

CULTIVATING CONNECTIONS: SOMATIC MOVEMENT WITH OURSELVES, OTHERS, AND THE EARTH



SEPTEMBER 26 - 28, 2025

Hotel Albades | Benicàssim, Spain

PRESENTED BY THE INTERNATIONAL SOMATIC MOVEMENT
EDUCATION AND THERAPY ASSOCIATION

SPECIAL THANK YOU TO OUR SPONSORS!



WELCOME



Dear Friends and Colleagues,

We are honored and delighted you're joining us for "**Cultivating Connections: Somatic Movement with Ourselves, Others, and the Earth**," a live, in-person conference hosted by the **International Somatic Movement Education and Therapy Association (ISMETA)** from **September 26–28, 2025** in the beautiful Mediterranean coastal town of **Benicàssim, Spain**.

In a time when many of us feel increasingly disconnected—from ourselves, from one another, and from the natural world—**Somatic Movement practices offer a profound path toward reconnection and renewal**. This conference will be a vibrant forum for exploring practical, embodied approaches to building skillful relationships that support personal insight, collective well-being, and ecological harmony.

This gathering marks two exciting firsts for ISMETA: our **first in-person conference** and our **first European conference**. We are thrilled to welcome participants from across the globe—representing at least 18 countries—to join in this historic moment as we expand our reach and deepen our impact.

Together, we will:

- **Connect** with an international community committed to embodiment, inclusion, and well-being
- **Explore** how Somatic Movement can support transformation—personal, interpersonal, and planetary
- **Share** our visions, practices, and innovations with aligned changemakers across disciplines and cultures

We believe this gathering will be more than a conference—it will be a **living, breathing experience of learning in community**. A place where relationships are nurtured, inspiration flows, and collective momentum is built for a more embodied, compassionate, and sustainable world.

Thank you for walking this path with us. We look forward to cultivating deep and lasting connections at this extraordinary event and beyond.

With appreciation and warmth,
The ISMETA Board of Directors and Operations Team

CONFERENCE SCHEDULE

FRIDAY



REGISTRATION BEGINS 9:00-9:45 AM

Day (Date)	Time	Location	Presenter(s)
Friday (Sep 26)	10:00 AM	Main Hall	J. Haycocks
		Second Hall	A. Kennedy
		Terrace	S. Meret
	11:15 AM	Main Hall	K. Sanchez Elmer and A. Carina Heimer
		Second Hall	M. Prieto
		Terrace	F. Filtzinger
	12:30 PM	Main Hall	J. Batha, M. Larsen, and L.Zhou panel
		Second Hall	A. Guerreiro
		Terrace	K. Song Glenn
LUNCH 1:30 PM - 3:15 PM			
	3:30 PM	Main Hall	L. Plonka
		Second Hall	M. Minnick
		Terrace	E. Barlow
	4:45 PM	Main Hall	B. Dyer
		Second Hall	R. Sims
		Terrace	K. Kraimer
BREAK 5: 45 PM - 6:00 PM			
	6:15 PM	Main Hall	KEYNOTE: A. Olsen and C. McHose
	8:00 PM	Main Hall	POSTER SESSION

Please note: This schedule is subject to change. Updates will be provided as available.

SATURDAY

Day (Date)	Time	Location	Presenter(s)
Saturday (Sep 27)	8:00 AM	Beach	GLOBAL WATER DANCES (V. Ibarguen, A. Kennedy, M. Eddy)
	9:00 AM	Main Hall	F. Hediger
		Second Hall	M. Rennerfeldt
		Terrace	P. Memelink
	10:15 AM	Main Hall	M. Rust-D-Eye
		Second Hall	C. Walmsley-Esteves
		Terrace	D. Wagner and M. Jarvis
BREAK 11: 15 AM - 11:30 AM			
	11:45 AM	Main Hall	E. Franklin
		Second Hall	N. Kewalramani
		Terrace	C. Wahl
	1:00 PM	Main Hall	M. Eddy
		Second Hall	R. Schwartz and C. Goletti
		Terrace	G. Posner
LUNCH 2:00 PM - 3:45 PM			
	4:00 PM	Main Hall	P. Josa Jones
		Second Hall	P. Jeffries
		Terrace	E. Haranksy-Beck
	5:15 PM	Main Hall	E.E. Balcos
		Second Hall	T. Kaurinovic
		Terrace	B. Badenes
	6:30 PM	Main Hall	R. Sammartino
		Second Hall	HERE & NOW SESSION
	8:00 PM	Main Hall	MOVIE

Please note: This schedule is subject to change. Updates will be provided as available.

SUNDAY



Day (Date)	Time	Location	Presenter(s)
Sunday (Sep 28)	8:00 AM	Beach	A. Sokolowska session and K. Isobe session
	9:00 AM	Main Hall	S. Brody
		Second Hall	B. Lisa
		Terrace	P. Prenskey
	10:15 AM	Main Hall	H. Su
		Second Hall	L. Rua Santafe
		Terrace	N. Doubleday and K. Sanchez Elsner
BREAK 11: 15 AM - 11:30 AM			
	11:45 AM	Main Hall	R. Lepore
		Second Hall	H. King
		Terrace	N. Semeniuk
	1:00 PM	Main Hall	CLOSING: Planetary Dance with R. Sammartino

Please note: This schedule is subject to change. Updates will be provided as available.

SESSIONS & PRESENTERS

Please note: Presenter names appear in alphabetical order according to last name. Sessions with multiple facilitators are listed under the primary presenter's name. Also, this list is subject to change.

Bibiana Badenes (Spain)

“Rooted and Reaching: Connecting Through Hands and Feet”

Saturday (Sep 27) / 5:15 PM / Terrace

Bibiana Badenes' work on somatic exercises for hands and feet offers a profound yet accessible approach to self-connection and well-being. Rooted in somatic education and integrative bodywork, these practices focus on awakening sensory awareness in the extremities, often overlooked in daily life. By engaging the hands and feet—the primary interfaces between our bodies, the earth, and the world—these exercises foster a deeper connection to oneself and the environment. Through gentle, mindful movements, participants are guided to explore sensations, improve circulation, and release tension. These practices are enriched with insights from somatic psychology, emphasizing the interconnectedness of the body and all living organisms. The exercises also serve as a foundation for basic self-care, encouraging participants to incorporate small but meaningful rituals into their daily routines. Whether practiced individually or integrated into broader wellness programs, this work supports grounding, alignment, and a renewed sense of presence. Bibiana will provide the material for the exercises: one tennis ball, one tactile ring, a piece of paper and a small rubber ball.

Bio: Expert in Body Intelligence and Somatic Movement, Bibiana Badenes is a physiotherapist and pioneer in somatic movement, renowned for her innovative approach to integrating body awareness with holistic health. She earned her degree in Physiotherapy from the University of Valencia in 1988 and furthered her education with advanced training in Rolfing® Structural Integration and Mindfulness. She is also a certified teacher of Rolfing™ Movement. With over 25 years of experience in manual therapy and myofascial techniques, Bibiana combines science and humanistic psychology to address chronic pain, stress, and emotional well-being. She has collaborated with international organizations, including Harvard University, where she presented her work on somatic approaches for stress and chronic pain relief. Bibiana is the founder of the Kinesis Center in Benicàssim, Spain, where she offers a unique blend of therapeutic movement, mindfulness, and somatic coaching. Her expertise extends to corporate wellness programs and leadership seminars, where she promotes sustainable well-being practices. She is the author of “Body Intelligence: Discover the Power of Conscious Movement” and co-author of “Life Planning: A Holistic Approach to Burnout and Depression.” Bibiana is also a board member of ISMETA and a passionate advocate for somatic education globally. Her work empowers individuals to reconnect with their bodies, fostering resilience and holistic health.

Ethan Emmanuel Balcos (United States)

“Comfort, Safety, and Bonding through Body-Mind Centering® and Movement Improvisation”

Saturday (Sep 27) / 5:15 PM / Main Hall

This movement workshop is centered on exploring the principles of Body-Mind Centering® (BMC®) in relation to personal and collective movement practices. BMC® is a somatic approach that deepens the understanding of the body through experiential anatomy, movement, and touch. In this workshop, participants will engage in movement exploration that emphasizes comfort, safety, and relational bonding—both with themselves and in connection with others and the surrounding space. The practice is designed to enhance kinesthetic awareness, helping individuals become more attuned to their bodily sensations and internal processes. By fostering this awareness, participants learn to sense, integrate, make embodied choices, and respond effectively in various movement situations. This process supports the development of both proprioception (the sense of body position) and kinesthesia (the sense of movement), which are essential to moving with clarity, intention, and presence. This session warmly welcomes all movers, regardless of physical ability, gender identity, cultural background, or movement experience. Whether you are a seasoned dancer, a somatic practitioner, or someone simply curious about movement and embodiment, this workshop provides a supportive, inclusive space to explore the richness of your own bodily experience and to connect more deeply with others through movement.

Bio: Ethan Emmanuel Balcos (E.E.) is a Filipino-American dancer, choreographer, and dance educator. He began studying traditional modern dance technique with pioneer Hanya Holm and the practice of contact improvisation at The Colorado College. Balcos is also a Professor of Dance at University of North Carolina Charlotte (U.S.), certified Body-Mind Centering® Somatic Movement Educator, registered Master Somatic Movement Educator and Somatic Dance Educator with ISMETA, and is on the Board of Directors. Balcos is devoted to somatic movement practice, primarily Body-Mind Centering®, and its relationship to all aspects of the somatic journey. In the past 10 years, he has presented somatic movement sessions at Annual Body-Mind Centering Conferences, and at Somatic and Dance Conference and Performance Festivals across the U.S. He has also presented at the Dance and Somatic Practice Conference in Coventry, U.K., and Body IQ Festival in Berlin, Germany. As a performer he has worked with dozens of nationally-known American choreographers, movement artists, and dance companies and has performed throughout the world. Balcos is an active choreographer and has created over 100 dance works. His works artistically express issues in social and environmental justice. He is also a lover of nature and a passionate gardener and landscaper.

Ellen Barlow (United States)

“Function and Expression: Embodied Action”

Friday (Sep 26) / 3:30 PM / Terrace

The interrelatedness of human movement function and expression is integral to our methods and approaches. Yet our practices vary in emphases: how we set up learning environments,

what skills we bring, and what is meaningful to us in terms of outcomes, based on our values. One of our challenges as practitioners and teachers in our profession is to connect with what is meaningful to our clients and students, and to offer somatic movement ways to address what is meaningful to them. One person's functional movement improvement that creates more capacity to return to activities of daily living, or take renewed or new actions in life, is another person's freed-up expression of a biopsychosocialspiritual aspect of themselves, leading to newly purposeful interactions with others and the world. In this session, we will play with the meanings we bring to "function" and "expression" through articulating language and providing examples in our practices; look at how these terms are used in other professions; ask how we can distinguish our practices in the growing recognition of the "whole person" in health care, human services, education, the arts, and social justice; consider what "embodied action" is, one of ISMETA's 4 core values. This is a discussion session.

Bio: Ellen Barlow is a Master Somatic Movement Educator (MSME). She was in the first certification program at the School for Body-Mind Centering in Amherst, MA, graduating in 1982, and completed her teacher's training in 1985. Her background in other approaches to movement awareness and repatterning, dance, yoga and fitness was fundamentally transformed by the BMC® world view. She taught in SBMC certification programs over the years, and the Kineshetic Learning Center practitioner program in North Carolina. She is a founding member of the BMCA. Currently, Ellen maintains a private practice, consults, and works as a Master Trainer at Elements Fitness and Wellness Center in Washington DC. She is a certified instructor of the GYROTONIC® and GYROKINESIS® methods. She serves on the executive committee of the Board of the International Somatic Movement Education and Therapy Association (ISMETA).

Jessica Batha with Mira Larsen, & Luna Zhuo (United States)

"Creative Somatic and Dance Graduate Research: Self, Other, Earth"

Friday (Sep 26) / 12:30 PM / Main Hall

This panel offers unique studies that emerged from a graduate program in dance and somatics research. The panelists represent diverse worldviews that fuse East and West. The connection of self, others, nature, and the earth is seen through various discoveries made on fascial engagement, Tai Chi, cultural embodiment, and light therapy.

Bios: Jessica Batha - BFA, BS Mason Gross School of the Arts, Rutgers, MAT Fairleigh Dickinson University, Certificate Mind/Body Medicine, Saybrook University, MFA Dance Saint Mary's College (in progress). Jessica is a dynamic faculty member of East Stroudsburg University that uses multiple modalities and years of experience to create intelligent bodies that love to move and thrive effectively with their own somatic awareness. Jessica instructs all of the dance minor courses, as well as advises for the Contemporary Dancers and Dance Team student clubs on campus. She is passionate about dance, somatic practice, wellness, and education. Jessica's unique combination of LMT (licensed massage therapist), 500 ERYT yoga practitioner, and Master Health and Wellness Coach through ASFA (American Health and Fitness Association)

provide the foundation for her founding company Adora LLC, which assists those searching to find the light that shines from within and supports their healing and balance to move and be in the world as our best selves. Jessica's research interests include Movement for Better Balance, Anatomy Trains, and Visceral Manipulative Facial Therapies.

Mira Larsen is an adjunct faculty member at Brigham Young University and the Assistant Director of BYU's performing ballet company, Theatre Ballet Studio Company. Larsen has had extensive ballet training, and spent 2 years at the Royal Ballet School before attending Brigham Young University to receive her B.S. in Statistics with minors in Ballet and Mathematics. She is currently an M.F.A candidate at Saint Mary's College of California with research encompassing the field of somatic based pedagogy and choreography through fascial intervention. Larsen holds certifications in the ABT® National Training Curriculum for Pre-Primary to Level 5, Progressing Ballet Technique, the 4Pointe method, and is trained in teaching Stott Pilates. She is interested in how the field of somatics can inform healthier balletic teaching practices by guiding students towards the enhancement of mind-body connection.

Luna Zhuo is a dancer, educator, and researcher with a rich cultural background as a half-Chinese, half-Mongolian artist. Growing up immersed in Mongolian dance, classical Chinese dance, and Tai Chi, she also trained in Western modern dance, shaping a distinctive movement vocabulary that bridges tradition and contemporary expression. Her work explores the intersection of somatic awareness, cultural embodiment, and movement research. She is a Progressing Ballet Technique (PBT) Certified Teacher and an instructor of the Chinese National Folk Dance Grade Examination. Currently, she is pursuing an MFA in Dance at Saint Mary's College of California, deepening her understanding of movement dynamics, spatial awareness, and embodied storytelling. Beyond performance and pedagogy, her work integrates dance, digital media, and movement research. As a dance blogger on the Rednote app, she creates content on flexibility training, choreography methods, dance history, and performance videos, garnering over 10K likes and making an impact in dance education. She continues to explore the intersection of movement, technology, and somatic inquiry to expand accessibility and innovation in dance learning. Luna is committed to expanding the role of dance as a tool for education, innovation, and cross-cultural dialogue, fostering deeper connections between movement, identity, and lived experience.

Sage Brody (United States)

“Shake Your Soul®—cultivating connection through embodied expressive movement”

Sunday (Sep 28) / 9:00 AM / Main Hall

This Shake Your Soul workshop is a mindful and soulful dance experience set to the rhythms of world music. Participants will strengthen the mind-body connection as they move with and feel a sense of grace, presence, joy, sensuality, fluid strength, and freedom. The experience combines the contemplative and mindful movement of Qi gong to connect to self and the natural world, elements of fluid embodiment from Body-Mind Centering expressed through dynamic dance that connect us to different aspects of our psychophysical nature, and

creative explorations both as a community and in smaller groups that deepen connection to self and others.”

Bio: Sage Brody, MPC, MSMT/E is Educational Director and Lead Faculty for the Leven Institute for Expressive Movement, where she trains students to become Registered Somatic Movement Therapists through Dan Leven’s complementary approaches to Somatic Movement Therapy, Shake Your Soul®: the Yoga of Dance and SomaSoul® Somatic Therapy. Sage joined faculty after leaving corporate America in 2009 as her own healing and training inspired her to bring this transformative work to others. She leads Shake Your Soul classes, somatic movement and qi gong workshops, and mindful outdoor activities at Kripalu Center for Yoga and Health as part of their R&R faculty and luminary workshop presenter. Sage also trains therapists to bring somatics to their client work as part of the faculty for the Professional Training Program at Hartford Family Institute.

Nancy Doubleday (Canada) and Katinka Sanchez Elsner (Spain)

“Exploring Culture for Connection: Moving Wisdom and Experience”

Sunday (Sep 28) / 10:15 AM / Terrace

Travelling brings us closer and also farther away. Closer to new and old connections. Farther from previous associations in particular places. Something else may also become possible: we may be freed in some internal sense to become curious, to explore. With this intuition, we offer an opportunity to explore simple connections, and their embodied expressions in shared space of welcome. Drawing from foundational direct experience in nature, transformative research, and faith in our capacity to learn from each other, we invite you to share moments of comfort, calm, and celebration in mutual exchanges of practice. We aim to allow ourselves to experience shared flow. Our methods are guided imagery and spoken word drawn from Arctic research by Nancy Doubleday, and moved through the innovative, embodied practices of Katinka Sanchez Elsner, (founder, KörperSinn Method).

Bios: Nancy Doubleday is an interdisciplinary scholar and Arctic expert trained as an ecologist and lawyer specializing in International Environmental Law and Aboriginal Rights. She teaches peace studies from a complex systems perspective with broad goals of supporting healing. Her major contributions include implementation of adaptive co-management of shared resources, recognition of traditional ecological knowledge in decision-making, and envisioning “culture as vector” to enable transformation in relationships. Nancy has experienced many forms of body work as treatment (e.g. Rolfing, Alexander, Trager, and others). Last year she completed Level I of the Tamalpa Institute training program, and presently continues her Tamalpa studies with supervised coaching.

Katinka Sanchez Elsner is a movement pedagogue, embodiment trainer, and co-founder of KörperSinn Methode GbR. With a background in ethnology, sociology, and psychology (M.A.), she trained as a Feldenkrais Practitioner and biography consultant, integrating somatic learning, artistic expression, and systemic approaches. For over 20 years, she has taught Salsa and

Afro-Caribbean dances, now offering since 2014 Embodiment Trainings in German and Spanish. She has worked at universities and institutions across Europe, specializing in neuro-based movement, dance anthropology, and body awareness. Her approach bridges science, art, and intuition to foster deeper connections to self and nature.

Becky Dyer (United States)

“Breath as a dynamic connector: Inter-breathing & vagal synchrony”

Friday (Sep 26) / 4:45 PM / Main Hall

This workshop will focus on breath's quality of connectedness, as participants experience how breath might be meaningfully channeled as a dynamic psychophysical connector of self, other, and the environment. Concepts of inter-breathing (Litman, 2023) and vagal synchrony (Polyvagal Theory) will be explored to understand how the embodied process of breathing in relational attunement with others, can lead to a co-regulation of nervous systems and emotional/physiological states. Through the lens of Dynamic Embodiment™, participants will engage in processes of guided movement inquiry and dialogue to query how experiences of vagal synchrony and inter-breathing may heighten consciousness of bodily cues and nonverbal exchanges with others, and promote feelings of empathy, connection, safety, and trust. Participants will discuss how breath, as a dynamic connector and social exchange, might enhance somatic responsiveness, relational sensitivity, and rouse a sense of global interconnectivity.

Bio: Becky Dyer (PhD, MFA, MS) is an associate professor at Arizona State University, where she teaches somatic movement education and dance teaching praxis courses, and coordinates the undergraduate and graduate dance certification programs. She is a certified Laban-Bartenieff Movement Analyst (CLMA), Dynamic Embodiment Practitioner (DEP), ISMETA registered somatic movement therapist (RSMT), and holds a secondary dance education certification. Her research focuses on social somatic approaches to teaching, learning, and wellness. Becky has published articles in Research in Dance Education, Journal of Dance and Somatic Practices, Journal of Aesthetic Education, Journal of Dance Education, Somatics Magazine/Journal, and authored chapters in the book, Current Selected Research in Dance, Vol. 7. She is currently a faculty member of the Dynamic Embodiment Practitioner (DEP) somatic movement therapy training program developed and led by Dr. Martha Eddy.

Martha Eddy (United States)

“Cultivating Fluidity for Self, Relationship, and Water Stewardship: Dynamic Embodiment & Flow”

Saturday (Sep 27) / 1:00 PM / Main Hall

Learn Dynamic Embodiment SME&T's pathways to embodying the fluids within, in order to also flow together with others in varying rhythms. Use this consciousness to embrace our interdependence with the planet. Feel how this collective fluidity helps us embrace our love of our

waterways and rain cycle. Find out about Global Water Dances, BodyMind Dancing, and Moving For Life's water expression.

Bio: Martha Eddy is an author, public speaker, and performer who as served as Past President and as a 15-year Board member of ISMETA, Martha founded a first generation Approved Training Program in 1991 as Somatic Movement Therapy Training, and rebranded as Dynamic Embodiment SME&T once the term Somatic Movement Therapy became generic in our field. While excelling in working with individuals and training others to do so using DE-SMT methods (a blend of Body-Mind Centering(r) and Laban/Bartenieff Movement Analysis, she loves to dance and has been a founder for BodyMind Dancing, Moving For Life DanceExercise(r) for Health and Cancer Recovery, and a co-founder of Moving On Center, and Global Water Dances (GWD). GWD invites choreographers and visual medial artists to make obvious the need for water carers on our planet, and do so with appreciation for water through the art of conscious movement/ dance. She is currently an honorary professor in the Bio-behavioral Sciences Department of Columbia University and active in directing her ISMETA programs in Somatic Dance and Somatic Movement - BodyMind Dancing, Moving For Life Dance Exercise, and Dynamic Embodiment SME&T Training. She maintains a small private practice in NYC and is excited to be launching the Active Embodiment Online Program, for coaches and therapists.

Petra Eischeid (Germany) and Frank Hediger (Switzerland)

"Film Presentation 'blue earth' - the 4 elements & dance"

Saturday (Sep 27) / 8:00 PM / Main Hall

The dance-experimental film "blue earth" means to me a "homage to nature". Once we dance nature, we find our natural being and experience a different awareness that lets us walk differently on our planet earth. Making a film for me is like painting - forming pictures into a story. It was very much fun to do this piece of art with the dancers of Tamalpa Germany and my colleague Frank Hediger, with whom I created the idea.

Bios: Petra Eischeid was born 1959, and serves as Co-leader of Tamalpa Germany (branch of Tamalpa Institute USA) and LifeArt (different artistic training programs, www.lifeart-petra-eischeid.de). She is also a Dance Therapist BTD®, ISMETA Somatic Movement Educator/Therapist, and Social Worker. For 40 years, she has been doing theater work (as an actor, dancer, director), dance, and theater education. Since 1992, Petra has worked with the Tamalpa Life/Art Process® in different settings, including universities. Since 2005, she has been producing educational films and experimental dance-short-films (as "The Gong" and "blue earth"). Petra studied for two years at Tamalpa Institute in California/USA with Anna Halprin and Daria Halprin. These studies "brought together her inner artist and therapist sides." Another profound influence was the many years of study on the subject of "life and death" and learning from shamans of various cultures. Among others, she was trained by Alberto Villoldo and Marcella Lobos in the Inca and Quero traditions. These traditions give a perfect match to her work as a filmmaker, dancer, teacher, and coach. Her interest lies in the parallels between shamanic techniques,

modern brain research, and therapeutic methods. After her first 12 years of making art and living in Cologne, she moved to Bodensee/Island Reichenau where she still lives.

Co-director of Tamalpa Germany, Frank Hediger was part of Anna Haprin's Sea Ranch Collective and participated in various performances. He holds an M.A. in Psychology, is a therapist, and dancer. He teaches Tamalpa Life/Art Process workshops and leads classes/workshops in Tai Chi and Qi Gong. In his teachings, he strongly emphasizes the anatomical aspects of movement as the basics of all expression. His passion is to bring creativity through movement and art in all aspects of our life.

Katinka Sanchez Elsner (Spain) and Anna Carina Heimer (Germany)

“Creating Connection to Nature through Developing the Sensitivity of the Body”

Friday (Sep 26) / 11:15 AM / Main Hall

This experiential workshop integrates the Feldenkrais Method, personal history reflection, and the Life Art Process to cultivate a deep connection with nature, self, and culture through somatic movement, artistic expression, and group dynamics. Participants will explore how neurological-based movement shifts perception patterns, how creative expression translates intellectual processes into embodied experience, and how the wisdom of the circle enhances collective intelligence. Through guided Feldenkrais-based exercises, we will refine sensory awareness and perception, unlocking new ways of experiencing the natural world and understanding how movement is shaped by personal history and cultural context. Personal history reflection will invite participants to explore their movement biographies, uncovering how their past experiences and environments influence their physical patterns and perceptions. The Life Art Process will provide creative tools for translating these insights into embodied artistic expression, reinforcing the deep integration of movement, personal narrative, and nature connection. Finally, through dynamic group practices that emphasize collective movement and relational attunement, we will explore the wisdom inherent in circular patterns, both within the body and in the larger ecosystem. By the end of the session, participants will have practical tools to cultivate their sensitivity and embodied connection to nature, their personal histories, and their cultural identities, fostering a deeper relationship with the living world in both their professional practices and daily lives. This session will be co-facilitated with Anna Carina Heimer.

Bios: Katinka Sanchez Elsner is a movement pedagogue, embodiment trainer, and co-founder of KörperSinn Methode GbR. With a background in ethnology, sociology, and psychology (M.A.), she trained as a Feldenkrais Practitioner and biography consultant, integrating somatic learning, artistic expression, and systemic approaches. For over 20 years, she has taught Salsa and Afro-Caribbean dances, now offering since 2014 Embodiment Trainings in German and Spanish. She has worked at universities and institutions across Europe, specializing in neuro-based movement, dance anthropology, and body awareness. Her approach bridges science, art, and intuition to foster deeper connections to self and nature.

Anna Carina Heimer is the co-founder of the KörperSinn-Method, an embodiment trainer and facilitator specializing in somatic education and group processes. Since 2010, she has been designing and leading embodiment trainings, workshops, and one-on-one coaching sessions. Her approach weaves together neuroplasticity, mindful movement practices such as Feldenkrais, and creative exploration to support deep learning and personal transformation. With training in The Circle Way, Life Trust Coaching, biography work, and a range of somatic disciplines, she empowers individuals and groups to cultivate body awareness, authentic communication, and collective intelligence. Drawing on her background in organizational development and diverse facilitation methods, Anna Carina is passionate about creating embodied learning spaces that foster community, self-agency, and meaningful change.

Florian Filtzinger (Germany)

“Skin / Gateways / Surfaces”

Friday (Sep 26) / 11:15 AM / Terrace

This workshop delves into the connection between our body and the world using somatic methods. Starting with a journey through our body's openings, like the mouth and anus, we explore their interaction with our surroundings, considering the skin as a continuous organ both inside and out. Various techniques, including sounds, dance, and practices like Authentic Movement, Yoga, Continuum, Feldenkrais, and Laban Movement Studies, help us investigate movement and our environmental connections. Located in the beautiful setting of Benicàssim, we connect with nature, viewing its surfaces as the world's skin and exploring transitions and connections. The workshop invites participants to explore the skin as an interface between the inner self and the external world, fostering a deeper connection with both ourselves and our surroundings.

Bio: Florian Filtzinger is a somatic educator and therapist with a unique perspective on life, viewing it as a choreography to be danced with grace and mindfulness. With a background in communication science and anthropology, as well as project and event management, Florian brings a multidisciplinary approach to his practice, helping individuals navigate their physical, emotional, and spiritual well-being in a holistic way. By integrating movement, spirituality, and communication, Florian supports his clients in achieving deeper self-awareness and personal growth.

Eric Franklin (Switzerland)

“Vagus Nerve: Pathway to Cultivating Connections”

Saturday (Sep 27) / 11:45 AM / Main Hall

The Franklin Method is a somatic approach that integrates anatomical and metaphorical imagery with movement to support healthy inner and outer functioning. The Franklin Method re-connects body and mind through dynamic neuro-cognitive imagery. The vagus nerve connects multiple neural pathways and systems. Dynamic neuro-cognitive imagery offers vivid ways for embodying the vagus through verbal cues, self-touch, movement, and interoception. Attendees

will explore ways to connect with their vagal anatomy and functioning using a series of dynamic neuro-cognitive imagery. Doing so, they will experience an increased sense of inner calm, balance, and presence.

Bio: Eric Franklin is the director and founder of the Franklin Method Institute, dedicated to combining science-based imagery, anatomical embodiment, and creative movement for positive change in bodies and minds. As a dancer at NYU, he learned for himself that only by including his mind through anatomical and metaphorical imagery was he able to experience healthy and expressive physical movement in dance. Since then, committed to sharing this somatic approach to dance education, for nearly 40 years he has taught at conferences worldwide and published books on how to use imagery to enhance awareness of physical, emotional, and social aspects of joyful human experience in movement in general and dance in particular. His publications include *Dynamic Alignment through Imagery*, *Conditioning for Dance*, *Dance Imagery for Technique and Performance*. He also created, directs, and teaches in the four levels of the Franklin Method Teacher Training, certified by ISMETA.

K. Song Glenn (United States)

“Reconnection and Integration of Environmental Stewardship in the Dance Classroom”

Friday (Sep 26) / 12:30 PM / Terrace

Perceptions, expectations, unpredictability, and lack of experience can limit individuals from dancing in natural environments. Recognizing habitual patterns and perception can help break down these barriers. Providing scaffolding to guide dancers from the controlled studio to dynamic outdoor spaces—while fostering a culture of exploration—cultivates awareness of the body’s connection to the earth. This shift can inspire individuals and communities to care more deeply for both their bodies and the natural world. Through experiential anatomy, imagery, and nature studies, participants explore how the earth’s body and our own are intertwined. This workshop follows a progression from pedestrian movement to Bartenieff principles, leading to individual expressive improvisations, fostering attunement to self, community, and landscape. This approach nurtures a sustainable movement practice, deepening embodied experience while strengthening our relationship with nature.

Bio: Keely Song is an interdisciplinary artist and Associate Professor of Dance at Brigham Young University. She began making dance films as a teenager in the tundra of Michigan and now creates them in the landscapes of Utah. These films have been featured in national and international dance and environmental film festivals. A Registered Somatic Movement Educator (RSME) and Certified Laban/Bartenieff Movement Analyst (CLMA), Keely blends classical, street, and nature-inspired movement to explore humanity’s co-dependency on the environment. Her research envisions a harmonious integration of human movement with nature, advocating for outdoor site-specific performances while maintaining in-theatre productions for accessibility and outreach. She also examines dance as a form of green exercise, emphasizing freestyle and expressive movement as pathways for self-expression and wellness. Keely

believes in a fully integrative life, practicing presence, generosity, environmental stewardship, and collaboration through the medium of dance.

Angela Guerreiro (Portugal)

“Somatic dialogues in a participatory community project”

Friday (Sep 26) / 12:30 PM / Second Hall

This lecture shares the processes of the ongoing Project 1952 | Archive on the Move: between the Neighborhood and the Museum. It is a participatory and interdisciplinary project, a co-creation that embraces artistic and somatic practices and the collective construction on issues of the present time around memory and Portuguese colonial history. In a Lisbon's neighborhood called Vale da Amoreira (Moita), on the other side of river Tejo, a meeting space is being created where individual and collective experiences intersect, broadening the debate on inequalities, migration, racism and gender. Somatic practices allow participants to get back to their bodies, creating a sense of one-self and corporeal visibility, empowering individual strength and the feeling of being part of a community.

Bio: Angela Guerreiro, born in Lisbon in 1965, is an afrodescendant independent artist, mentor, curator, producer, investigator, and activist. She completed her Master's degree in Dance Movement Therapy (2015), became a Dynamic Embodiment Practitioner (DEP) and graduated from the Somatic Movement Therapy Training (DE-SMTT) program (2019). Angela is a Fellow of the Foundation for Science and Technology at the PhD Program in Post-Colonialisms and Global Citizenship at the Center for Social Studies – Faculty of Economics of the University of Coimbra. She is also a guest researcher for the project Dança não dança-arqueologias da nova dança em Portugal ('Dance not dance-archaeologies of the new dance in Portugal'), an exhibition at the Gulbenkian Foundation from 30 Oct 2023 - 25 Feb 2025. Angela was an invited speaker at: On comparing the German and Portuguese models in terms of public cultural policies, funding for artistic creation and ways of seeing, understanding and making art (2023); Contemporary Dance(s) Diaspora and Afro-descendancy in the Portuguese artistic context (2023); Unearthing memories of Dance (2024). She is also co-founder of ANACA-Associação Natureza Arte Corpo e Alma and President of the Board and the ongoing Project 1952 | Archive on the Move: between the Neighborhood and the Museum is funded by Partis & Art For Change, the Calouste Gulbenkian Foundation and “la Caixa” Foundation.

Elisa Beth Haransky-Beck (United States)

“Embodied Connections with Your Eyesight and Insight from the Inside Out, and the Outside In”

Saturday (Sep 27) / 4:00 PM / Terrace

Our embryology and endocrine systems development in utero and especially in the first years of life shapes and forms our continuously changing eyesight, visual function, and insight

throughout our lives. How does this process unfold, and what can we do, how can we be in our movement practices, to both preserve and enhance our eyesight, our vision, and visual awareness, throughout our lifetimes? What are some experiential daily practices, tips and tools that we can integrate into our daily lives for both ourselves and others we model for, to live in joy, balance, our very own homeostasis and rise to our highest potential in each moment through embodied movement practices including for improving our eyesight and vision naturally? We'll integrate the lineages of my somatic teachers: Bonnie Bainbridge Cohen, Lisa Clark, Mark Taylor, Eleanor Criswell Hanna, Brian Sidhartha Ingle, Maya Gayatri Andersson, and many neurodevelopmental optometrists and vision therapy luminaries as well.

Bio: Elisa has been a somatic movement therapist/educator since she graduated from Mark Taylor's School for BodyMind Movement. She teaches EmbodyVision Somatic Yoga as the foundation for natural eyesight improvement in the lineages of Lisa Clark and Eleanor Criswell Hanna with influences from Bonnie Bainbridge Cohen, other somaticists, and neurodevelopmental optometrists including the late Gerry German, Robert Kraskin, Robert Jacobs, A.M. Skeffington, ophthalmologist Bates; optometrists Wendy Garson, Paul Harris, Stu Clark and many more. Dr. Elisa Beth "ElisaBe" Haransky-Beck works with highly motivated individuals interested in diving deeply into their healing journeys. Her multidisciplinary, multisensory approach draws from her vast background in many healing traditions. She has been a neurodevelopmental, functional, behavioral optometrist specializing in natural eyesight improvement and optometric vision and movement therapy (and now nutritional therapy) in neurotypical (a.k.a. "normal") people and those who are characterized as neurodivergent (a.k.a. on the ADD to autism spectrum) since 1987. Dr. ElisaBe is an eye doctor and wellness practitioner, spiritual nutrition counselor, EmbodyVision somatic yoga teacher, educator, and speaker. Her book *Enlivening Consciousness: Deepening Your Journey through Vision, Movement, Nutrition, Nature, and Spirit* was released by Balboa Press in February, 2024. You can reach her here: Enlivening-Consciousness.com.

Jennifer (Jenji) Haycocks (United Kingdom)

"Touching Earth: Tuning-in to the Movement of Life"

Friday (Sep 26) / 10:00 AM / Main Hall

In this eco-somatic workshop, you are invited to take part in a communion - through the felt-sense of your living body - to listen to the living body of the mineral, earth, water, four winds, fire, plant, and animal nations. Seeding a range of accessible practices, Jenny will invite you to explore nine ways into Embodied Relational Presence* - the source of creativity, healing and communication. Attuning to the movement of life itself as it courses through you, as you. Bodily alive in a vast universe, the sense of 'you' and 'other' begins to slide. Nouning language is replaced with verbing language, enabling a body-mind conversation with (and as) Earth. "I see spring growth and at once this mouth is moistened, I see branches in trees and feel the arteries in my neck, the bird sings a vibration in this throat." During this session, we will play in the fields of sensory awareness, resonant relationship and creative expression through invitations

to inhabit costumes and take part in movement.

Bio: Jenny is a trained and experienced facilitator, with thirty years of life experience as an activist working on behalf of social and environmental justice – as a builder in Giroscope Workers Co-operative, as a meditator, a teacher in further education, a dancer, a Master Somatic Movement Educator and as a creative visionary within Extinction Rebellion and The Gathering Gates charity. Jenny crafts costumes from recycled materials and leads site-specific performance art and workshops that invite peaceful, collective, creative protest. The performances add a joyful visual spectacle and costumes help signal that responding to the climate and nature crises requires an alliance of the human and nonhuman worlds. Jenny is seeding and growing grassroots approaches to wide scale activism within local and global communities, by tuning-in to non-conceptual intelligence - the wisdom of the relational sensing body - the arising of eco-consciousness felt in the lilts and sighs of our beating heart as one undivided motion of Being. Jenny holds a BSc in Psychology, an Master's degree (Distinction) in Dance and Somatic Wellbeing and a Postgraduate Certificate in Education. Her collaborative approach invites a community of discovery, as together we seek to expand and enliven our fullest potential as human beings on this planet.

Frank Hediger (Switzerland)

“A line is a dot that went for a walk, becoming a circle”

Saturday (Sep 27) / 9:00 AM / Main Hall

Paul Klee said, “A line is a dot that went for a walk” and a dot is a circle, the beginning. A Circle represents wholeness, creativity and community. This workshop will connect our inner somatic landscapes to the outer world, walking with the methods of the Halprin Life/Art Process, improvisational dance, and Qi Gong. Using movement, drawing, and writing, we explore parts of our own personal life stories. Furthering the exploration outward, we reach out into space, the natural world around us that nourishes and provides. Expanding our awareness further, we find commonality with other beings, moving together as a group, finding play, getting in contact with our own creativity and life force. When we are in contact with our own creativity, possibilities open up and limitations transform themselves into inspirational states of mind. Coming together, we find our circle within and without.

Bio: Co-director of Tamalpa Germany, Frank Hediger was part of Anna Haprin's Sea Ranch Collective and participated in various performances. He holds an M.A. in Psychology, is a therapist, and dancer. He teaches Tamalpa Life/Art Process workshops and leads classes/workshops in Tai Chi and Qi Gong. In his teachings, he strongly emphasises the anatomical aspects of movement as the basics of all expression. His passion is to bring creativity through movement and art in all aspects of our life.

Vannia Ibarguen with Dr. Martha Eddy and Antja Kennedy (United States)

“Global Water Dances: Cultivating eco-somatic connections around the world”

Saturday (Sep 27) / 8:00 AM / Beach

In this session, facilitators will share the Global Water Dances (GWD) project, a bold visionary worldwide initiative focused on the connection with Water. For more than a decade, GWD has cultivated and supported dancers in their local communities, while connecting to other dancers and audiences around the world. GWD began as a collective idea of an international group of individuals, certified by the Laban/Bartenieff Institute of Movement Studies (LIMS), with years of experience in Movement Choirs: events that use community dance to create social cohesion through non-verbal communication. During the session, we will explore the movement quality of the water inside our bodies to transform how we move. Following an easy structure, we will find out how caring for the water outside our bodies is interconnected with being mindful of the water circulating inside our bodies. Attendees will have access to the GWD curriculum and online resources we have developed through years of research. This session will be co-facilitated with Dr. Martha Eddy and Antja Kennedy.

Bio: Vannia Ibarguen, MFA Graduate in Dance of the University of Maryland, performer, choreographer, dance teacher, and Artistic Director of VIDA, Vannia Ibarguen Dance Arts, a contemporary dance troupe focusing on the interaction between performance and technology, and the relationship between classical, contemporary, and folk dance styles. She has received awards in Peru, the United States, Argentina, Cuba, and Colombia, and the National Dance Education Organization Excellence in Education Award. She is also the Artistic Director of Global Water Dances, a biennial event where more than 180 cities around the world create outdoor dances to raise awareness about water issues in the local and global community. As dance educator, Vannia promotes body awareness and somatic practices within the technique to help her students build a solid foundation and achieve longevity in their dance careers. Vannia is a Certified Movement Analyst (CMA), Certified Yoga Teacher, Dance Faculty at the Cerritos College's Dance Department, Board Member of the California Dance Education Association, and a Professional Fellow at the Arts Council for Long Beach, California, USA.

Katsura Isobe (United Kingdom)

“Body Cycles of Us and Earth: Yield, Push, Reach, Grasp and Pull”

Sunday (Sep 28) / 8:00 AM / Beach

This experiential movement session explores the developmental movement patterns included in Body-Mind Centering as a way to be in touch with the daily and seasonal cycles of Earth. The relational cycle of movement- yield, push, reach, grasp and pull- is prompted by our wants and needs to connect with nourishment - ourselves as the base and gradually extending to others or objects. Each phase has a specific quality in its physical, emotional, and energetic body movement. As these qualities are explored through the repetitions of the movement cycles, we

will be invited to extend our awareness to Earth. We shall receive what images and messages Earth may want to offer.

Bio: Katsura is a somatic therapist-teacher-artist, originally from Japan, residing in London, UK. She is a Registered Master Somatic Movement Therapist, Registered Craniosacral Therapist, and certified Pilates teacher. Her journey into the bodymindsoul started in dance at 14, where she has eventually grown to work professionally. She was first exposed to somatic practices while studying for her Master's degree at Laban Centre London. Katsura completed VMI Somatic Practice with Patricia Bardi in 2013, then continued her study in somatic psychology at the Institute for Integrative Bodywork and Movement Therapy (IBMT) and Processwork. She has been practicing the Discipline of Authentic Movement with Linda Hartley for many years and with Fran Lavendel more recently. She is also a black belt Aikido practitioner. Katsura's recent artistic work deals with her relationship with various elements in the natural world. A short film, *My Days* (2020), was screened at the Kinesthesia Moving Image Festival, London. An installation performance, *In Collaboration with Mugwort* (2022), was shared at the Sentient Performativities symposium, Dartington, UK. Katsura has a private practice where she sees individual clients and offers workshops in somatic movement and Authentic Movement in various settings, including universities in the UK and Japan.

Prue Jeffries, MSME/T (United States)

“The Potency of Logos, Chaos & Gaia: Emerging Through Fluid Intelligence with NAIOTM & CosmoceanTM”

Saturday (Sep 27) / 4:00 PM / Second Hall

This experiential session explores CHAOS, LOGOS, and GAIA as meta-themes within the NAIOTM Holistic Awareness Process, integrating principles of Sensitive Chaos, Embodiment, Blue Mind, Cosmocean, and 4E Cognition (Embodied, Embedded, Enactive, and Extended). The focus is on how human experience emerges—rising dynamically from the interplay of sensitive chaos, much like water shaping the land, and consciousness forming through embodied engagement with the world. Participants will engage in movement and relational touch practices that cultivate an embodied understanding of fluid dynamics in human experience. Through guided NAIOTM explorations, we will investigate how order and chaos interact not as opposites but as an intelligent generative force—a process of continual emergence from immersion, much like water shaping and being shaped by the environment.

Bio: Prue Jeffries is the founder of the NAIOTM holistic awareness process, and CosmoceanTM fluid movement approach. She is a Master Somatic Movement Educator (MSME/T), and a teacher of Craniosacral Therapy. With a deep background in somatic movement, therapeutic bodywork, and nature-based awareness practices, she integrates scientific and experiential knowledge to guide people toward deeper embodied wisdom. Prue's work is informed by her lifelong connection to water as a professional surfer and explorer, as well as her studies in ancient philosophy, mythology, and embodiment. Her teaching is dedicated to understanding movement as an emergent evolutionary phenomenon—a practice of attuning to the innate wisdom and organization within the rhythms of the natural world.

Paula Josa-Jones (United States)

“Finding Ourselves, Finding Each Other: Somatic Inter-being”

Saturday (Sep 27) / 4:00 PM / Main Hall

We are not separate. We are all part of what I call the common body - different in some ways, similar in others, but not separate. All living beings are an interconnected, bio-similar, cross-pollinating network in a constant flux of adjustment, response, and transformation. As we become more aware of this ongoing, improvisational movement matrix, we can shift our experience to one of connectedness, inter-dependence and responsiveness. The hierarchical dominance model that undergirds so much of our culture, politics and social engagement, is often deeply tethered to the physiology of threat and the absence of safety. We will consider how can we come into right relationship with our own bodies and the bodies of others, including those of other species. This workshop will integrate fundamental perspectives of trauma-informed somatic therapies and improvisational practices that nourish a richer, more flexible relational consciousness. We will explore practices of somatic mapping, sensory listening, rhythmic attunement, improvisational co-embodying, attentional lenses, and interrupting habitual responses.

Bio: Paula Josa-Jones is an author, horsewoman, choreographer, dancer, and movement artist who brings an improvisational perspective to all her work. She teaches an intuitive, embodied approach to the human-horse bond with movement and touch, integrating the principles of Somatic Experiencing®, the trauma-informed work developed by Dr. Peter Levine. She believes that our most reliable and authentic teacher is the body, and that learning to listen to what the body is expressing can help to unravel many of the patterns and beliefs that limit our pleasure, ease, and creativity. Paula is a Somatic Experiencing® Practitioner (SEP), a Certified Laban Movement Analyst (CLMA), and a Master Somatic Movement Educator and Therapist (MSMET). She is a Guild-certified Tellington TTEAM, and a member of the United States Association of Body Psychotherapy (USABP). Much of Josa-Jones's solo performance work arises from her own experience of being gender non-conforming, and movement explorations of the deeply complex architecture of identity and expression. Her writings on movement and dance have been published in *Contact Quarterly*. Her book, *Our Horses, Ourselves: Discovering the Common Body*, was published by Trafalgar Square Books.

Tatyana Kaurinovic (United States)

“Embodied Resilience: The Somatic Pathway to Connection and Flow”

Saturday (Sep 27) / 5:15 PM / Second Hall

This 60-minute experiential session explores how movement serves as a gateway to the nervous system's innate intelligence, supporting self-regulation, resilience, and creative adaptability. Integrating movement-based expressive arts and Somatic Experiencing®, participants will engage in somatic inquiry, movement improvisation, and sensory exploration to access deep physiological and creative resources. Rather than imposing external techniques,

participants will follow the body's emergent patterns, allowing dysregulation to shift into coherence through movement. A key focus is activating the ventral vagal system, which supports social engagement and relational resilience. Through interactive movement explorations, participants will strengthen connection, attunement, and adaptability in a group setting. This session provides an experiential approach to deepening embodied presence, enhancing relational awareness, and exploring movement as a resource for resilience in both personal and community settings.

Bio: Tatjana (Tatyana) Kaurinovic, MSMT, MSME, SEP. Tatyana Kaurinovic is a Somatic Movement Therapist and Educator, Expressive Arts and Somatic Experiencing® Practitioner with over 25 years of experience in somatic education, movement-based expressive arts, and trauma healing. She is the founder of Somatic and Expressive Arts International, a nonprofit organization dedicated to expanding trauma healing education and expressive arts in Southeast Europe and internationally. A longtime student of Anna Halprin, she studied movement-based expressive arts since 1999 and was a member of the Performance Lab Group led by G.H. Soto, deepening her practice through dance and improvisational movement. Tatyana has assisted in professional Somatic Experiencing® trainings internationally and contributed to trauma education at the California Institute of Integral Studies (CIIS). She offers workshops and individual sessions that integrate Somatic Experiencing®, movement-based expressive arts, and Body Mythology to support nervous system regulation, resilience, and embodied transformation. Her approach is influenced by Continuum Movement, Integral Somatic Psychology (ISP), attachment theory, and somatic movement disciplines. She works with individuals and groups internationally, supporting therapists, educators, and creative professionals in integrating somatic intelligence and creative embodiment into their personal and professional practices.

Antja Kennedy (Germany)

“Bartenieff Fundamentals Partnering Exercises”

Friday (Sep 26) / 10:00 AM / Second Hall

Participants will engage in movement sequences to deepen their understanding of body connections and movement patterns through partner interactions. Attendees will be led towards a complex partnering sequence (the seesaw) in a step-by-step developmental approach of various partnering exercises, while exploring Laban/Bartenieff Movement System principles (breath, weight shifts, phrasing, spatial orientation, shape change, and effort). Communication through visual cues, auditory signals, and shared impulses is utilized to facilitate a harmonious partnership. Partnering exercises promote interoception, proprioception, and social connection through shared movement experiences. Participants will increase awareness of bodily sensations, transform habits, and discover new movement possibilities. These exercises offer a holistic approach to movement exploration and can be applied in various contexts to deepen connections with self, partners, and the environment.

Bio: Antja Kennedy, Since 1983 freelance dance teacher, dancer, choreographer, and movement analyst. She holds a certificate in Laban/Bartenieff Movement Studies (Certified Movement Analyst) in Seattle, Washington (1984), a Bachelor Degree in Dance at Empire State College, New York, and is a Practitioner in Movement Pattern Analysis by MOTUS Humanus, Denver, USA. Antje completed further education in Labanotation and in Systemic Coaching with ar-top, Berlin. In 1978, she co-founded the Tanzfabrik Berlin and worked for 10 years as a dancer, teacher, choreographer and organizer. In 1987, she became a founding member of EUROLAB Association and worked for 12 years on the executive committee. In 2010, she co-founded the international steering committee of Global Water Dances (GWD) and was a part of the committee for 10 years. As of 2011, she has directed five GWD performances in different locations in Germany. Since 1990, Antja has been teaching and since 1995 directing the EUROLAB Certificate Programs in Laban/Bartenieff Movement Studies, in Berlin Germany. She has published several articles and a book in German ("Bewegtes Wissen"). She is currently teaching workshops and courses on different subjects, in-person and LIVE-Online. www.antjakennedy.de; www.eurolab-programs.com

Nisha Kewalramani (United States)

"Experiencing Embryological Development through voice and space"

Saturday (Sep 27) / 11:45 AM / Second Hall

Join us in embodying our embryological process through sound/voice and space. Embryology is a dynamic dance between mobility and stability. We feel the form of emerging structure and the flow through movement in space. Cells migrate, cells transform, cells resonate, cells land into present day location. How can sound/voice and space guide us as we remember our original template (temple)? Join us in this sacred dance of remembrance and reenactment of our own creation through vocalization and space harmony. This section is inspired by Body-Mind Centering® Embodied Embryology principles as well as Laban/Bartenieff Fundamentals.

Bio: Nisha Kewalramani, born in India and residing in New York, blends Eastern and Western practices on her path. Nisha is a Body-Mind Centering® Teacher and an Infant Developmental Movement Educator from the School Of Body Mind Centering®. Certified in Laban/Bartenieff, she also teaches Yoga. She has studied Ayurvedic Medicine and is trained in Massage Therapy and Biodynamic Craniosacral Therapy. Particularly dedicated to the study of embryological development, she integrates it with movement, touch, and meditation practices.

Hetty King (United States)

“The Possibilities of a Somatic Movement Education Pedagogy for Early Childhood Dance Education, an inclusion of ‘personal literacy’ in dance education”

Sunday (Sep 28) / 11:45 AM / Second Hall

This session shares my research on the possibilities of a somatic movement education pedagogy for early childhood dance education. As a candidate in the EdD Dance Education Program at Teachers College, Columbia University, I have completed two small-scale and one larger qualitative action research projects with children 4.5-5. The research examines empirical evidence, asking what children experience and express in a somatic pedagogy. How do children construct knowledge and express their learning? How can this pedagogy address a mind-body connection and include the explicit inclusion of ‘personal literacy’ in dance education? As an early childhood dance educator and somatic practitioner, I am interested in how somatics can teach a connection to self and others, honoring objective learning and subjective experience. I have coined the phrase ‘personal literacy’ to define the awareness of and expression through dance and life of self to self and self to others. This session begins with a presentation followed by a guided movement session with time for questions and feedback.

Bio: Hetty King, BFA, MFA, MA, TT®, RYT200, CMA, and SDE® is a native New Yorker. Her work has been presented in NYC and across Canada. As a performer, Hetty danced in the company of numerous choreographers, Ralph Lemon and David Dorfman, to name a few. She has worked in dance education since 2000 as a teaching artist and licensed NYS Dance Educator in public and private schools. As a devoted student of the late somatic movement pioneer Nancy Topf, Hetty nurtured a deep love of the somatic arts as they relate to dance, embodiment, and the education of the whole child. Hetty completed Nancy’s posthumous manuscript – A Guide to a Somatic Movement Practice the Anatomy of Center - published by the University Press of Florida in 2022. Hetty is an EdD Dance Education candidate at Teachers College, Columbia University. Her research is on the possibilities of a somatic movement education pedagogy for early childhood dance education. She has been published in Contact Quarterly Unbound, Dance Education in Practice, and Journal of Dance Education. Hetty is the dance educator, PreK3-2nd grade, at PS 145 in Bushwick, Brooklyn. She resides in Brooklyn with her husband, their two adopted daughters, and their cat, Clyde.

Kima M Kraimer (United States)

“Synergetic Activism: Exploring nuance in between parts of the whole”

Friday (Sep 26) / 4:45 PM / Terrace

Synergetic Activism is a response to communities’ increased overwhelm and underdeveloped capacity to slow down without collapse, and abide in open attention while feeling urgency in the natural environment and social fabric. Entropy disrupts stagnate systems, either eliminating what is broken or transforming what is essential into higher states of equilibrium. Interconnection is fundamental in ecology. Our embodiment positions us as changemakers who may

wish to pause and recalibrate. How is our own capacity to explore balanced tension, or work our edge of separateness? This collective space respectfully invites us to clarify our personal and cultural adaptive response patterns, attitudes and posturing through the connective tissue matrix, breath and bone. @Rolfing S I, Permaculture and the Diamond Approach inform guided meditation, gentle abiding, sounding/micro-movements and optional group interactive processes. What is possible by knowing the nuance between the sum of the parts?

Bio: Kima M Kraimer, MA, experiences the world as a Cultural Anthropologist and connects to the environments she moves through from her @Permaculture Design Consulting and activism. Kima integrates her professional work as a Certified Advanced @Rolfer and @Rolf Movement educator (& assistant faculty at the Dr. Ida Rolf Institute). She earned an MA in Somatic Movement Wellness from UCLan, UK, served on the ISMETA Board for over 9 years, and is a Registered Somatic Movement Educator/Therapist. Kima has been a student of the @Diamond Approach for nearly 30 years and trained in the DA seminary teacher training for 13 years. She practices yoga, whirling, and as a student of the late Emilie Conrad, she has moved in Continuum Movement® for over 25 years. Kima works largely with artist communities; dancers, choreographers, actors, and athletes. Botany and Community come together in an onsite urban CSA garden at her home in northern Michigan. Bi-located in northern Michigan and Harlem, NY, Kima volunteers in community gardens and NYC Parks: Natural Resources. Listening and observing, while fostering potential and optimization in any given community, is at the heart of her work. Kima is also a beekeeper.

Rick Lepore (United States)

“Touching the Emotional Body: Movement, Imagination, and Nature”

Sunday (Sep 28) / 11:45 AM / Main Hall

Movement Ritual, developed by Anna Halprin, offers a pathway to move beyond habitual patterns, opening new possibilities for awareness, expression, and transformation. When we shift these patterns, emotions embedded within them may surface. Through movement, we invite these emotions into awareness, not as stories to be analyzed, but as lived, bodily experiences. By integrating gentle, intentional touch with movement, we can support a capacity to tolerate and process emotional responses, allowing for deeper embodied awareness and relational connection. The final stage of this creative process is somatic integration, with a focus on the imagination. Often, the body finds symbols or images from nature that support new emotional and symbolic meaning.

Bio: Rick Lepore, MA, MFT, RMST, is a Licensed Marriage and Family Therapist and a Registered Somatic Movement Therapist. He serves as Clinical Faculty and Director of the Somatic Concentration in the Master's in Clinical Psychology program at Antioch University, Santa Barbara. Rick has taught somatic courses at AULA, USABP's *On The Move* series, and the Tamalpa Institute. He studied dance and somatic movement with Anna Halprin and is a graduate of both the Tamalpa Institute and the NeuroAffective Touch Institute. He also holds a certificate in psychoanalytic psychotherapy. In his private practice, Rick specializes in body psychotherapy.

Blanka Lisa (Czech Republic)

“Embodied Courage – From Individuality to Interconnectedness”

Sunday (Sep 28) / 9:00 AM / Second Hall

Where does courage come from? Where does it arise in the body? Where do we feel and experience the surge of courage? I invite you to rest, move, and explore these questions somatically. Let's open our curiosity and inspire each other. On our somatic journey to courage, we will be guided by the quotes and experiences of three brave women who contributed to solidarity and women's support in the Czech history of the 20th century. Join us for a workshop that combines personal reflection, partner observations, and movement meditation to explore and embody the concept of courage.

Bio: I believe that health, beauty, and goodness are the most important things in life. My mission is to help you discover and explore these qualities within yourself. My journey into somatic movement began in 2014, inspired by Laban Movement Analysis and Bartenieff Fundamentals during Rena Milgrom's classes. From 2015, I completed three years of her self-exploration program, Conscious Body, and one year of Conscious Body practice. Since 2018, I have studied with Dr. Martha Eddy and graduated from the Body Mind Dancing trainer program in 2019. I graduated Dynamic Embodiment – Somatic Movement Therapy Training program in 2021 and became ISMETA member, focusing on practical applications of somatic movement. With a background in Adult Education and Personnel Management, and over 20 years in international corporate roles, I understand the stress of professional life. I integrate somatic principles into my HR work and share well-being tips with colleagues. Conversely, I use my corporate experience to enhance my somatic movement programs. I volunteer as a consultant and somatic movement teacher, helping individuals and small groups improve their body awareness and movement and prepare workshop on topics such as democracy values and courage using somatic approach in combination with quotes from inspiring people.

Pauline Memelink

Moving Towards Kindness. Creating a Buddhist Somatic Intervention to promote Connection

Saturday (Sep 27) / 9:00 AM / Terrace

This workshop combines the Buddhist concept of Kindness with Somatic Movement. We will work with the question: 'What movements help us to transform anger and aggression and promote a kind connection to others?' Friendly connection is in need of an open, friendly, relaxed state of mind. In Buddhism, this state of mind is called Mēttā: Loving Kindness. Practicing Mēttā is the basis for developing compassion and sympathetic joy, two basic ways to positively connect to others. Also, Mēttā is described as the antidote to anger and aggression. Both anger as well as Mēttā have a very physical, daily life aspect, leading to either negative or positive actions and movements. In this experiential workshop we will play with those actions and we will try out friendly and less friendly movements. Sharing our experiences, together, we will try to

discover those personal and universal movements that support MOVING TOWARDS KINDNESS.

Bio: Pauline completed an education in Movement, Dance and Play in 2015. Out of fascination with the underlying Laban Bartenieff Movement System (LBMS), she continued to study Laban Movement Analysis and graduated in 2022 from the EMOVE Institute. This allows her to gradually move away from her former legal career and to transform into a Somatic Educator. It all began, however, with Pauline being a passionate amateur dancer, taking ballet classes from the age of nine. In high school she took part in many theater and dance performances and developed an interest in dance, movement and theater (play) as forms of non-verbal expression. Through yoga classes Pauline got in touch with meditation. She has been a Buddhist practitioner and meditator since 2006. She is a certified Mindfulness trainer and teaches meditation and Buddhism. All her teaching activities involve the Body-Mind Connection. Pauline teaches weekly Somatic Movement classes, based upon the Laban Movement System and Bartenieff Fundamentals. She organizes workshops and mindful walks, often including meditative exercises. She runs a Somatic Coaching practice, using both LBMS and a coaching method called 'Moving Intelligently'. She is a registered LBMA and RSME and owner of 'Moving the Mind'.

Sylvain Meret (France)

**"Somatic responses from the inner to the outer realms of nature
to reclaim a connection with the earth"**

Friday (Sep 26) / 10:00 AM / Terrace

Continuum is a species-inclusive somatic movement practice. I will share how I came to include the realm of nature into somatic dives for a profound reconnection with the earth plane. Continuum teaches us the principle of direct knowing which is sensory awareness translated into conscious understanding thus becoming a source of wisdom that is not limited by cultural beliefs. It may sometimes conflict with what we have learned, therefore curiosity is the necessary asset to engage as a Somanaut, an explorer of the inner realms, a path to reclaim our sovereignty through sensing. The session includes reflections and tools on how to navigate somatic movement awareness between our physiology and the planetary field in the context of Continuum. The concept of the primordial anatomy will provide the framework for exploring our own somatic landscape in resonance with the surrounding of Benicassim with the intention to grasp a new set of information relevant to one's relationship to the earth.

Bio: Coming from an eclectic curriculum in Visual Arts (BA), Contemporary Dance (PARTS), Dance Therapy (MA) and Somatic Movement, Sylvain has been active worldwide as a dance performer, choreographer and teacher, working in a range of contemporary and experimental styles, collaborating with many different artists in Europe and Asia. He has been trained with somatic and movement experts Emilie Conrad, Susan Harper, Christine Caldwell, Vera Orlock, and Amber Gray, among others. He is a Master Somatic Movement Educator/Therapist and a board member of ISMETA. An active Member of the Continuum Teachers Association, Sylvain teaches Continuum-based workshops, classes, retreats, and private sessions in France and Europe. He has created a non-profit association, Souffle co-créateur, to support

the development of Continuum in France and designed the training, Somanaute, which is a deepening of Continuum with elements of shamanism and co-creative partnership with nature. He has initiated many artistic and inclusive projects for early childhood, children with special needs, and young adults with disabilities with Collectif Tutti.

Michele Minnick (United States)

“The Vital Body: Love and Sorrow in a time of Climate Chaos”

Friday (Sep 26) / 3:30 PM / Second Hall

This session will provide participants with an opportunity to touch into the connected emotions of love and grief as an essential aspect of our wholeness and our connection to each other and the living earth. Touch, breath, gesture, the individual identities and expressions, and an attunement to the communal moment at the time of our convening will lead us through this brief experience. A container shaped by rest, consent, curiosity, trust, support, and play will leave participants with some basic somatic tools and additional resources to continue on their own path towards integration and wholeness as we continue to grapple with ever more devastating violence to life on the planet.

Bio: Michele Minnick (Ph.D., C.M.A., SMT/E) is an artist, somatic movement educator, and therapist, and founder of the interdisciplinary arts-based initiative Vital Matters (www.vitalmatters.net), with which she has been curating and producing events related to climate change and environmental justice since 2021. For over twenty years, she trained performers in Rasaboxes (www.rasaboxes.com), and co-authored and edited the book *Inside the Performance Workshop: A Sourcebook for Rasaboxes and Other Exercises*. Today, she incorporates rasa and principles from the Rasaboxes work into her work as a teaching artist with Arts for Learning Maryland, and her work with clients as a somatic movement therapist at Metta Integrative Wellness and elsewhere. Michele’s artistic work includes directing and devising, solo performance work, and performative interventions in everyday life (<https://bakerartist.org/portfolios/michele-minnick>). She has taught extensively at New York University (where she completed her doctoral dissertation investigating relationships between trauma, performance, and somatic practice and theorized a “performativity of the breath”), at Towson University, and at various institutions in Brazil. Practices central in Michele’s work that inform this session include Body Mind Centering, the eco somatic practices of Jamie McHugh, Petra Kupperts, and others, Resmaa Menakem’s somatic abolitionism, and the classical Indian theory of rasa, from both Ayurveda/wellness and performance contexts.

Andrea Olsen and Caryn McHose (United States) - KEYNOTE SPEAKERS

“Body and Earth: Eco-Somatics and Movement!”

Friday (Sep 26) / 6:15 PM / Main Hall

In this two-hour keynote workshop, the presenters will share their deeply embodied practice and wisdom in eco-somatics. Recognizing that body is intricately interconnected with our global environment, practices will explore Experiential Anatomy, Evolutionary Movement, Authentic Movement, and Embodied Writing as ongoing resources for creative living and forming. Please bring a writing journal and come dressed for movement.

Bios: Andrea Olsen, dance artist, writer, and educator, is author of a quartet of books on the body: *Bodystories: A Guide to Experiential Anatomy* (1991), *Body and Earth: An Experiential Guide* (2002), *The Place of Dance: A Somatic Guide to Dancing and Dance Making* (2014), and *Moving Between Worlds: A Guide to Embodied Living and Communicating* (2022) with colleague Caryn McHose, along with numerous articles and chapters in anthologies. She is a Professor Emeritus of Dance at Middlebury College in the US and teaches and performs internationally. Recent film projects co-created with media artist Scotty Hardwig include the website *Body and Earth: Seven Web-Based Somatic Excursions* with Caryn McHose and international dance artists <https://www.body-earth.org/>, and the multiple-award-winning dance short *Matkalla*, filmed in Finland and Sweden with Eeva-Maria Mutka. See <https://andrea-olsen.com/>

Caryn McHose is an Advanced Certified Rolfer™ and Rolf Movement Practitioner®, and co-author (with Kevin Frank) of *How Life Moves, Explorations in Meaning and Body Awareness* (North Atlantic, 2006). She collaborated with Andrea Olsen on the books *Bodystories: A Guide to Experiential Anatomy*, *The Place of Dance, a Somatic Guide to Dancing and Dance Making*, and *Moving Between Worlds: A Guide to Embodied Living and Communicating*. She has taught creative movement for people of all ages for over 50 years. Her work is influenced by her study with Hubert Godard, developmental movement with Bonnie Bainbridge Cohen and Continuum with Emilie Conrad and Susan Harper. Other influences are the Somatic Experiencing approach to trauma healing, developed by Peter Levine, and her study of cranial/sacral and visceral technique. She is a Certified Somatic Experiencing® Practitioner, a Certified Biodynamic Cranial Sacral Practitioner and is a Registered Somatic Movement Therapist. <https://resourcesin-movement.com/>

Lavinia Plonka (United States)

“The Art of Seeing”

Friday (Sep 26) / 3:30 PM / Main Hall

The eyes are the visible part of the brain, receiving information and communicating with the outside world; governing movement, emotion, safety and possibility. Our inner vision offers insight, foresight and hindsight for navigating our interpersonal encounters. Orientation and organization rely on how the eyes and brain communicate to help us connect to others and our

environment. As the “windows of the soul,” our eyes respond and tell others how we feel as well as providing feedback to ourselves. This experiential workshop traces the study of our eyes as vehicles of expression: from the ancient science of rasas, through the teachings of Delsarte, to the work of contemporary researchers like Paul Ekman and Lisa Feldman-Barrett. It will be packed with movement, discussion, ideas and information that will hopefully awaken curiosity as it deepens our understanding of how we see ourselves and others, and how they see us.

Bio: Founder of Kinēsa®, Lavinia Plonka has helped people improve their movement, behavior, relationships and careers for over 40 years. Her unique expertise connects the dots among posture/movement, emotions and the mind. Lavinia’s training and professional career have included theater, dance, yoga and the martial arts. She has taught The Feldenkrais Method® for 35 years and is also an Assistant Trainer. Former vice president of the Feldenkrais Guild, Lavinia helmed the Guild’s communications, developing and editing their publications for over 20 years. Lavinia is a level CL4 teacher of the Alba Method and an Emotional Body Lead Instructor. She was an artist in residence for the Guggenheim Museum and movement consultant for theater and television companies around the world, from the Irish National Folk Theater to Nickelodeon. A faculty member of the Shift Network, Lavinia’s popular workshops explore the intersection between movement, emotions and the mind. She is currently the director of Asheville Movement Center in Asheville, NC. Lavinia’s writing includes several books and audio programs, including the best seller, *What Are You Afraid Of?*

Gabriel Posner (United States)

“Dissolving Inner Sandcastles: A Hanna Somatic Approach to Chronic Tension”

Saturday (Sep 27) / 1:00 PM / Terrace

This movement workshop explores the use of pandiculations, reflexive neuromuscular re-sets, to dissolve chronic tension, likened to “sandcastles,” built by stress, injury and chronic misuse. The method used is Hanna Somatic Education which emphasizes mindful, functional movements to reestablish voluntary motor control and sensory awareness with areas of the self that become habitually, unconsciously, stuck in tension. Participants learn to identify and dissolve these tensions, resetting their nervous system and rediscovering functional muscular tone. The workshop also discusses the neurophysiological basis of tension and how pandiculation shifts muscular activity from unconscious to conscious, reconnecting individuals with forgotten parts of themselves.

Bio: Gabriel is the current president of the board of directors of the Association for Hanna Somatic Education and is funded by them as a research director. In addition, Gabriel trains clinical practitioners and movement teachers with Martha Peterson and Essential Somatics. He also operates a private practice in Denver, Colorado, offering hands-on clinical somatic sessions, group classes, and trainings for both somatic practitioners and massage therapists. After becoming certified as a massage therapist in 2004, Gabriel developed chronic musculoskeletal pain. His journey to resolve his own issues led him down a path of integrative health

exploration, ultimately finding relief with Hanna Somatics. Gabriel became a Certified Hanna Somatic Educator in 2008 and has been in practice since then, helping others unravel their own musculoskeletal issues. A desire to better understand and promote the science underlying somatic practices led to getting his doctorate in Mind-Body Medicine, which he completed in 2022. While Gabriel enjoys working one-on-one with clients, he is at his best when working with and training other somatic practitioners.

Petra Prensky (Germany)

“Movement integrity: Full-bodied breath and movement explorations”

Sunday (Sep 28) / 9:00 AM / Terrace

In a fast-changing world, how can we stay connected to our own body and breath? In this session participants will explore how to find and expand movement integrity, breath and flow. Somatic Expression® developed by Jamie McHugh MSMT combines breath articulations, guided movement and personal exploration to enhance somatic awareness. Somatic reference points serve as grounding and provide a safe foundation for participants to listen to their own bodies and find their unique expression. Emphasis will be on solo exploration, expanding into partner interactions and group awareness. We will ask: How can we elevate daily activities into a dance, into a full-bodied experience? How can we stay somatically present while engaging with others? Participants will be encouraged to stay attuned to themselves while expressing and relating. Reflection through writing and/or sharing will help integrate the experience.

Bio: Petra Prensky MSMT is a Registered Master Somatic Movement Therapist and a member of ISMETA for over 20 years. She is a Tamalpa Life/Art practitioner, a twice certified yoga teacher, and a registered Kinaesthetics trainer with kinaesthetics.ch. Petra co-authored the 2017 book „Sanfte Bewegtheit“ (Gentle Movement) about dancer and Anna Halprin’s early collaborator John Graham, who developed Gentle Dance. Petra also holds certification as a trauma-sensitive therapist through the HeartMath Institute. Petra grew up in Switzerland with a deep love for movement, practicing Yoga and Jazz Dance from an early age. She began teaching at 16, accumulating 40 years of experience in movement education. Her teaching style is clear, empathetic, and playful, creating a safe space for deep exploration. Having lived on Maui, Hawaii for 20 years, she brings the spirit of Aloha into her work. She has returned to Switzerland where she spent the last eight years and counting working as a kinaesthetics trainer in a nursing home, supporting caregivers and elderly clients (80+ years of age) dealing with age-related diseases, dementia and end-of-life transitions. PetraPrensky.com

Maria Prieto (Spain)

“Reconnecting the Sounds of Nature with the Circadian Rhythms of Our Bodies”

Friday (Sep 26) / 11:15 AM / Second Hall

In our modern world, the demands of daily life, digital distractions, mental overactivity and overall ecological collapse around us often disconnect us from our bodies, disrupting our natural rhythms and impacting our sleep and overall well-being. This workshop offers an opportunity to reconnect with both the body and the natural world through somatic movement, helping restore balance and promote relaxation. This workshop integrates somatic movement, circadian biology, and the sounds of nature. Somatic movement encourages mindful awareness of bodily sensations and movement, guiding participants to attune to the body's subtle cues. Through gentle, intentional motions, participants will experience the calming power of conscious movement, which can regulate the nervous system, reduce stress, and promote restorative sleep. By aligning our movements with the natural rhythms of the body, we can enhance self-awareness and harmonize with the cycles of activity and rest.

Bio: Maria Prieto is a movement artist, architect, and founder of the Institute of Altered Ecologies (2012). Her artistic practice cultivates an ecosomatic praxis with deep explorations and embodied inquiries into more-than-human modes of existence, addressing the interconnectedness of movement, environmental forces, and the ecologies of transformation that materialize within today's planetary polycrisis. As an invited artist, speaker, and artist-in-residence, Maria has contributed to gatherings and institutions internationally, ISMETA 30th Anniversary's Making Presence Felt Symposium (2019), Medialab-Prado, The Botín Foundation, and Cittadellarte - The Pistoletto Foundation's Ways of Becoming: 25 years with UNIDEE (2024). She has led somatic movement workshops, art installations, and lectures, contributing to ecosomatic pedagogies, publications, exhibitions, and festivals. Maria is currently researching somatic psychology at the California Institute of Integral Studies and holds an M.A. in Dance and Somatic Wellbeing from the University of Central Lancashire. Her recent movement-centered artistic work, *The Praxis of Communitas* (2024), was showcased at Oxford University, and *Cosmo-Alterity* was installed and curated for the Altered Images Festival in London. This work will be exhibited in April 2025 at the Spirituality & The Arts conference at Harvard Divinity School.

Margaret Rennerfeldt

“Many Cultures, One body.”

Saturday (Sep 27) / 9:00 AM / Second Hall

We may look different, but we all have a body. What can we learn about our body that brings us together? Discovering connections and community by inviting our organs to our movement experience. This session is a guided somatic movement exploration for individual research and hands on/touch, to experience more awareness of our organ system. We will experience patterns of movement that arise through several organ systems and invite the opportunity for expanding our capacity for connection and community.

Bio: Margaret Rennerfeldt is a Somatic Experiencing Practitioner, who received her (SEP) certificate through the Somatic Experiencing International, a certified Somatic Movement Educator from the Center for BodyMind Movement in Pittsburgh, PA. and a member of the International Somatic Movement Educators and Therapists Association (ISMETA). She is a dancer, choreographer, dance educator and reading specialist with certifications in sound and vibrational healing. She holds a Bachelor of Fine Arts, and a Masters of Fine Arts, in Dance & Performance from the University of Wisconsin, Milwaukee U.S and a Masters of Arts in Teaching Reading from Rockford University U.S. Currently, Margaret works and lives in Clarksville, TN, U.S. You can learn more about Margaret at her web site <http://Mindfulmovementtn.com>

Madelanne Rust-D'Eye (United Kingdom)

“Movement in Relationship -- Sounding and Moving the Group Field”

Saturday (Sep 27) / 10:15 AM / Main Hall

Movement in Relationship (MIR) is a group practice that supports participants to explore and express their moment-to-moment experience of Self-in-Relationship through vocal sound and body movement in an interactive environment of deep play. The session begins with gentle warmups in sound and movement to open the voice and awaken the sensory life of the body. Warmups also bring to life the relational webbing of the group, supporting participants to sense and engage with this – often invisible – dimension of a group's experience. The session develops into a series of guided small- and whole- group improvisations in sound and movement, which embody and move themes that are alive in the group field. MIR is rooted in Authentic Movement, Roy Hart Voice Work, and interpersonal neurobiology. Sessions support participants to connect to themselves while simultaneously enabling what's alive in-between to emerge, express, and be received.

Bio: Madelanne Rust-D'Eye, MA, RSME/T is a long-time somatic educator and facilitator whose work is dedicated to enabling more just and loving human communities. She has a Master's degree in Somatic Counselling Psychology with specialisms in Body Psychotherapy and Dance/Movement Therapy (Naropa University 2013).

Madelanne Rust-D'Eye with fellow ISMETA Directors

“Here & Now - What's Arising in Our Conference”

Saturday (Sep 27) / 6:30 PM / Terrace

This session is an opportunity for our whole conference community to connect with themselves and each other around the question: **“what's arising in the here & now of our conference?”** The session will follow an Open Space format, with small groups hosting conversations on particular topics, each of which relates to the primary question (above) and reflects a question, observation, experience, issue, or theme that has come to life for them during the first two days of the conference. Some example topics might include: “EcoSomatics in Europe: How

can we nurture EcoSomatic inquiry and practice in our European communities? What challenges and opportunities do we face?" Or "Listening through the body: a sharing space where we can simply share our felt-sense experience of being here together."

Topics for conversation will be crowdsourced via our **WhatsApp Community Group "Here & Now."** Anyone is welcome to propose a topic to the Group **starting at 9am on our Conference Friday morning** (September 26th) and **ending 1 hour before the Here & Now Session** on our Conference Saturday afternoon (September 27th). Full instructions for posting are provided in the WhatsApp Group description. Topics will be gathered by the Conference team and assigned to different locations around our venue. This conversation "Map" will be released 30 minutes before the Here & Now session begins. Participants can choose which conversation(s) they wish to participate in, and find their way to the appropriate location(s). There will be two rounds of conversation, each lasting 35 minutes, with a 5-minute changeover in-between.

Further instructions will be given on the day via the WhatsApp Group regarding conversation format and record-keeping. Each conversation group is invited to post photos of their flip-charts, or any other media they wish to create (including short videos!) to summarise and share what evolved in their conversation.

Here & Now is an opportunity to give shape to the emergent intelligence of our whole Conference community; to express what's moving in our bodies, hearts, and minds; to connect with people on topics of shared interest to develop our field; and, to integrate this precious opportunity to be in presence together across the many layers of our lived experience.

Rosario Sammartino (United States)

"From Me to We – The Art of Relating "

Saturday (Sep 27) / 6:30 PM / Main Hall

This workshop, rooted in the Tamalpa Life/Art Process, invites participants to rediscover the vital connections between self, others, and the natural world through a somatic and creative lens. Guided by Dr. Sammartino, the session will integrate movement, drawing, creative writing, and performance to cultivate self-awareness, safety, and expression. Participants will explore healthy boundaries and artful communication while deepening their relationship with nature, fostering a sense of grounding and belonging. Through this integrative approach, the workshop offers a dynamic space for personal insight, relational growth, and embodied creativity.

Bio: Dr. Rosario Sammartino is a leading therapist and educator specializing in the intersection of arts, body, and psychology. With over 20 years of experience, her work explores the role of somatics and expressive arts in addressing trauma and fostering healing, offering an innovative contribution to the field. Rosario holds a PhD in Depth Psychology with a focus on somatic studies and has extensive training in various arts and body-centered therapeutic modalities, including the Creative Connection, Authentic Movement, and Dream Tending. Her expertise spans multiple psychological orientations such as Gestalt, psychodynamic, person-centered,

and depth psychology, all of which inform her integrative approach to therapy and education. At the core of her work is the Tamalpa Life/Art Process, a movement-based expressive arts approach developed at Tamalpa Institute. A former co-director of the institute, she has been a faculty member for over 15 years, shaping its training programs. Rosario also teaches at Lewis & Clark Graduate School and has held positions at CIIS, Meridian University, and the University of Hong Kong. Based in Portland, Oregon, she maintains a private practice and presents lectures and workshops worldwide, sharing innovative models of healing and embodied creativity with diverse communities in therapeutic and educational settings.

Rosario Sammartino (United States)

“Planetary Dance – A Call for Connection and Peace”

Sunday (Sep 28) / 1:00 PM / Main Hall

“When enough people move together with a common purpose, an amazing force takes over—a power that can renew, inspire, teach, create, and heal.” – Anna Halprin

The Planetary Dance, created by legendary dancer Anna Halprin, is a dance for peace—among people and with the Earth. It unites individuals of all ages and abilities in a shared purpose, inviting everyone to participate. The movement is simple yet profound: participants can run, walk, stand, or sit in concentric circles, forming a living mandala. As we move to the steady heartbeat of the drums, we merge into one collective body. Each step upon the Earth becomes a prayer for connection and peace. Join us in this powerful ritual—to move, to connect, and to dance for peace in our lives, our communities, and the world.

Bio: Dr. Rosario Sammartino is a leading therapist and educator specializing in the intersection of arts, body, and psychology. With over 20 years of experience, her work explores the role of somatics and expressive arts in addressing trauma and fostering healing, offering an innovative contribution to the field. Rosario holds a PhD in Depth Psychology with a focus on somatic studies and has extensive training in various arts and body-centered therapeutic modalities, including the Creative Connection, Authentic Movement, and Dream Tending. Her expertise spans multiple psychological orientations such as Gestalt, psychodynamic, person-centered, and depth psychology, all of which inform her integrative approach to therapy and education. At the core of her work is the Tamalpa Life/Art Process, a movement-based expressive arts approach developed at Tamalpa Institute. A former co-director of the institute, she has been a faculty member for over 15 years, shaping its training programs. Rosario also teaches at Lewis & Clark Graduate School and has held positions at CIIS, Meridian University, and the University of Hong Kong. Based in Portland, Oregon, she maintains a private practice and presents lectures and workshops worldwide, sharing innovative models of healing and embodied creativity with diverse communities in therapeutic and educational settings.

Leticia Rua Santafé (Spain)

“VOZ (es) --- VOICE (is)”

Sunday (Sep 28) / 10:15 AM / Second Hall

In my long research with the Human Voice, I have come to be -with/work- with Voice(is) in many different ways. My interest in this panel is sharing some of this research. I am open to the curiosity towards the discernment of the different voices that inhabit the human existence and that could be used in many creative forms to be share with the communities. This attention to and experiential awareness of the Voice(is) as another energetic/tissue that could be express/ contain in our silence or in our sound/vibration will be the matter of the pannel In the Voice (is) somatic practice with ourselves- and our ancestros// others- and the collective// the natural world- and the possibility of a connection to it with an embodied spirituality Exploring Voice(is) as part of our human experience and within the context of this gathering may-be enlightening my research and others.

Bio: Leticia Rua Santafé has a Master's degree in Acting/Theater and a Fulbright Award on Performing Arts (New York, USA). She works as a designated Linklater Voice Teacher and earned a Diploma on Integrative Bodywork and Movement Therapy from Linda Hartley (Cambridge. UK), which is an ISMETA-Approved Training program. Leticia is also an Infant Developmental Movement Educator by The School of the Body-Mind Centering™ (Leben Nouva, Italy) and Circles of Four in The Discipline of Authentic Movement. She has founded and is coordinating the Post-graduate program : SOMart on Voice and Somatic Movement Education for the Arts in Spain. www.formacionsomat.com

Ray Schwartz (United States) and Cristina Goletti (United States)

“Reorienting Support: Embodied Leadership Through Sensory & Movement Practice”

Saturday (Sep 27) / 1:00 PM / Second Hall

Drawing from the presenters' experiences in cultural advocacy and artistic/educational leadership, this session explores how shifting habitual notions of support enhances embodied leadership and somatic intelligence. By reorienting support from a rigid, effortful paradigm to one of dynamic responsiveness, leaders cultivate resilience, clarity, and relational presence. Through guided sensory exercises and movement, participants will refine awareness of internal and external forces—gravitational, structural, and relational—that shape stability and adaptability. Movement explorations will be complemented by small group discussions, journaling, and reflection - aiding access to a more fluid, adaptive way of leading and engaging with the world. This session will be co-facilitated with Christina Goletti.

Bios: Ray Eliot Schwartz, M.F.A., C.B.M.C.P., G.C.F.M.P., is an artist, educator, and investigator. He has participated as an invited guest artist on four continents, creating and presenting innovative movement-based projects with diverse populations for the concert stage, alternative venues, as well as within participatory performance platforms. He is a published scholar who

writes about somatic movement education and contemporary dance practice and has taught extensively internationally and within the U.S. Since 2010, he has been a research fellow and member of the educational leadership team of the Center for Body-Mind Movement. He is currently an Instructor in the Program in Dance at Duke University, and coordinator of the M.A. in Dance Education through the University of Northern Colorado. He has served on the board of directors of ISMETA since 2021.

Artist, academic leader, and educator, Cristina Goletti is the Dean of the College of Performing and Visual Arts at the University of Northern Colorado. Previous appointments include Chair of the Theatre and Dance Department at the University of Texas at El Paso, and Chair of the Arts Department at Universidad De Las Americas Puebla, Mexico. Cristina served as president of World Dance Alliance USA and is currently on the board of NDEO and Colorado Humanities. She co-directed Legitimate Bodies Dance Company and I.F. O.N.L.Y. Dance Festival (Ireland). Legitimate Bodies Dance Company has toured to some of the most important venues and festival in Europe and Mexico like Aerowaves at The Robin Howard Theatre London, Dance House Limassol, Auditorium Theatre Rome, the European Parliament in Brussels, the Dublin Absolute Festival and Tanzmesse Dusseldorf. Cristina has presented her creative and scholarly work at several conferences and universities in the USA, Australia, New Zealand, and Latin America. Her awards include “DanceWEB European Scholarship”, several awards from The Irish Arts Council and the European Cultural Foundation. She holds an MFA from the University of Colorado at Boulder with a secondary emphasis in Somatics and a Postgraduate Diploma from the London Contemporary Dance School. Most recently, Cristina has been appointed to the Board of Directors of the Colorado Humanities and the National Dance Education Organization (NDEO) and has published in the Journal of Dance Education (JODE).

Domonique (Nikki) Semeniuk (Canada)

“Balancing Body and Mind Through Natural Movement Pattern Somatics”

Sunday (Sep 28) / 11:45 AM / Terrace

This session aims to enhance both your physical and emotional well-being through a variety of mindful movement practices. The central theme of “Cultivating Connections” focuses on fostering a harmonious relationship between the body and mind, leading to greater awareness and appreciation of your Soma. Achieve balance within yourself—both internally and externally. Join me as we explore segments of Thomas Hanna’s “Daily Cat Stretch.” These Natural Movement Pattern Somatic Exercises will visibly improve your posture and leave you feeling more relaxed and calm. Participants will become attuned to their bodies, recognizing the subtle signals and cues (Sensory Motor Amnesia) that often get overlooked amid the chaos of everyday life. They will gain insights into what Sensory Motor Amnesia is and how to identify it within themselves. I encourage you to come early to have “before and after” photos taken, to compare your posture at the start and conclusion of the class. Examples and testimonials will be presented.

Bio: Domonique (aka Nikki) Semeniuk is a Certified Hanna Somatic Educator (CHSE) and the founder of Serenity Somatics. She completed her studies at the Novato Institute for Somatic Research and Training in Novato, California, and is a proud member of the Association for Hanna Somatic Education (AHSE). Additionally, she is registered with ISMETA and holds the titles of Registered Somatic Movement Educator & Therapist (RSME, RSMT). With over 25 years of experience in teaching dance, Nikki specializes in body development, coordination, and movement. She is certified by the Canadian Dance Teachers Association (CDTA) and is also a Certified Acrobatic Arts instructor, as well as a certified yoga teacher registered with the Yoga Alliance. Nikki developed and presently leads the Somatic Exercise Teacher Training program. Rooted in the principles and traditions of Hanna Somatics, this professional training is offered both online and in-person across North America. Additionally, the program is pre-approved for continuing education credits by several associations and organizations, including National Certification Board for Therapeutic Massage & Bodywork. Nikki's vision is to cultivate and grow the Somatic community by teaching body workers and health professionals the fundamentals of Hanna Somatics, empowering them to share this knowledge with their clients. She envisions a future where Somatic Exercise and Movement classes are just as accessible as yoga classes.

Richard Sims (United States)

“Building Connections Through Love, Strife, Peace and Complexity”

Friday (Sep 26) / 4:45 PM / Second Hall

Many who peacefully connect with themselves have trouble cultivating this connection with people or places emotionally, physically, mentally or spiritually. When everyone agrees or nature's beauty takes hold, it's easy, but when storms scream, backs often turn. Sadly, this is the time to connect with ourselves and those on other paths in open, relaxed, calm, caring and powerful ways so together we can find our way. By combining decades of somatic experience in Aikido (the art of peace) his bonds with Paul Linden MSME, Being In Movement®, Feldenkrais, Alexander, and many trauma informed body/movement awareness methods, Richard Sims MSME/T provides a hands on biopsychosocial experience of how we connect, to love, care for and even confront the people, places and issues we face as a global community. We'll explore thought-provoking BodyMind games and experiments that've helped countless people grow loving connections in times of peace and during their greatest challenges.

Bio: Richard Sims, Master Somatic Movement Educator/Therapist, Mindfulness Educator, Certified Trauma Professional, Aikido Instructor and Somatic Specialist in the areas of stress, fear, anxiety, pain and trauma. He teaches adults, children and teens empowering somatic approaches and tools to improve their emotional, physical, mental and spiritual wellbeing. His somatic approach combines the BodyMind connection, people's emotions and distress responses with many methods including Being In Movement® mindbody education, Feldenkrais, Alexander, Body Awareness, Breathing, Meditation, Somatic Education, Trauma Informed Mindfulness, and the martial art of Aikido to help people better connect with themselves, others and the world in which we live. He teaches in person and online globally and runs

workshops with allied professionals on how they can incorporate somatic approaches. Richard also works with organizations, schools, non-profits, first responders and companies, helping with their members' challenges that affect their relationships and lives. Some of these groups include: MenHealing (sexual abuse), Cancer Wellness Center, Urban Gateways (K-8 curriculum through the arts), State of Illinois (First responder connection, de-escalation, stress and trauma), FORGE (Trans Survivors) and a network of nationwide prisons. He serves as Board President of ISMETA tirelessly promoting and growing the Somatic Profession and sits on the Board of Aiki Extensions.

Agnieszka Sokolowska (Poland)

"The Power of the Body in the Process of Change"

Sunday (Sep 28) / 8:00 AM / Beach

In this session, we will explore somatic movement and dance/movement therapy as a path to transformation and connection, drawing from BodyMind Dancing®, LBMS, and embodied movement inquiry. In my work, which I call *Dancing Life*, I integrate these approaches to support embodied transformation. Through guided exploration of the body's fluid qualities, we will attune to presence, release tension, and embrace both resistance and possibility. Engaging in micro-movements, free-form mobility, and reflection, participants will prepare to work with a chosen intention—supporting their needs—by exploring it through the body-mind dialogue as a tool for integration and care. This practice cultivates a deep connection with ourselves, with others, and with both our inner and outer environments, opening space for embodied presence.

Bio: I am a Master Somatic Movement Educator and Therapist, dance and movement therapy supervisor, and teacher of movement language, with a background in psychology. I teach movement literacy and co-lead the yearlong course The Conscious Body, Movement Language with Karen Studd, author of *EveryBody is a Body*. This program helps individuals recognize what the body communicates and transform ingrained movement patterns. For 20 years, I worked as a therapist, primarily supporting individuals who experienced trauma, psychosomatic conditions, or sought deeper body-mind integration. For over a decade, I have supervised therapists from various modalities who incorporate the body in their work. With thousands of hours of teaching and therapeutic experience, I have integrated movement language with somatic therapeutic approaches, shaping my original method: Dancing Life. In my workshops, I draw from Dancing Life, a fusion of dance/movement therapy, the Laban Bartenieff Movement System, and BodyMind Dancing, developed by Dr. Martha Eddy. My approach emphasizes embodied transformation, using movement to access deeper layers of awareness, resilience, and connection.

Helene Su (United Kingdom)

“Awakening Heart: A Somatic Dance of Connection, Belonging and Joy”

Sunday (Sep 28) / 10:15 AM / Main Hall

Discover the transformative power of somatic movement and dance in this immersive, heart-centered workshop. Through Life/Art Process, Body-Mind Centering®, and influences from yogic, meditative, and martial arts traditions, we will cultivate deep connection—within ourselves, with each other, and with the natural world. Through guided movement, relational exploration, and reflective practices, participants will awaken embodied presence, foster trust and empathy, and celebrate the joy of experience in the depth and richness of our shared common humanity, beyond our perceived differences. Honoring the beauty of our inner and outer landscapes, we will move with vitality, and a deep listening and reverence for the earth. This evocative, life-affirming journey invites you to rediscover belonging, creativity, and the interconnected dance of all living things.

Bio: Helene is an Embodied Creativity Coach and founder of Niio Dance, helping Heart-Centered Visionaries and Leaders reconnect to their True Self and Inner Wellspring of Creativity. Over the last 20 years she has given talks and workshops at festivals in the UK and Europe including the Conference in Dance and Spirituality and the Creative Summit for the World Arts and Embodiment Forum. This month she is presenting at the Women Thrive Summit. Being a British Born Chinese, she grew up torn between two cultures, and through dance she has discovered its power to heal and transform and to feel truly alive. From her travels, including 10 years in Asia, studies and life journeys, Niio Dance for New Integrated and Inspired Openings was born. This practice is a blend of the Science and the Sacred, a Roadmap that takes you from feeling disempowered, to connected, vital and whole. She is a qualified yoga teacher, trained in many healing modalities including Dance Movement Therapy, has a Master's degree in Dance and Somatic Wellbeing and is a Reiki Master. She is on a mission to inspire thousands of holistic entrepreneurs to shine their light in the world, make a bigger impact and spread more peace and joy.

Dee Wagner (United States) and Mukti Jarvis (United States)

“Re-patterning the Lover Dance: Chi for Two® Awareness of Polyvagal Anatomy, Bite/Snap, and Language”

Saturday (Sep 27) / 10:15 AM / Terrace

When lovers sense anxiousness in their bodies - and “bite each other's heads off,” they might go to couples counseling for help with communication. Like parents trying to help siblings “use their words,” counselors try to help lovers talk. Somatic therapists can shine light on the physiology of talking. Chi for Two® - a mindful embodiment method synthesizes knowledge of nervous system functioning, infant development, multi-generational trauma patterning, and attachment styles. Somatic therapists who have this knowledge can help lovers (and other peers seeking conflict resolution) bring mindfulness to the moments when their interactions awaken

unfinished infant/parent dances. The infant rhythm Bite/Snap is key in articulating language. When lovers can recognize what is happening in their body during efforts to use words, they can work through unresolved infant movement patterns with a somatic therapist in the presence of the lover, but not acted out with the lover. This session will be co-facilitated with Mukti Jarvis.

Bios: Dee Wagner, LPC, BC-DMT, MSME/T and Mukti Jarvis, RSME/T are co-authors of the journal article, "Re-patterning the lover dance: Chi for Two awareness of our polyvagal anatomy, 'biting/snapping,' and language," recently published in the American Journal of Dance Therapy, written with third co-author Fred Shelton. Jarvis is a long-time couples therapist, certified in Emotionally Focused Therapy (EFT). She is also a certified Nonviolent Communication Educator and Mediator, as well as a certified Chi for Two Embodiment Coach and trainer. Since 2002, Jarvis has been one of the founding NVC educators in Australia. Wagner is the originator of Chi for Two®, a mindful embodiment method that is polyvagal-informed, trauma-sensitive, and attachment-based. Wagner has written many articles on polyvagal theory, including "Couples dance/movement therapy: Bringing a theoretical framework to practice," published in the American Journal of Dance Therapy, written with co-author Stacey Hurst and "Stirring up health: Polyvagal theory and the dance of mismatch in multi-generational trauma healing," published in Body, Movement and Dance in Psychotherapy, written with co-author Orit Sônia Waisman. The Chi for Two® training program is approved by the International Somatic Movement Educators and Therapists Association (ISMETA).

Colleen Wahl (United States)

"Wise Counsel of Your Guts: Activating What Moves You"

Saturday (Sep 27) / 11:45 AM / Terrace

This workshop is about seeking the wise counsel of your moving body to navigate your life. We will work with Laban/Bartenieff Movement Analysis as a framework to explore where and how you want to put the energies of your life; where you place your feet, hands and eyes and how you approach these places. Explorations will specifically include the categories of Space and Effort as information for where and how you want to cultivate your life energy. We will also explore somatic ways to center yourself in your body as you make life's tricky decisions.

Bio: Colleen Wahl is a Master Somatic Movement Educator, author and dance artist. She directs Integrated Movement Studies, a graduate certificate program in Laban/Bartenieff Movement Studies and is an Associate Professor of Dance at Alfred University. She is the author of *Laban/Bartenieff Movement Studies: Contemporary Applications* and has a second book forthcoming. She also has a private movement education practice, Move into Greatness, that integrates Touch for Movement Repatterning, corrective exercise and somatic education. Her love of nature and outdoor adventure drive her current writing and artistic practice. She holds a Master's degree in Fine Arts in Dance from SUNY Brockport, a Master's degree in Liberal Studies from SUNY Empire State College, and a Bachelor's degree in Dance and Arts and Education from William Smith College. She is a Certified Laban/Bartenieff Movement Analyst through Integrated Movement Studies, a Master Somatic Movement Educator through ISMETA (International Somatic Movement Educators and Therapists Association) and Certified Personal

Trainer through NASM (National Academy of Sports Medicine). She is also a Certified Simonson Teacher and is in process with Z-Health curriculum.

Carla Walmsley-Esteves (United Kingdom)

“Slow Attending as a way of forming intimate connections”

Saturday (Sep 27) / 10:15 AM / Second Hall

Since the moment of conception, our bodies are formed through a sea of relationships and pulsations. Being pulsatory beings means that we can form ourselves, our lives, our relationships, and deepen the way we cultivate connection. During this experiential workshop, participants will be briefly introduced to the principles of the formative process- “life as an organising process and the body as a living pulsatory expression in microcosm of the creative organising principle of the universe” (Keleman). Drawing from (eco) somatic movement and formative embodiment practices, participants will be invited to enquiry into: “how do I do connection?” or “how do I connect to myself, others and the Earth?” Through engaging with the bodying practices, participants can discover their individual patterns of relationship and connection. By slowly attending to those early organising gestures and movements, we can develop self-knowledge as to what is it we do when we want to form a connection or feel connected? In this way, we can learn to develop an interior presence that is grounded and attuned to a fluid somatic expression that sustains the process of being in relationship to self and other; to slowly attend to one another as the start of forming deeper intimate connections to all life on Earth. The presentation for this workshop has been inspired by the article, “Slow attending: The art of forming intimacy” by Stanley Keleman. The practices are grounded in eco-somatic movement explorations and formative embodiment.

Bio: Carla Walmsley-Esteves (MA Somatic Wellbeing, BSc Ecology) began her career as an ecologist, invested in restoring the human-nature relationship. She became passionate researching how prenatal life and birth affect early bonds and shape connection to nature. A former Birth/PostNatal Doula, Peri-natal/Childbirth Educator, and Women’s Health Practitioner, she worked for the NHS in the UK and facilitated somatic-based eco-therapeutic processes for women and expecting couples. Currently, she runs a private practice, specialising in perinatal and developmental trauma. She is a guest tutor at Tariki Trust Institute teaching Ecosomatics, an assistant teacher at the Focusing Expressive Arts Institute and collaborates with “Tecendo Formas” Social Clinic in Brasil. She is undertaking a Doctorate in Ecopsychology/Environmental Humanities. Carla is an accredited Somatic & Depth Psychology-Oriented Psychotherapist (EAP), Somatic Movement Educator (ISMETA), Certified Focusing Practitioner (BFA), Focusing- Oriented Arts Practitioner (TIFI), Perinatal Therapist and Formative Psychologist. Her work evolves from 23 years of professional training, experience and practice in several somatic movement and embodiment modalities across fields; and has recently been featured in a chapter dedicated to birth and ecology by Or, Yari (2023) Praxisbuch Transformation dekolonisieren. Ökosozialer Wandel in der sozialen und pädagogischen Praxis Book.

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Cultivating Connections:
Somatic Movement with Ourselves, Others,
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