

Saturday April 3

come to your senses:

movement

meditation

an introduction to Body-Mind Centering®

relaxation

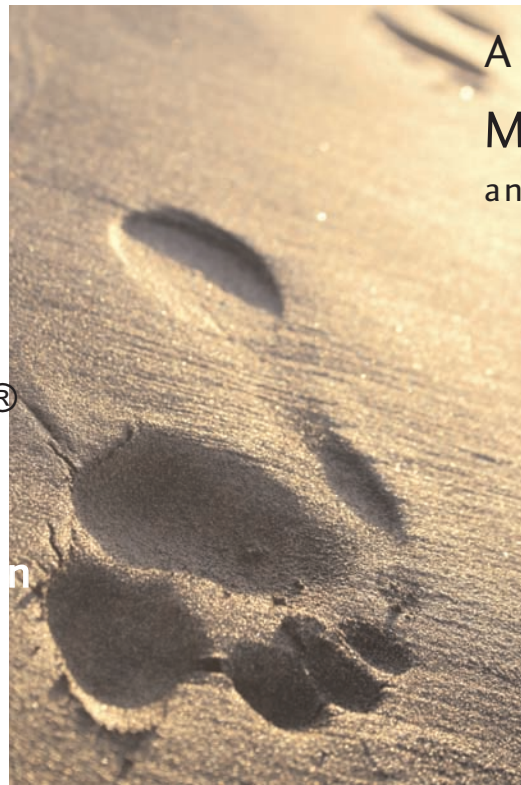
and integration

The senses feed the body, mind, and spirit. In spring, we refresh them as we emerge from the hibernation of the cold months into the colors, sounds, smells, tastes, and textures of the sun's warmth. In *Come to Your Senses* you will nurture and enliven your sensory pathways and develop awareness of your habitual responses to sensory stimuli. You will revisit early reflexes to recover, refine, and enjoy ease of movement and a deepened sense of self as an adult. Through guided meditations, sensory explorations, and anatomical information you will renew your sensory attunement and enjoy the fluency of your motor responses.

The goal of the workshop, which utilizes simple movement, meditation, guided imagery, and hands-on exploration, is for each participant to leave feeling physically renewed and more aware of how you function as a human being. The experience is appropriate for movers of all ages and experience levels (including practitioners of yoga, dance, martial arts, and sports), body workers, and those in the health and caring professions.

CEUs available for Oregon massage therapists.

Advance registration & information:
Angela Severson 541.517.4757
(please do not call Yoga Shala)



A workshop with
Mary Lou Seereiter
and **Mark Taylor**

at

Yoga Shala

3429 SE Division

Portland OR 97202

1-4 PM

(bring a snack)

Cost: \$30 in advance,
\$40 at the door

Mary Lou Seereiter is a certified teacher and practitioner of Body-Mind Centering, a certified Laban Movement Analyst, and a practitioner and teacher of Authentic Movement. She holds a Master's degree in dance with specialization in anatomy and kinesiology, and is a Registered Movement Therapist through the International Somatic Movement Education and Therapy Association. She has taught BMC at the School for Body-Mind Centering, as a Visiting Scholar in the Somatics Program at Ohio State University, and at the University of Oregon. As Director of the Dance Program at Lane Community College for twenty-three years, Mary developed a somatic curriculum as well as a comprehensive dance program. Mary has a private practice and offers workshops through her business, Moving Within.

Mark Taylor directs the Center for BodyMindMovement, which provides an ISMETA-accredited certification program in Somatic Movement Education, with sites in Pittsburgh, PA, Lorane, OR, and Mexico City and co-directs the Embodied Performing Arts Program in London, UK. He was the U.S. Program Director and Program Coordinator for the School for Body-Mind Centering and taught in the school's programs in Massachusetts, Germany, France, and Slovakia. He teaches in Mexico City for the Centro de Investigacion Coreografica and the Instituto de Psicologia Profunda en Mexico. He was artistic director and choreographer for Dance Alloy in Pittsburgh, Pennsylvania, and Mark Taylor & Friends in New York, and was on the dance faculties of Princeton University and the University of Limerick, Ireland. Mark teaches movement and embodiment practices in the U.S., Europe, Asia, and Central and South America, and maintains a private practice in Pittsburgh.

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