

Coming Alive in Movement and Touch

an experiential dialogue between
Alexander Technique and Body-Mind Centering®

led by **Myra Avedon & Erik Bendix**

Munich, Feb. 25th and 26th 2017

Two rich explorations of touch and movement come together in this workshop. Drawing on traditions of BMCSM, we will explore coming alive in relationship, in fluidity and in movement, all grounded in what we experience in our cells. Drawing on Alexander Technique traditions, we will explore up-direction, non-doing and structures that support ease of movement through space, all grounded on the planet we live on. The workshop is open to anyone willing to explore deeply. We encourage experienced somatic practitioners of all disciplines to attend, and we hope this workshop leads to future collaborations..

Content

1. Aliveness in **Relationship** (Saturday morning)

- a. BMC - cellular identity, communication, vitality and tone
- b. Alexander - vitality and up-direction in relation to gravity and to others

2. **Experiencing Time** (Saturday afternoon)

- a. BMC - cellular presence and the quality of fluidity in relation to movement and touch
- b. Alexander – non-doing, inhibition and taking time without stiffening

3. Relating to **Space** (Sunday morning)

- a. BMC - cellular and tissue matrices in relation to inner and outer movement
- b. Alexander & BMC – anatomical structures that support direction in space

4. **Collecting** Our Experiences and **Looking Ahead**

(The course will be given in English. Help with translation can be provided as Erik Bendix is bilingual)

Times

Saturday, Feb. 25th: 10:00 - 13:00 and 15:00 – 18:00

Sunday, Feb. 26th: 09:30 – 12:30 and 14:00 – 16:30

(We would appreciate if you could arrive on time and stay to the end. If this is not possible for you, please let us know.)

Myra Avedon lead The School for Body-Mind Centering® (SBMC) for 10 years, first in her position as the Program´s Director, and later as Co-Educational Director with Bonnie. She has taught BMC® internationally for 30 years at all levels of training. She has a Masters Degree in Humanistic Psychology with a specialization in somatic therapy and working with trauma; her Bachelor Degree is in Visual Arts. She is a Certified Massage Therapist since 1982, with extensive training in Osteopathy and working with acute and chronic conditions. She was the Administrative Dean, and on Faculty at the University for Humanistic Studies, and served on Faculty at Body Mind College, The Stillpoint School of Massage, The School for Integrative Accupressure, and The International Professional School of Bodywork. She is an American currently living and working in Prien am Chiemsee, and can be contacted through e-mail at avedonmyra@gmail.com.



Erik Bendix is an AmSAT-certified teacher of the Alexander Technique and a certified practitioner and teacher of Body-Mind Centering®. He studied BMCSM with Bonnie Bainbridge Cohen and Myra Avedon in the 1990s and at SOMA in France in 2012. He trained in the Alexander Technique with Frank Ottiwell, with Joan and Alex Murray, and with Walter Carrington. He has taught on training courses in both disciplines, represented both at conferences around the world, and developed his own explorations of skiing, scoliosis and embodied poetry. He translates from German, and is known as a folk dance teacher.



Location

Tanzstudio Ben, Theresienstrasse 132 rear building (Rückgebäude), 80333 München
U-Bahn Line U2 & U8, Station „Theresienstraße“ (two stations north of DB main station)

Fee

The course fee is 170 €.

For early registration up to Jan 15th 2017 the course fee is 140€

Contact

For further questions and registration please contact

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