Forum**

3:10 PM - 4:30 PM Pacific

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 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. Finally, we'll spend some time discussing questions that are important to our members.

SATURDAY, APRIL 20TH

**Laura Gates**

9:00 AM - 11:20 AM Pacific

**Somatic Strategies for Asymmetrical Posture**

In this session, we will explore and re-educate the habits of contraction that create a low shoulder, hiked hip, or lateral curves, twists of the spine (scoliosis) specific to your individual patterns. The contractive patterns present with scoliosis can sometimes be stubborn and complicated. Together, we will find how helpful it can be to approach them with gentleness, imagery, and specificity.

Please bring your mat and several folded small and large towels to use as props as needed, and for head elevation while side lying.



**Susan Koenig**

11:30 AM - 12:00 PM Pacific

**Move Your Pubic Bones!**

What do we know about the pubic bones? Most of us would have to say not very much! Even if we know about the pubic bones, we usually picture them in our minds as one straight bone at the bottom of our abdomen/belly. In fact, there are two pubic bones, one disc called the pubic symphysis between the two bones, and two joints. The two joints are where each hemipelvis joins to its side of the pubic disc.

We have been led to believe that there is extremely minimal movement at these joints. However, although we can't voluntarily move these joints like we can the hip or shoulder joints, movement at the pubic joints does occur when we move other joints. The same six fundamental movements of our three dimensions of space go through these joints—flexion and extension, right and left lateral flexion, and right and left rotation. During this session, we'll experience our pubic bones moving forward and backward (sagittal plane), up and down (coronal plane), and rotating right and left (transverse plane).

Change your perception, change your mobility. How exciting is that!



**Martha Eddy**

1:00 PM - 2:45 PM Pacific

**The Brain in Action—Growth, Development, and Healing Through Somatic Inquiry**

This experiential session will provide insights into how different somatic movement systems investigate neurodevelopmental processes. To begin we take a step back to learn how Somatic Movement Education and Therapy was established as a field in the 1990s, as discussed in the book *Mindful Movement*, the evolution of the somatic arts and conscious action. Beginning with Thomas Hanna's influence in naming the field we differentiate various somatic modalities. Next, we'll discuss how inquiry using a somatic approach has revealed experiences such as neuroplastic responses, trauma's impact on perception, and embryological patterns.



For the bulk of the time we will engage in somatic inquiry - the investigation of the body as perceived from within as it relates to our earliest movement experiences. This embodied movement exploratory process is central to the somatic change and healing processes, both conceptually and experientially.

To hone in on neuromotor development we will begin with the ways Body-Mind Centering and Bartenieff Fundamentals of Movement view somatic organization and growth in the first year of life and later in the lifespan. In the process, we'll highlight various other somatic access routes to the study and embodiment of Neurodevelopment Movement. We can also verbally compare and contrast these varying somatic approaches, discussing the variations in language used by practitioners of these different approaches. This moving-speaking-inquiring continuum relates to the myriad ways of understanding our somas.

**Melissa Fray**

3:00 PM - 4:30 PM Pacific

**Integrating Spinal Reflex Patterns with Hanna Somatic Movement**

In Hanna Somatic Education we understand that reflexes are stereotypic unconscious muscle movements that occur in response to stimuli directed from the brainstem and require no cortical or thinking involvement. Babies are born with a set of reflexes called "neonatal reflexes" that are designed for both protection and to aid in developmental challenges in the womb and early months



of life. These movements literally help develop the brain. When neonatal reflexes remain active, and not integrated, they can interfere with academic, social, and motor learning. This can lead to a variety of asymmetries and poor posture patterns in the children and adult body and can even result in injury.

In this session, Melissa will be introducing the inner workings and organizing principles of the Spinal Galant and asymmetric tonic neck reflexes. Cases studies, practical applications, and assessment will be presented. She will be guiding us through specific Hanna Somatic movements to help understand how to address these patterns and to help lay down new patterns of neural networks. This ultimately can assist in the myelination of neural pathways for allowing the connection of various brain areas.

SUNDAY, APRIL 21ST

**Elizabeth Dare Andes**

9:00 AM - 10:50 AM Pacific

**How a Knowledge of Fascia and Biotensegrity Deepens Our Healership**

Join Elizabeth Dare Andes for a discussion on fascia, biotensegrity and how they are expanding our understanding of the body, the techniques we practice and who we are as healers who work with the body. This session will include a brief overview of the new science of biotensegrity and fascia as your quantum anatomy. We will then somatically explore movement that addresses the

emergent qualities of healthy fascia, including interoception, proprioception, higher sensory perception, and the polarities of grounding and lift as well as auxetic expanding and condensing. We'll end with discussion, integration, and translation into personal and professional practice.



**Eleanor Criswell Hanna**

11:00 AM - 12:30 PM Pacific

**Clinical Session with a Woman with Post Brainstem Stroke**

In this session, Eleanor will be working with a woman who had a brainstem stroke. You'll see a video of Eleanor working in person with this client from her office. This demonstration offers us an incredible educational opportunity to increase our Hanna Somatic clinical skills. Eleanor's demonstration will help us feel more confident about seeing clients with more unusual medical and somatic issues.

We'll have time after the session for Eleanor, and perhaps her client as well, to address our questions and concerns. Enjoy this learning opportunity!



**James Knight**

1:30 PM - 2:50 PM Pacific

**Somatic Stability—Building Core Muscle Strength and Bone Density**

After age 30, the average person's muscle mass decreases approximately 3–8% per decade, and this rate of decline is even higher after the age of 60. Muscle weakness contributes to fatigue, lack of coordination, and reduced activity tolerance. After age 50, bone mass and bone density decrease as well. Women can lose up to 20% of their bone density within 5 to 7 years following menopause. With weak muscles and bones, it's no wonder there is such a high incidence of falls and broken bones as we age.

A common question people ask is what form of exercise to stay fit would complement Somatics and beat what Thomas Hanna referred to as the myth of aging. This question is especially relevant for people with pain, stiffness, and posture imbalances as a result of lifestyle, repetitive movements, injuries and surgeries, and mental and emotional stress.

In this session, James will guide us through safe weight-bearing somatic movement sequences that will not only strengthen muscles and increase bone density, but also repattern muscle groups to their optimal length in a resting position. As with Hanna Somatics, these movements also improve balance and coordination. Somatic Stability is inspired by mat Pilates combined with the technique of pandiculation. Modifications and tips will be offered to encourage people of all ages and abilities to follow along.



**Wendell Hanna**

3:00 PM - 4:30 PM Pacific

**Reimagining the Cat Stretch**

Thomas Hanna's Cat Stretch was designed to engage the body's main functional movements into a somatic refresher routine. I have reimagined these laying-on-the-floor exercises to standing in gravity and set to music.

The use of slow music with even phrases utilizes rhythmic entrainment which is the natural synchronization of body movement with externally perceived rhythmic aspects of music. Clapping, bouncing, dancing, swaying, bobbing your head and feet to the beat of music are examples of the body's natural response to music. Music and movement are inextricably linked in the human species and are therefore particularly somatic partners.

Feldenkrais' Awareness Through Movement exercises are intended to be done laying down to provide a novel exploratory experience to unconscious movements. Alexander Method exercises, on the other hand, are often experienced standing up and sitting, because Alexander believed that careful attention when performing everyday tasks was important in order to change functional movement patterns. By doing the Cat Stretch in a novel way while bringing broad attention to the functionality of the movements, we are perhaps, combining the best of Alexander and Feldenkrais approaches into Hanna Somatics.





## PRESENTER BIOGRAPHIES

**Elizabeth Dare Andes** is a Master Somatic Movement Therapist, Energy Healer, Educator, and Founder of Evolutionary Somatics, a healing movement practice for restoring physical vitality, post-traumatic growth and co-creative futuring. She is an internationally recognized presenter on fascia and somatic movement for physical and emotional healing, conscious evolution and the new science of interbeing.

**Martha Eddy** is an international teacher/lecturer, activist, and Master Registered Somatic Movement Therapist with a doctorate in Movement Science. Martha began as a social entrepreneur before the term was created—she founded BodyMind Dancing in the 1980s, Dynamic Embodiment Somatic Movement Training (combining principles and practices of Body-Mind Centering® and Laban Movement Analysis) in 1990, Moving On Center with Carol Swann in 1994, and Moving For Life—a type of Somatic Fitness for symptom management during cancer recovery and for chronic conditions, in 1999. Both Moving On Center and Moving For Life are incorporated non-profit organizations. One of her books *Mindful Movement the Evolution of the Somatic Arts and Conscious Action* (2016) addresses the history and applications of somatic education. Her latest book, written with Shakti Smith, is *Dynamic Embodiment of the Sun Salutation - Pathways to Balancing the Chakras and NeuroEndocrine System*. Martha has been a licensed Teacher of Body-Mind Centering since 1984 and was a faculty member of both the School for Body-Mind Centering and the Laban/Bartenieff Institute for a decade. She loves to improvise, and has been cited in the NY Times three times since 2019 for her performing, teaching and the coordinating of multiple site performances of GlobalWaterDances (GWD) throughout NYC. She has been on the Steering Committee of GWD since its founding in 2008. She is currently involved with numerous research studies and on several boards and advisory boards. She served as the President of the International Somatic Movement Education and Therapy Association as part of her service between 1994–2008. She loves mentoring students and staying in touch with graduates, and has taught at Columbia, NYU, Princeton, San Francisco State University, State University of New York/ESC, University of North Carolina, Greensboro, and various independent colleges. She remains on the faculty of St Mary's in the East Bay area because of their commitment to somatic inquiry at the undergraduate and graduate level. Her favorite leisure activities are traveling, singing, and playing with children. Play is also a passion in her work—specializing in Embodied Learning of Conflict Resolution and Peace Activism, and NeuroMotor Development in youth and adults in schools, health centers, parks and at recess through the Center for Kinesthetic Education (<http://WellnessCKE.net> and <http://EmbodyPeace.org>), which she established in 2002 to consult in the NYC public and independent schools. She lives with her family near Columbia University in Upper Manhattan.

**Laura M. Gates, CHSE, CCSE**, is a certified (Hanna) clinical somatic educator (2007), and member of the training team at Essential Somatics LLC, USA. She has developed strategies, movement sequences, and rich imagery particularly helpful for scoliosis, spinal fusion, and other postural issues. She brings her years as a former professional dancer, dance educator, and visual artist to her teaching. She lives on the island of Averøy, Norway, and often travels to offer workshops and see clients in New York City, and other locations in the US, Canada, and Europe. She also teaches courses online and sees individual clients both in person and online.

**Melissa Orth Fray** is a well-respected Hanna Somatic Educator, neuro-movement expert, speaker, and former World Champion athlete and single-digit handicap golfer. For over 40 years, she has built her practice around helping children and adults improve their mobility, performance and sense of well-being. Once Melissa realized the brain is in charge of movement, she dedicated her life to learning and teaching people how to develop new neural patterns so they could make connections physically, emotionally and cognitively.

Melissa holds a B.S. in Exercise Physiology from George Williams College, an MBA from Aurora University, and is a certified Hanna Somatic Educator. Additional areas of study include Aston Kinetics, the Chikly Institute's osteopathic courses on the lymph system, brain therapy, and reflex integration at the level of the brain. In her practice she has coached a select group of Chicago athletes from the Bears, Bulls, Blackhawks and Cubs, as well as seven touring golf professionals. She is a 1980 World Powerlifting Champion and Hall of Fame inductee.

## PRESENTER BIOGRAPHIES

**Eleanor Criswell Hanna, EdD**, 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, Pasadena, CA), 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 and is a fellow of the American Psychological Association. She is also on the board of the Association for Hanna Somatic Education and is the originator of Somatic Yoga and Equine Hanna Somatics. Eleanor is the author of "One Woman's Path," The Humanistic Psychologist, an American Psychology Association journal (2022). This is a special issue entitled Being and Becoming: Celebrating Women in Humanistic Psychology. The special issue was sparked by the desire to honor the women of humanistic psychology and the awarding of the first Eleanor Criswell Hanna award celebrating the women of humanistic psychology.

**Wendell Hanna, PhD**, is Professor of Music Education at San Francisco State University. She is a Certified Hanna Somatic Educator® and the youngest daughter of Hanna Somatics founder Thomas Hanna. Wendell studied music performance at Yale University, M. M. (1987) and University of South Florida, BA (1985) before completing her Ph.D. in Music Education at the University of Oregon in 2000. Wendell formerly held positions as a bassoonist with the Oregon Mozart Players, the Eugene Opera, and the Santa Cruz and Monterey Symphony Orchestras. Wendell has published many scholarly articles on music education and in 2017 published the book, The Children's Music Studio with Oxford University Press.

**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.

**James Knight, E-RYT, CHSE**, was certified as a Hanna Somatic Educator by the Novato Institute for Somatic Research and Training, Wave 3. He is one of the pioneers to bridge yoga and Somatics. He has been an Integrative Therapist for over 25 years. From his combined experience as a lifelong yogi, intuitive bodyworker, psychotherapist, and movement educator, James created a method of yoga that integrates what he discovered to be the most progressive, life-enhancing techniques into an embodied movement practice. Gentle Somatic Yoga was born out of years of exploring means of connecting and integrating the deeper aspects of the whole Self (Soma). Part of the philosophy of Gentle Somatic Yoga is creating harmony and balance throughout one's entire Soma. It was with this in mind Somatic Stability was created. James' passion is to awaken the possible for people living with challenges related to physical, mental, and emotional limitations. He does so by inspiring and encouraging them in discovering freedom through mindful movement and meditation. This allows the Soma to make regenerative, fulfilling choices on every level—mind, body, and Spirit.

**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.

**Ryan Moschell LMT, CHSE**, is a Licensed Massage Therapist and owner of Get Out Of Shape®, a full-time practice online and in Maryland. He was certified by the Novato Institute for Somatic Research and Training® in 2013. In 2015, Ryan was elected to the Board of Directors of the AHSE as Director at Large #3 and in 2022 he was appointed to the board as Vice President. He created both the AHSE website and the HSE Learning Community. He is currently a full-time junior teacher for the Novato Institute training modules.

## PRESENTER BIOGRAPHIES

**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. She practices Canine Somatics daily with her dog Bella.

**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 a core member of the Novato Institute's Teaching Team since 1992, a HSE Licensed Trainer of Practitioners since 2003, and a co-founder and charter member of the Association for Hanna Somatic Education, Inc. since 1997.



## 2024 CONVENTION SCHEDULE

### FRIDAY, APRIL 19

8:30 AM - 8:55 AM	Socializing Time - optional
9:00 AM - 9:15 AM	Announcements / Housekeeping
9:15 AM - 10:00 AM	Welcome and Sharing
10:00 AM - 10:15 AM	BREAK
10:15 AM - 12:00 PM	<i>HSE Teaching Team</i> <b>Recalibration: Head, Neck and Shoulder Work</b>
12:00 PM - 1:00 PM	LUNCH
1:00 PM - 3:00 PM	<i>HSE Teaching Team</i> <b>Recalibration: Head, Neck and Shoulder Work</b>
3:00 PM - 3:10 PM	BREAK
3:10 PM - 4:30 PM	AHSE Annual Meeting

### SATURDAY, APRIL 20

8:30 AM - 8:55 AM	Socializing Time - optional
9:00 AM - 10:00 AM	<i>Laura Gates</i> <b>Somatic Strategies for Asymmetrical Posture</b>
10:00 AM - 10:10 AM	BREAK
10:10 AM - 11:20 AM	<i>Laura Gates</i> <b>Somatic Strategies for Asymmetrical Posture</b>
11:20 AM - 11:30 AM	BREAK
11:30 AM - 12:00 PM	<i>Susan Koenig</i> <b>Move Your Pubic Bones!</b>
12:00 PM - 1:00 PM	LUNCH
1:00 PM - 2:45 PM	<i>Martha Eddy</i> <b>The Brain in Action—Growth, Development, and Healing Through Somatic Inquiry</b>
2:45 PM - 3:00 PM	BREAK
3:00 PM - 4:30 PM	<i>Melissa Fray</i> <b>Integrating Spinal Reflex Patterns with Hanna Somatic Movement</b>

## 2024 CONVENTION SCHEDULE

### SUNDAY, APRIL 21

8:30 AM - 8:55 AM	Socializing Time - optional
9:00 AM - 9:40 AM	<i>Elizabeth Dare Andes</i> <b>How a Knowledge of Fascia and Biotensegrity Deepens Our Healership</b>
9:40 AM - 9:45 AM	BREAK
9:45 AM - 10:50 AM	<i>Elizabeth Dare Andes</i> <b>How a Knowledge of Fascia and Biotensegrity Deepens Our Healership</b>
10:50 AM - 11:00 AM	BREAK
11:00 AM - 12:30 PM	<i>Eleanor Criswell Hanna</i> <b>Clinical Session with a Woman with Post Brainstem Stroke</b>
12:30 PM - 1:30 PM	LUNCH
1:30 PM - 2:50 PM	<i>James Knight</i> <b>Somatic Stability—Building Core Muscle Strength and Bone Density</b>
2:50 PM - 3:00 PM	BREAK
3:00 PM - 4:30 PM	<i>Wendell Hanna</i> <b>Reimagining the Cat Stretch</b>
4:30 PM - 4:45 PM	CLOSING