

MOVING ON CENTER

School for Participatory Arts and Somatic Research
presents our

New 2008 Weekend Workshop Series:

Sample Moving on Center's experiential and embodied programs in our one-day weekend workshops! This series also introduces new, cutting-edge topics bridging somatics and the arts for social change.

One-day Workshops are offered the 3rd weekend of every month from January to May. A different topic is offered on each day—choose one day or take the full weekend. Special discounts apply for early registration or for taking any 5 workshops in the series! See below for details.

Saturday

January: Body-Mind Centering
February: Urban Dance and Somatics
March: Moving-from-Within
April: Bartenieff Fundamentals
May: Experiential Anatomy

Sunday

Bodies in Relationships
Voice Thru the Body
Alexander Technique
Somatics of Presence
Theater of the Oppressed

*****Special series kick-off workshop in BodyMind Centering® with BMC Founder Bonnie Bainbridge Cohen on Saturday, January 19th.***

January

Saturday, January 19, 1-5pm

***New! BodyMind Centering® for Dance, Yoga, and Other Movement Practices
With Bonnie Bainbridge Cohen***

Sunday, January 20, 12-6pm

***New! Bodies in Relationships: A Somatic Approach
With Rita Venturini and Denzil Meyers***

February

Saturday, February 16, 12-6pm

New! **Freestyle Ritual, Where Urban Dance and Somatics Intersect**
With Rashad Pridgen

Sunday, February 17, 12-6pm

Voice Thru the Body
With Carol Swann

March

Saturday, March 15, 12-6pm

New! **Moving-from-Within®**
With Susan Bauer

Sunday, March 16, 12-6pm

Alexander Technique
With Shelly Senter

April

Saturday, April 19, 12-6pm

Bartenieff Fundamentals®
With Peggy Hackney

Sunday, April 20, 12-6pm

Somatics of Presence: Performance
With Vitali Konanov, Brenton Cheng, and Adam Venkar

May

Saturday, May 17, 12-6pm

Experiential Anatomy
With Susan Bauer

Sunday, May 18, 12-6pm

Theater of the Oppressed
With Aryeh Shell

Location for all workshops (except where noted): Eighth Street Studio Complex, 2525 8th Street, Berkeley, CA (Specific studios in the complex for each workshop listed with course descriptions).

Tuition:

Single one-day workshop: \$125 (\$110)*

Full Weekend (two one-day workshops): \$250 (\$220)*

*Register 2 weeks before your workshop, and receive the discounted price!

Plus:

Register and pay in full for any 5 workshops and receive a discounted fee of \$500!!!

Registration and payment must be received 2 weeks before the first workshop begins.

Call now to register; some workshops may fill up early!

Course Descriptions:

January

Saturday, January 19, 1-5pm

New! **BodyMind Centering® for Dance, Yoga, and Other
Movement Practices**

With Bonnie Bainbridge Cohen

Location: Moving On Center, 1428 Alice St., Oakland, CA

Come join BMC founder Bonnie Bainbridge Cohen in this innovative approach to movement and experience fuller embodiment of your practice!

Body–Mind Centering® principles form the basis of a dynamic approach to the practice and teaching of movement disciplines of all types. The support and articulation of the major body systems and of early developmental patterning are the foundations of all our movement, ranging from everyday activities to the more skilled and complex movements of the dancer, yoga practitioner and athlete.

In this workshop, we will explore the interplay between the body systems and developmental movement and how they inform and interact with each other. We will apply this to specific movement practices that are of particular interest to participants in the workshop.

Sunday, January 20, 12-6pm

New! **Bodies in Relationships: A Somatic Approach**

With Rita Venturi and Denzil Washington

Location: Wildcat Studios, 2525 8th Street, Berkeley, CA

Through a variety of body–based exercises (such as Authentic Movement, Contact Improvisation, Somatic Awareness, Sociometrics, and Map–Making) we will examine our personal story–making around intimacy, trust, and support. We will focus on building awareness and skills for creating conscious and intentional relationships, deepening our capacity for connection.

February

Saturday, February 16, 12-6pm

New! Urban Dance Rituals: Where Urban Dance and Somatics Intersect

With Rashad Pridgen

Location: Buena Vida Dance Studio, 337 13th Street (at Webster), Oakland, CA

This workshop is a facilitated freestyle movement session of collaborative urban dance circles/exercises based on Innerwork, group process, and somatic principles to understand the structures of urban freestyle dance. Objectives include experiencing the elements of urban freestyle dance, understanding how to hold space for self and others, and how to freestyle with increased self-awareness.

*For urban dancers this will help you to discover the inner impulse of your personal freestyle movement and provide you with tools for injury prevention and personal growth!

*For somatic students/movement researchers this will give insight into the world of urban dance and its structure and form, while presenting an integration of somatic principles!

This workshop is open to all dancers: urban dancers, somatic students and movement researchers.

Sunday, February 17, 12-6pm

Voice Thru the Body

With Carol Swann

Location: Wildcat Studios, 2525 8th Street, Berkeley, CA

In this workshop, the voice is explored as a "muscle of the soul." We contact energy sources in the body that inform us of the many qualities, characters, pitches, and tones that are authentic expressions of each unique individual. Whether sounding, speaking, or singing, the body is revealed through the voice. Embracing improvisational structures, somatic therapies, Balkan and African songs, this class provides a rich and challenging laboratory for the person interested in deepening the resonance of his/her physical and vocal expression.

March

Saturday, March 15, 12-6pm

New! **Moving-from-Within®**

With Susan Bauer

**Location: Spring/Fall Studios, 2525 8th Street, Berkeley, CA,
Berkeley, CA**

This workshop introduces a unique form of dance improvisation with roots in Authentic Movement, contemplative practices, and creative improvisation. For over fifteen years, Moving-from-Within® has offered a place of inspiration and discovery that bridges more inner-directed experience with dynamic group dance. Come experience this fun, creative process with co-founder Susan Bauer. All levels welcome.

Sunday, March 16, 12-6pm

Alexander Technique

With Shelly Senter

Location: UC Berkeley, Bancroft Dance Studio, 2401 Bancroft St. (at Dana St.) Berkeley, CA

The Alexander Technique is an educational method of body-mind reorganization that aims to promote ease in everything we do. By freeing ourselves from unconscious physical habits, we can create effortlessness in the way we live and move. This workshop will include applications to voice, movement, walking, and sitting.

April

Saturday, April 19, 12-6pm

Bartenieff Fundamentals®

With Peggy Hackney

Location: Wildcat Studios, 2525 8th Street, Berkeley, CA

This class works with Patterns of Total Body Connectivity (related to a developmental progression) that facilitate the lively interplay of connective kinetic chains inside the body with expression into the outer world. Basic issues of efficiency and coordination are dealt with in relation to Breath and Core Support, clarity of proximal joint articulation (including graduated rotation), weight shift, propulsion and level change, and full three-dimensional movement. Students are encouraged to locate the sensations and feelings that are brought up by the movement, and form these in some way that is personally meaningful.

Sunday, April 20, 12-6pm

Somatics of Presence: Performance

With Vitali Konanov, Brenton Cheng, and Adam Venkar

Location: Wildcat Studios, 2525 8th Street, Berkeley, CA

For those interested in theater, dance, composition, contact, and improvisation as performance disciplines, this intensive workshop will integrate the deep body awareness of Body-Mind Centering® with the rich expressive framework of Laban Movement Analysis.

What is presence? How can the performer remain permeable, yet powerful? We will develop essential performance skills from an embodied perspective, address the nature of performance, and explore the hidden realities of the performer / spectator relationship. All levels welcome.

[Note: This workshop serves as an introduction to the full Somatics of Presence: Performance Intensive in August 2008.]

May

Saturday, May 17, 12-6pm

Experiential Anatomy

With Susan Bauer

Location: Spring/Fall Studios, 2525 8th Street, Berkeley, CA

This course provides an introduction to a dynamic, movement based approach to Experiential Anatomy based on Body-Mind Centering®, Ideokinesis, and Bartenieff Fundamentals. In this approach, each student becomes his or her own “lab” to move, experience, and learn from through movement, drawing, creative writing, and hands-on partner work. Essential for dancers, movement teachers, and all who want to enliven their relationship to their body/mind. No anatomy experience required; all welcome.

Sunday, May 18, 12-6pm

Theater of the Oppressed

With Aryeh Shell

Location: Wildcat Studios, 2525 8th Street, Berkeley, CA

Theater of the Oppressed is a set of games, exercises and practices that create space for people to name their reality, identify the contradictions, dialogue through the language of theatre, and try out different solutions. It uses movement, storytelling and tableaux to explore how images of one’s personal experience reflect universal issues of power and social transformation. This workshop offers an energizing set of skills for activists, teachers, leaders and artists working for social change.