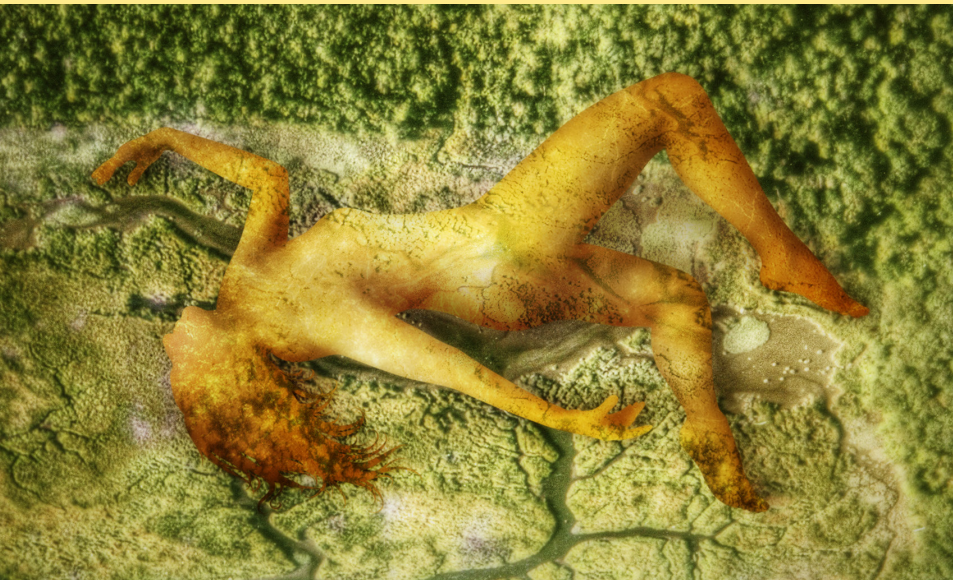


# SOMATIC MOVEMENT IMMERSION

## *Inhabiting the Body, Moving the World*



*Presented by Watermark Arts*

JULY 23 - 28, 2017 | OMEGA INSTITUTE, RHINEBECK, NY

# SOMATIC MOVEMENT IMMERSION

## INHABITING THE BODY | MOVING THE WORLD

JULY 23-28

2017

*Hosted by Elaine Colandrea of Watermark Arts*  
AT THE OMEGA INSTITUTE, RHINEBECK, NY

Come celebrate your life as a living source of energy, knowledge, and creativity in the Somatic Movement Immersion. By deepening into somatic-based presence, we awaken the power of our own well-being in service to creating a more humane world. Generations of somatic pioneers—including Emilie Conrad, Bonnie Bainbridge-Cohen, Laban-Bartenieff, Moshe Feldenkrais, F.M. Alexander and others—have laid the groundwork for cultivating a deep human experience of wholeness that opens new pathways of perception and action.

Practitioners of somatic movement and those inspired by somatic study and practice are invited to explore this evolving field. Together we use leading-edge approaches from Continuum to more fully inhabit our breath, bones, fascia, and vision, as well as the lymph, affect and autonomic nervous systems.

Throughout the week, we focus on applications of somatic inquiry to personal self-care, artistic expression, interpersonal relationships, professional work with clients/students, and community engagement.

Daily sessions, incorporating Continuum breathing, movement and sound practices, create a regenerative context allowing us to experience the transformative and artful nature of our own physiology. We come away able to navigate life with greater freedom, resilience, and effectiveness.

*The week also includes evening talks and video presentations, as well as a performance of somatic-inspired dance, music, and poetry.*

### FACULTY

Mary Abrams  
Priscilla Auchincloss  
Megan Bathory-Peeler  
Ellen Cohen  
Suzanne Wright Crain  
Bobbie Ellis  
Melanie Noblit Gambino  
Bonnie Gintis, D.O.  
Amber Elizabeth Gray  
Caryn Heilman  
Rebecca Lawson  
Val Leoffler  
Linda Rabin  
Beth Pettengill Riley  
Bonnie Simoa

**GUEST PRESENTERS:** John Bianculli, Elisa Cotroneo, Martha Eddy Ph.D., & Marc Grossman, O.D., LAc.

**REGISTRATION:** [www.omega.org](http://www.omega.org) [info@watermarkarts.org](mailto:info@watermarkarts.org)