

# 2022 Online AHSE Convention

Thursday, April 21 – Sunday, April 24

These workshops, presented by the AHSE®, are for bodyworkers, doctors, dancers, somatic educators, therapists, and others interested in the body, healing, and change. You can register for the whole convention or on a per-day basis:

<https://www.associationforhannasomaticeducation.com/ahse-convention>

## Thursday, April 21

*Novato Institute Teaching Team,  
Phil Shenk and Susan Koenig presenting*

10:15 AM – 12:00 / 1:30 PM – 3:00 PM / 3:15 PM – 4:30 PM

### Recalibration

Demonstration and Guided Self-pandiculation of the Green Light, Trauma, and Red Light Protocols

*Open to members only*



During this recalibration day, we will be presenting all three protocols, with time for participants to take notes as well as receive self-pandicular guidance. The Teaching Team has developed a full complement of effective adaptations of the protocols for a Zoom format. This format is geared for you to use with your online clients.

**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!

Green Light Protocol (#1)	10:15 AM – 12:00 PM
Trauma Reflex Protocol (#2)	1:30 AM – 3:00 PM
Red Light Protocol (#3)	3:15 AM – 4:30 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
- Questions, clarifications, enhancements as time permits

Friday April 22

*Gayatri Schriefer*  
*Brian Siddhartha Ingle*

9:00 AM – 10:30 AM

## Clinical Somatics for the Cervical Spine



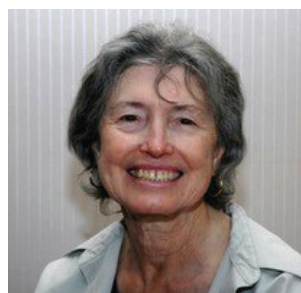
This workshop will focus on and demonstrate passive clinical Somatics for the neck and cervical spine. The main teaching and strategy will be passive techniques—means-whereby and kinetic mirroring, or to use a term by Yochanan Rywerant, *effort substitution*. We will be working with the neck as part of the whole with an emphasis on how to address the nervous system through the skeleton.

The workshop will include assessment of the cervical spine from a somatic perspective, differentiation of neck and shoulders, integration of the head and neck into the trunk and more. If you have available a table and client to work with, that's great, but it's not required.

*Eleanor Criswell Hanna*

10:45 AM – 12:00 NOON

## Neurophysiology Update— Trauma, Addiction, and Recovery



We always look forward to Eleanor's neurophysiology updates and the clarification and depth of understanding she brings to us. This year her presentation will combine several topics, including updating us on the current research and understanding of the brain and nervous system as it responds with coping mechanisms, healing, and recovery from trauma (including Covid), and addictions.

*Sharon Loveseth*

1:30 PM – 2:30 PM

## Comfort Within My Own Skin



Many HSE practitioners at one time or another will be working with clients who have experienced Substance Abuse Disorder (SUD). In this presentation, I'll present some highlights of my experience with these clients, including teaching them HSE within a group setting. This session will include information on how to help these clients engage and learn productively, in the process building interpersonal skills and reinforcing/developing social support networks. We'll also look at the Stages of Change model (Prochaska & DiClemente, 1977) which has informed my work. Finally, I'll discuss the structure of the HSE group sessions I've conducted and my observations. There will be some time at the end for questions..

Friday April 22

2:45 PM – 4:30 PM

## AHSE Annual Meeting

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 23

*Brian Siddhartha Ingle*

9:00 AM – 10:15 AM

## Polyvagal Theory



This presentation focuses on understanding the nervous system according to Stephen Porges' polyvagal theory, its application both to Hanna Somatic Education and in daily life. This theory identifies a part of the nervous system that Porges calls the social engagement system, which helps us navigate relationships. By understanding polyvagal theory we can support our students in becoming more restful, safe, and flexible in their somatic learning.

*Danny Burke*

10:30 AM – 12:00 NOON

## Collegiate Powerlifting and HSE



We have always assumed HSE and sports would be a great combination. But is it really? In this presentation, I will share what I have learned in my four years of experience working with The Louisiana Tech Powerlifting team. I have been involved with them throughout their training, and in the thick of Collegiate National Championship meets.

Highlights of this presentation will include: How did the opportunity for me to work with the team arise? What was my role with the team, and how did I work with the coaches, trainers, and other healthcare professionals? How did I help a team with a large number of athletes at a university 450 miles away from where I live? And how can HSE help athletes, during training, while hurt, and before, during, and after meets? And I will lead you into my ideas for the future of HSE and sports.

Saturday April 23

*Suresha Hill*

1:30 PM – 2:00 PM

## Moving through Primitive Origins— Freeing the Embryological Core



The soma unerringly reveals that there are numerous *storage facilities* for stress, strain, and tension that are in areas not as easy to access using movements that focus on changing joint position. This sensory-awareness/movement session will tap into embryological relationships between the ectoderm, mesoderm, and endoderm. Entirely new layers of release and reintegration happen by touching and sensing into these areas, affording subtle changes and deep openings that will be experienced by each person according to the intelligence of your somatic field as it guides your unique reorganization.

*Lee Brewster*

2:00 PM – 3:00 PM

## Exploring Somatics and Meditation



What is the connection, if any, between movement and meditation? Can movement and meditation support and enhance each other? How and why does it matter? These are some of the themes we'll be addressing in this presentation, both within a period of Somatics and meditation practice and in a general discussion of what we experienced. Bring your attention, intention, and curiosity!

*Gabriel Posner*

*Ryan Moschell*

3:15 PM – 4:30 PM

## Teaching Terminology— How Language Can Change the Experience of a Movement



In group movement classes, the words we use to convey a somatic movement are crucial. Sometimes anatomical terms are perfectly understood while other times, creativity is required to evoke an image that will elicit the intended movement. This presentation will explore the relevance of using specific anatomical directions for movements versus using more image-centered directions. There will be a short introduction where we will present some of the science exploring different focal points of awareness and movement followed by a movement class where Gabriel and Ryan will tag-team teaching somatic movements using a variety of cues so you can feel the differences.

*Elisa Haransky-Beck*

9:00 AM - 10:30 AM

## Embodiment™ Developmental Somatic Movement and Breath Experience



In this session we'll answer the question, "What is Optometric Vision Therapy?" Most of the session will be gentle somatic experiencing of whole body patterns that underlie human development and visual development, integrating some of Thomas Hanna's techniques from the book "Somatics." Woven into this gentle process is breath, cellular breath awareness, and integration of the developmental movement patterns of all of the body systems, including the endocrine system, the fluids, organs, the nervous system, bony structures, fascia, mind, emotions, and spirit. The session will include a time for questions and answers.

*Carol Kerner*

10:45 AM - 12:00 NOON

## The Face of the Soma



In *The Body of Life*, Thomas Hanna calls the fact that somas have faces a *primordial characteristic*, something that characterizes all somas and indicates our function of moving forward into the world. Our main sensory organs are located there, our means of taking in food is there, as well as our means of communicating with the world around us, both vocally and expressively. In this presentation, we'll look in more detail at the functions of the facial muscles and how to release habitual contractions in this area. We'll also experience some of the ways in which tension in the face is connected to tension in other parts of the soma and consider how we might want to incorporate release of facial tension into our work with clients.

## Movement Collage

1:30 PM - 2:30 PM / 2:45 PM - 4:15 PM



Our tradition of the Sunday afternoon movement collage continues by popular request! A variety of presenters will guide us in somatic movement sequences, some short and others longer. We love the variety! Presenters typically select movement sequences that have been personally important in their own somatic development. Some presenters have been in the field for a number of years and at least one of this year's presenters is still a student. Enjoy!

## Presenter Biographies

**Lee Brewster, BA, MA, CHSE** is practicing in Sebastopol California. Her interest is using movement as medicine for body, mind, and spirit. She has spent 25 years in the Diamond Approach, a spiritual training school based in Berkeley, California (<https://www.diamondapproach.org/>). She uses somatic practice, inquiry practice, and meditation in her journey both with herself and with clients. She is trained in TriYoga and ViniYoga and has taught yoga as well as other movement modalities.

**Danny Burke, CHSE** is also a certified Hanna Somatic Yoga teacher, Level 1 Equine Hanna Somatic Educator, and a Canine Hanna Somatic Educator. He says, "I love to help people and animals. We all have moments of being stuck in life, without even knowing how or why. I admire clients who have the courage to ask for help. I like teaching them a practical way to use their own central nervous system to make rapid change and long lasting improvements, following the concepts and philosophies of Thomas Hanna and Eleanor Criswell. I believe there is no limit to how much we can improve." His ultimate goal is to help USA athletes win gold in the Olympics, and he regards his work helping the Louisiana Tech Powerlifting team become a perennial contender for a national title as one of his biggest achievements. When he is not playing with his grandkids, he enjoys birdwatching, stand-up comedy, and camping in West Texas. In his own words, "I'm getting better at enjoying my precious little time on this planet."

**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 and is a fellow of the American Psychological Association. She is also on the board of the Association for Hanna Somatic Education. She is the originator of Somatic Yoga and Equine Hanna Somatics.

**Per Erez, CHSE, C-IAYT** has practiced and studied consciousness-based movements for most of his life. He holds accreditations in several wellness disciplines. His practice is informed by a background in yoga teacher training and mentorship. His primary interests include yoga therapy and somatic education. Past work experiences include teaching at yoga centers, corporations, health clubs, hospitals, social service agencies, and a stint with Oprah Winfrey and members of royal House of Saud. Currently, he works in private practice and for agencies providing psychotherapy services that integrate body-based paradigms with talk therapy interventions.

**Harris Ferris, CHSE** began his training in dance and movement with masters of the postmodern movement including Dan Wagoner, Eric Hawkins, and Aileen Passloff, before focusing exclusively on ballet where, following his training, he enjoyed a 13-year career as principal dancer with Buffalo's Empire State Ballet. Moving on to a career in non-profit performing arts management, Harris has led several ballet companies and is currently Executive Director of Pittsburgh Ballet Theatre. Harris has continued his lifelong interest in dance and movement as both expression and personal growth, studying Skinner Releasing, Alexander Technique, Developmental Neuromuscular Stabilization, and ballroom dancing, and has taught dance technique in numerous settings. In 2014, Harris became inspired by the teachings of Thomas Hanna and subsequently earned his HSE certification in Novato California as part of Wave 19. Harris holds a BA in Sociology from SUNY Buffalo and an MBA from Rutgers University.

## Presenter Biographies

**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 have become an integral part of facilitating the re-awakening that occurs as people move through their journey. Elisa has worked for over 30 years with both children and adults to facilitate the expansion of their visual and movement awareness. Her specialty is in working with those who are interested in improving their eyesight naturally, and with those who have vision-related learning issues, attention deficit disorder (ADD), autism spectrum issues, and traumatic brain injury.

**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 of 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. Her passion has been to explore and integrate the ways that multiple systems in the soma are interdependently expressing balance, and then discover movements that listen and respond to how those systems can settle into that relational balance again in any given moment.

**Samantha Holland, PhD** is an Essential Somatics® Movement Teacher (EMST) and will complete her CSE training with Essential Somatics in March 2022. Her background is in academia (philosophy, anthrozoology, film, and literature) and as a practicing barrister, overseas volunteer, bereavement counsellor, and more. Having practiced yoga for 25 years and tried many things to combat tightness and chronic neck pain, it was a short somatic yoga workshop that revealed pandiculation as the technique that would actually work! Samantha started training with Martha Peterson shortly thereafter to be able to change her own life and the lives of others. Based in the Scottish Highlands, she teaches both online and in person.

**Brian Siddhartha Ingle ND., DO., CHSE, RSME,** is a licensed Doctor of Osteopathic Medicine and a Naturopath. He is a Hanna Somatic Educator, Equine Hanna Somatic Educator, Somatic Yoga teacher, and a practitioner of the Feldenkrais method. Siddhartha is a certified aqua bodyworker and has developed his own method of SomAqua. He is a co-founder of Living Somatics and a co-host of the online *Somatic Movement Summit*. Siddhartha is a registered somatic movement educator (RSME) with the International Somatic Movement Education and Therapy Association (ISMETA). He has brought Hanna Somatics to Ireland, and together with his team he has also introduced the work to India and the Russian speaking countries. Siddhartha is an avid surfer and singer-songwriter.

**Carol Kerner, CHSE** is a graduate of the Novato Institute, Wave 12. She is president of the AHSE and enjoys seeing a variety of clients and teaching Somatics classes. In addition, she sings regularly in a concert choir. She has been fascinated with facial movement since 2009, when she first listened to Eleanor Criswell Hanna's workshop on the subject. Observations during work with clients and herself, as well as study of neurophysiological information, have convinced her of the importance of awareness and relaxation of facial muscles in both client and practitioner. During her work career, she wrote technical documentation for various corporations, as well as translating German-language documents into English.

## Presenter Biographies

**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.

**Samantha Legassie, CHSE** lives and works in Toronto, Canada. She graduated in 2017 from the Novato Institute and has worked with many clients since that time, but feels strongly that she has been her own best client! She found Somatics in 2014 when she was told that she would spend the rest of her life in a wheelchair. Since then she has maintained a daily Somatics practice and her life is dramatically different than was predicted. Samantha has a background in nursing, instructing ballroom dance, teaching yoga, and is co-author of the international best selling book *Ignite Your Health and Wellness*. She is currently writing a book about Somatics and her experience of it.

**Renee Lindquist CHSE** draws on her training in a wide variety of modalities—Hanna Somatics, Clinical Nursing, and Yoga Therapy. She works on the premise that people need to understand the “why” of their circumstance and experience the benefits of understanding that “why” before they begin to apply a therapy on their own. Renee helps clients in chronic pain overcome fear with curiosity through somatic discovery and education. She is founder and principle of The Somatic Center for Chronic Pain and provides private HSE sessions, classes, and workshops. Her certifications include: CHSE (Wave 21), ERYT 200/500 Hour Soma Yoga Therapy, and LPN.

**Sharon Loveseth, CHSE** Licensed Advanced Alcohol and Drug Counselor (LAADC), CHSE has an extensive background in substance use disorder counseling (since 1988), treatment program design, quality assurance, and management. She continues her work today as a Commission on Accreditation for Rehabilitative Facilities Surveyor of behavioral health organizations; and Quality Reviewer for Behavioral Health Concepts, to conduct external quality reviews for California county's Drug Medi-Cal Organized Delivery System. From 1998–2018, she was co-owner and administrator for Healthy Partnerships, an outpatient behavioral health treatment and DUI Program services provider and she retired from Alameda County Behavioral Health's Quality Assurance department in 2020. Sharon entered into the world of massage therapy and health education in 1987. While providing deep tissue bodywork in her private practice, she experienced a significant loss of strength in her arms. To regain her strength, she sought help from a variety of bodyworkers, healers, and also participated in a UC San Francisco study on carpal tunnel. In 1998, she contacted Susan Koenig, who was one of her original massage teachers, and within six weeks of the first HSE session her strength was restored. Later that year she applied for the HSE training. She graduated in Wave 4.

**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 a 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.



## Presenter Biographies

**Jacqui Neurauter** will be completing her first year of Hanna Somatic training in June 2021. She was certified in 2020 with the Somatic Movement Center as a Level 3 Exercise Instructor. Having witnessed remarkable easing of pain and increased mobility in people she was teaching, as well as in her own body, she had a deep desire to learn more from the original source of these teachings. In addition to working with individual clients, she teaches a weekly Somatics class over Zoom and will also be teaching a Somatics course at a local community college this spring. Jacqui worked as a life coach for many years and was certified to teach iRest Yoga Nidra Meditation in 2013. She co-founded an organization to teach iRest to veterans in the Chicago area. Last fall she began teaching Hanna Somatics weekly to veterans, who are experiencing remarkable results.

**Gabriel Posner, CHSE** graduated from the Novato Institute of Somatic Research and Training in 2008. He also is certified in Massage Therapy and has his Master of Science degree in Mind-Body Medicine through Saybrook University. Gabriel taught Massage Therapy and Somatic Education at the National Holistic Institute and has been maintaining a private practice since 2004. He also serves on the Board of Directors for the Association for Hanna Somatic Education and is working towards a Ph.D. in Mind-Body Medicine. Gabriel joined the Essential Somatics faculty in 2019. He assists with Clinical Somatic Education trainings and mentors students in the training. Gabriel maintains a private practice in Denver, Colorado offering Somatics and Biofeedback for musculo-skeletal issues, complete injury recovery, optimal performance, and self-regulation. In his spare time, Gabriel is raising three young children with his wife in beautiful Colorado. To keep up with the kids, he is focusing right now on mountain biking, rock scrambling, bug hunting, and cuddle piles.

**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.

**Gayatri Schriefer, CHSE, RSME, BSc.Ed.** is a certified Hanna Somatic Educator and an Equine Hanna Somatic Educator. She is a board member of the International Somatic Movement Education and Therapy Association (ISMETA) and a registered somatic movement educator (RSME). Gayatri holds a bachelor's degree in Education with the focus on health promotion, education and kinesthetic learning. She is a co-founder of Living Somatics and has brought Hanna Somatics to Sweden. Together with her team, she also introduced the work to the Russian speaking countries. Gayatri now lives in Sweden, consults clients internationally, and teaches trainings and workshops in-house and online. She is a co-host of the online Somatic Movement Summit, which is a collaboration between The Shift Network and Living Somatics.

**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, an HSE Licensed Trainer of Practitioners since 2003, and a co-founder and charter member of the Association for Hanna Somatic Education, Inc. since 1997.

# 2022 AHSE Convention Schedule

Thursday, April 21 – Sunday, April 24

## Thursday, April 21

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 NOON	Self-pandiculation—Green Light Protocol (#1) <i>HSE Teaching Team</i>
12:00 NOON – 1:30 PM	LUNCH
1:30 PM – 3:00 PM	Self-pandiculation—Trauma Protocol (#2) <i>HSE Teaching Team</i>
3:00 PM – 3:15 PM	BREAK
3:15 PM – 4:30 PM	Self-pandiculation—Red Light Protocol (#3) <i>HSE Teaching Team</i>
4:30 PM	End of convention program
4:30 PM – 5:15 PM	Happy hour

# 2022 AHSE Convention Schedule

Thursday, April 21 – Sunday, April 24

## Friday April 22

9:00 AM – 10:30 AM	Clinical Somatics for the Cervical Spine <i>Gayatri Schriefer and Brian Siddhartha Ingle</i>
10:30 AM – 10:45 AM	BREAK
10:45 AM – 12:00 AM	Neurophysiology Update— Trauma, Addiction, and Recovery <i>Eleanor Criswell Hanna</i>
12:00 NOON – 1:30 PM	LUNCH
1:30 PM – 2:30 PM	Comfort Within My Own Skin <i>Sharon Loveseth</i>
2:30 PM – 2:45 PM	BREAK
2:45 PM – 4:30 PM	AHSE Annual Meeting
4:30 PM – 5:15 PM	Happy hour

## Saturday April 23

9:00 AM – 10:15 AM	Polyvagal Theory <i>Brian Siddhartha Ingle</i>
10:15 AM – 10:30 AM	BREAK
10:30 AM – 12:00 NOON	Collegiate Powerlifting and HSE <i>Danny Burke</i>
12:00 NOON – 1:30 PM	LUNCH
1:30 PM – 2:00 PM	Moving Through Primitive Origins—Freeing the Embryological Core <i>Suresha Hill</i>

# 2022 AHSE Convention Schedule

Thursday, April 21 – Sunday, April 24

## Saturday April 23

2:00 PM – 3:00 PM	Exploring Somatics and Meditation <i>Lee Brewster</i>
3:00 PM – 3:15 PM	BREAK
3:15 PM – 4:30 PM	Teaching Terminology—How Language Can Change the Experience of a Movement <i>Gabriel Posner and Ryan Moschell</i>
4:30 PM	End of convention program
4:30 PM – 5:15 PM	Happy hour

## Sunday April 24

9:00 AM – 10:30 AM	Embodiment™ Developmental Somatic Movement and Breath Experience <i>Elisa Haransky-Beck</i>
10:30 AM – 10:45 AM	BREAK
10:45 AM – 12:00 NOON	The Face of the Soma <i>Carol Kerner</i>
12:00 NOON – 1:30 PM	LUNCH
1:30 PM – 2:30 PM	Movement Collage
2:30 PM – 2:45 PM	BREAK
2:45 PM – 4:15 PM	Movement Collage, continued
4:15 PM – 4:30 PM	Closing