

2011 International Somatic Movement Education Symposium
In National Taitung University
Taitung, Taiwan

Pre workshop
Embodiment in Education—
Somatic Movement Education for Teens and Young Adults
By Susan Bauer
9:00 – 12:15 AM and 2:00 – 5:15 PM
April 29, 2011

Symposium
Check the Program Schedule
April 30- May 1, 2011

Post workshop
Nia - The Body's Way :
Nia's Somatic Anatomy Training
Karri Winn
9:00 – 12:15 AM and 2:00 – 5:15 PM
May 2, 2011

Tuition Fee
Pre workshop (6 hr.) \$ 80 USD
Symposium (11 hr.) \$ 150 USD
Post workshop (6 hr.) \$ 80 USD
Whole program (22 hr.) \$ 300 USD
(Including four lunches)

Location
National Taitung University
Taitung, Taiwan

Introduction of Instructors

Susan Bauer

Susan Bauer, (MFA, RSME/T) is a dance / somatics educator who has taught in both college and community settings for the past 25 years, informed by her extensive background in dance, Authentic Movement, and Body-Mind Centering® (BMC). She began her study of BMC with founder Bonnie Bainbridge Cohen in 1984 and is a Registered Somatic Movement Educator / Therapist through ISMETA, with a private practice in San Francisco, CA. Susan also serves as Adjunct Professor at the University of San Francisco in the Performing Arts Department. She is the author of *A BodyMind Approach to Movement Education*, based on her unique curriculum for teens that integrates BMC, Experiential Anatomy, Ideokinesis, and Bartenieff Fundamentals. She is the founder of “Embodiment in Education,” a somatic movement education training program now in its sixth year. Guest faculty have included Deane Juhan, Bonnie Cohen, and Caryn McHose.

She developed her own form of dance improvisation, called Moving-from-Within™, based on the philosophy of Authentic Movement, that she founded in 1987. She has performed in both the U.S. and Asia, and her teachers have included renowned American improvisers Simone Forti and Anna Halprin, as well as with Indonesian movement masters Sardono Kusumo and Prapto Suryadarmo. Susan’s articles on her international teaching have appeared in several publications, including *Contact Quarterly* and in the book, *Essays on Authentic Movement, Volume 2*, edited by Patrizia Pallero (2007). She recently served as Program Director and Core Faculty at Moving on Center (2004 – 2009) in California.

Karri Winn

Karri Winn took her first Nia training program- the White Belt in May 2001. In 2005, she graduated from the Bainbridge Graduate Institute with an MBA in Sustainability Management, and she took the Brown Belt training program of Nia at the same year. She had the great opportunity to teach at a number of studios: MindBody Connection, Temescal Arts Center, Studio Rasa, Nautilus of Marin and then Meridian Sports Club and Body Tonic in San Francisco. In 2008, she got a chance to Bali, Indonesia and shared Nia at the Bali Spirit Festival dedicated to the movement and healing arts. In 2008, 2009 and 2010, she taught Nia at MovementPlay - one of the coolest events in NorCal featuring the mindbodyspirit movement arts. She moved to Portland in January 2009. This opened a new doorway of collaboration with Debbie Rosas, the founder of Nia. Still pursuing her inquiry of Principle #11, she ultimately succeeded in redesigning the principle, developing one of the pivotal sessions of the Nia White Belt and from there helped Debbie design and implement the Next Generation Trainer Training Program.

Mei-Chu Liu

Both having received Ph.D. in Somatics Study at the Ohio State University, and finished her certification program of Body-Mind Centering®, Massachusetts in 1998, **Mei-Chu Liu** devoted herself to the somatic education in school and somatic practice for dancers and athletes. With the background in traditional dance, martial art, Tai Chi Chuan, Chi Kung and Yoga, she also studied western movement arts like modern dance, Jazz dance, and many western somatic practices like Alexander Technique, Awareness through Movement, Continuum, Ideokinesis, and Fundamentals. She had finished her certification program in **GYROTONIC®** since 2005 and **GYROKINESIS®** since 2006. Besides, she is also a certified studio instructor and mentor in **POLESTAR PILATES®** since 2006. Now, she is a professor in the Dept. of Somatics & Sport Leisure Industry, National Taitung University and focuses her research on the movement re-education and the integration of eastern and western somatic approaches for movement training and somatic fitness.

Programs description

(A) One-day pre -workshop (April 29, 6hr. in total)

Embodiment in Education:

Somatic Movement Approaches for Teens and Young Adults

By Susan Bauer

The founder of the Embodiment in Education training program, Susan Bauer, will present an introduction to her dynamic and engaging curriculum in somatic movement education that is based on Experiential Anatomy, Body-Mind Centering®, and other somatic modalities. This curriculum models a respect for one's body that empowers students through the development of kinesthetic awareness, an embodied understanding of one's anatomy, enhanced perception of one's cultural conditioning, and a healthy respect for self and others.

In this workshop we will explore the following:

- **participate in specific “Explorations” for embodiment** that form the basis of the curriculum
- **discuss 7 key pedagogy concepts** for building somatic movement curriculum
- **practice 3 basic steps for introducing touch** and hands-on repatterning
- **re-discover our spine** as a living core of movement potential
- **awaken the “anthropological lens”** related to the impact of culture on our perceptions, our bodies, and our movement

This workshop is ideal for practitioners and teachers of dance, athletics, yoga, martial arts, or other forms. Although geared toward professional educators, this workshop is open to all those with an interest in somatics or dance / movement education. Note: *You will also have the opportunity to purchase the written curriculum manual from the author, which includes over 35 “Explorations.”*

(B) Contents for the Symposium (April 30-May 1, 11 hr. in total)

1. Experiential Anatomy: Body Systems and Embodying the Fluids

Instructor : Susan Bauer (2 hour sessions)

While the skeletal-muscular system is often emphasized in athletics, exercise programs, and certain dance styles, it is actually *the articulation and expression of all the body systems* that gives support and variety to our movement, while serving to balance the nervous system. Based on concepts developed by Bonnie Bainbridge Cohen, founder of Body Mind Centering®, Susan will guide us to explore some the various fluids: cellular, blood (arterial pump and venous flow), synovial fluid, lymph, cerebrospinal fluid, and fascia—through movement and touch. The fluids are fun, enlivening, and leave you feeling refreshed and energized.

We will also relate this experience of fluids to the concept of “*warm-up*” in athletics, exercise, and dance to create a more holistic understanding of the

necessary components of a body-intelligent “warm-up”—one that serves to increase radiance and inner vitality, while assisting with injury prevention.

2. Round Table

Director : Me-Chu Liu (1.5 hour session)

In this 1.5 hour session, participants will be divided into several groups based on their background and interests in different fields, such as dance, sports and physical education, performance, counseling, rehabilitation, body-work, and school education, etc. There will be arranged a director for each group to guide the participants for further discussion and sharing their experience about how they apply the idea of somatic movement education into different fields.

3. Nia - The Five Developmental Stages : A Path to Realignment and Self Healing

Instructor : Karri Winn (2 hour session)

The 5 Stages is an integrative movement practice based on the 5 stages of human development: embryonic, creeping, crawling, standing and walking. Practiced with awareness, these stages have the power to facilitate optimal alignment, improved function and comfort in the body. Whether practiced at length or practiced as little as 5 minutes a day, this system provides a tool for reclaiming and sustaining mobility, flexibility, strength, agility and stability.

4. Shao Lin Do-Mo I Jin Jing

Instructor : Me-Chu Liu (1.5 hour session)

Instead of focusing on the western somatic approaches, Mei-Chi Liu will present her somatic ideas in teaching traditional Kung Fu exercises, called Shao Lin Do-Mo I Jin Jing. In this traditional Chinese Kung Fu **I Jin Jing** practice, there are 14 posture stretching exercises, similar to yoga asana. Mei-Chu Liu will apply some concept and principles from Body-Mind Centering into doing these stretching movements and see how western somatic idea can offer a good intention for initiating movement from the innermost parts of body for stretching. Going with deep and long breathing, these posture movement sequences will stretch your body, stimulate the internal organs, increase your flexibility and activate the chi energy.

5. Principle 11 of the Nia White Belt

Instructor : Karri Winn (2 hour session)

Nia is a fun and expressive body-mind-spirit fitness program that combines elements of the martial arts, the dance arts and the healing arts. Principle 11 are the basic idea in White Belt training of Nia Technique and are designed to provide a whole-body conditioning practice that is safe, pleasurable and adaptable for all fitness levels. This class is designed provide you with the opportunity to learn, move and energize the fundamental movements of Nia. No Nia experience necessary.

6. Moving-from-Within™

Instructor : Susan Bauer (2 hour sessions)

Moving-from-Within™ is a form of dance improvisation with roots in Authentic Movement, somatic practices, and creative improvisation. In this workshop the founder of Moving-from-Within™, Susan Bauer, will lead us in this inspiring journey of discovery that bridges more inner-directed movement with dynamic group dance with music. Just like any one cell of our bodies, each one of us is unique and yet a part of the universal and whole organism of community. Similar to a cell, *how can we maintain our 'semi-permeable membrane,'* that permits choice, entrances, and exits?

Drawing from her work in Authentic Movement, Body-Mind Centering®, and study of American and Indonesian movement approaches, Susan creates a pathway for participants to connect deeply within themselves, while opening to the creative possibility of the group. During these dances, we practice maintaining the integrity of our unique expression in the context of spirited group interaction. Discover renewed safety, ease, depth, joy, and playfulness in our dancing together! For both beginning and advanced movers alike—all are welcome.

(C) One-day post workshop (May 2, 6hr. in total)

Nia - The Body's Way : Nia's Somatic Anatomy Training

By Karri Winn

In its definition the Body's Way is a method of using the body in accord with its specific design and structure. It involves looking at the body as it really is, instead of viewing it in an idealized, conceptualized way. We use the science of the body as a map to guide us through the stages of becoming fit, experiencing personal growth and creating a lifestyle practice of well being. Although we all start with the same kind of body parts, each body functions differently. The Body's Way is unique in that it works with the inherent natural differences of each body.

The basic philosophy of Nia is to harmoniously integrate the body with the mind, emotions and spirit. Nia aims to respect the Body's Way while engaging emotions, images, thoughts, feelings and the unique expression of one's spirit. Cognitive, Symbology and Sensory Awareness are methods Nia uses for learning, embodying and sharing the Body's Way information.

Presented by
Somatic Education Society of Taiwan
Ministry of Education, Taiwan
Department of Somatics & Sports Leisure Industry,
National Taitung University

2011 International Somatic Movement Education Symposium In Taitung, Taiwan

Schedule for Pre workshop & Post workshop

Pre workshop : Body-Mind Centering (29, April, 6 hrs. in total)

Post workshop : NIA (2, May, 6 hrs. in total)

Date	Time	Contents	Instructor	
29, April (Fri.)	08 : 45-09 : 00	Registration		
	09 : 00-10 : 30	Embodiment in Education : Somatic Movement Education for Teens and Young Adults (I-1)	Susan Bauer	
	10 : 30-10 : 45	Tea Break		
	10 : 45-12 : 15	Embodiment in Education : Somatic Movement Education for Teens and Young Adults (I-2)		
		12 : 15-13 : 30	Lunch Break	
		14 : 00-15 : 30	Embodiment in Education : Somatic Movement Education for Teens and Young Adults (II-1)	Susan Bauer
		15 : 30-15 : 45	Tea Break	
		15 : 45-17 : 15	Embodiment in Education : Somatic Movement Education for Teens and Young Adults (II-2)	
2, May (Mon.)	08 : 45-09 : 00	Registration		
	09 : 00-10 : 30	Nia - The Body's Way : Nia's Somatic Anatomy Training (I-1)	Karri Winn	
	10 : 30-10 : 45	Tea Break		
	10 : 45-12 : 15	Nia - The Body's Way : Nia's Somatic Anatomy Training (I-2)		
		12 : 15-14 : 00	Lunch Break	
		14 : 00-15 : 30	Nia - The Body's Way : Nia's Somatic Anatomy Training (II-1)	Karri Winn
		15 : 30-15 : 45	Tea Break	
		15 : 45-17 : 15	Nia - The Body's Way : Nia's Somatic Anatomy Training (II-2)	

PS : The schedule will be adjusted depending on situations, and please wear comfortable clothes for movement exploration.

2011 International Somatic Movement Education Symposium In Taitung, Taiwan

Daily Schedule

Date Time	30, April (Saturday)	1, May (Sunday)
08 : 40 10 : 10	09 : 30 -10 : 00 Registration	Practicum : Shao Lin Do-Mo I Jin Jing Mei-Chu Liu (Taiwan)
10 : 10 10 : 30	Opening Ceremony	Sharing & Tea Break
10 : 30 12 : 30	Practicum : Experiential Anatomy — Body systems and Embodying the Fluids Susan Bauer (USA)	Practicum : Principle 11 of the Nia White Belt Karri Winn (USA)
12 : 30 14 : 00	Lunch Time	
14 : 00 15 : 30	Round Table : Experience Sharing— The Application of Somatic Education in Different Fields Mei-Chu Liu (Taiwan)	Practicum : Moving from Within Susan Bauer (USA)
15 : 30 16 : 00	Sharing & Tea Break	
16 : 00 18 : 00	Practicum : Nia - The Five Developmental Stages : A Path to Realignment and Self Healing Karri Winn (USA)	Closing Traveling Home Or Bicycling along beach Or Hot Spring Tour in Taitung
18 : 00 18 : 30	Members' Meeting : Somatic Education Society of Taiwan	

(11 hrs. in total)

2011 International Somatic Movement Education Symposium Registration Form

Name			
Birth Date :	(Y, M, D)	Sex :	<input type="checkbox"/> Male ; <input type="checkbox"/> Female
Passport No. :	Meal : <input type="checkbox"/> General ; <input type="checkbox"/> Vegetarian		
Co. :	Position :		
Tel : ()	Fax : ()		
Address :			
E-mail :			
Payment for Programs : (pay your fee at door) <input type="checkbox"/> One-day pre workshop Fee \$ 80 USD (Including one lunch) <input type="checkbox"/> Symposium Fee \$ 150 USD (Including two lunches) <input type="checkbox"/> One-day post workshop Fee \$ 80 USD (Including one lunch) <input type="checkbox"/> The whole program \$ 300 USD (Including all above)			
Service needed : <input type="checkbox"/> Hotel Booking \$ 60 USD per night (with one twin bed) including breakfast. I need _____ nights. <input type="checkbox"/> Picking up and sending to the Taitung Domestic Airport <input type="checkbox"/> Picking up and sending to the Taitung city train station <input type="checkbox"/> Hot Spring Tour (please bring your own swimming suit & cap) (If you need the transportation, please e-mail us your flight schedule to us as soon as possible when you set it up.)			
Personal Background : <input type="checkbox"/> Movement Educator (Pilates, Gyrotonic, Yoga or _____) <input type="checkbox"/> Dancers/ Choreographer /Dance Teacher <input type="checkbox"/> Athletes/ Athletic Trainer <input type="checkbox"/> Physical Education Teacher in school <input type="checkbox"/> Rehabilitative Therapist <input type="checkbox"/> Counselor <input type="checkbox"/> Others : _____			
1. Please fax or e-mail this registration form to : 886-89-239259 or somaticeducation@yahoo.com.tw 2. Pay the program fee in USD while checking in at door. 3. If you have any questions, please feel free to contact : 886-89-239259 Ms. Jessica Wang 4. If you can't attend the program on your schedule, please let us know one week before the workshop. Thanks!			