

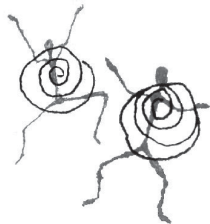
Resources in Movement is the name for a body of work developed by Caryn McHose and Kevin Frank from their experience in movement, bodywork, and contemplative traditions. The work represents the practical tools used by Caryn and Kevin in assisting people to notice new perceptions in body awareness and, by so doing, find a felt sense of inner resourcefulness that they can draw on in life.

The work is a blend of five aspects of movement study:

- Qualities of Attention
- Sensory Awareness Skills & Experiential Anatomy
- Evolutionary Movement
- Structural Integration
- Applications

All use movement, breath, sounds, touch, and imagination to naturally expand the sense of our physical experience. The work starts from what we feel in this moment, in our bodies. No previous experience is necessary to participate, and the work is accessible to people of all ages and abilities.

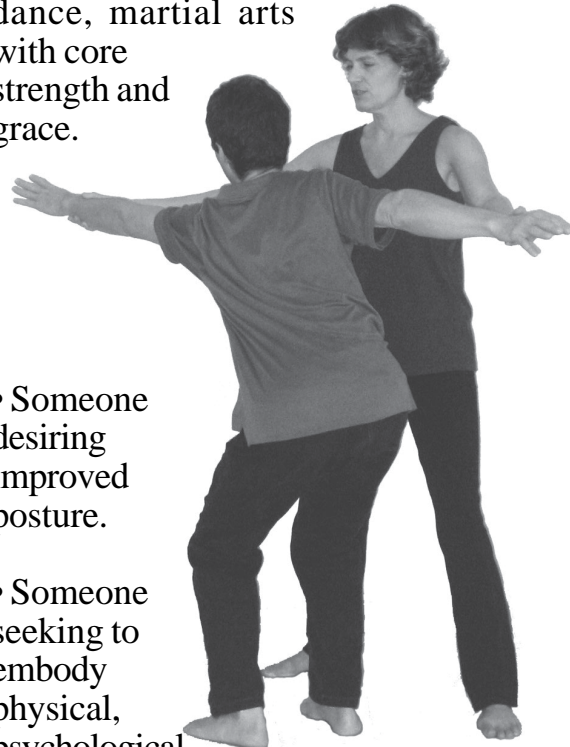
www.resourcesinmovement.com



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Who are the people that benefit from this work?

- Someone seeking a deeper understanding of the body or who wishes to perform sports, dance, martial arts with core strength and grace.



- Someone desiring improved posture.

- Someone seeking to embody physical, psychological, or emotional changes

- Someone desiring to improve the capacity to function in relationship.

- Someone living with chronic pain, or history of trauma.

Caryn McHose has taught creative movement and dance for over 35 years. She created the experiential anatomy class at Middlebury College and this curriculum is the basis for the book, *Bodystories: A Guide to Experiential Anatomy*. Caryn has had a private practice in perceptual therapy and bodywork since 1978.

Caryn was a pioneer in developing anatomy study involving embodiment and self-discovery. Her curriculum built on the work of Mabel Todd, Lulu Swiggart and Ida P. Rolf.

Together with Susan Borg and Dick Nesson, Caryn cofounded a perceptual skills training in Burlington, Vermont—The RK training program. Caryn has also taught for Tom Myers's Broad Reach of Bodywork courses and for the Rolf Institute's Foundations of Bodywork course. She has trained with Susan Harper, Emilie Conrad, and Bonnie Bainbridge Cohen.

Caryn is a student of Biodynamic Cranial Technique, and has trained in cranial technique, visceral manipulation and Somatic Experiencing approach to trauma healing. She studies with Hubert Godard and incorporates in her work, a Tonic Function approach to structural integration.

Together with her husband, Kevin Frank, Caryn cofounded Resources in Movement, in Holderness, NH, which offers workshops, classes, and private sessions, and hosts visiting teachers in Continuum, and Tonic Function.

Caryn and Kevin are the authors of "The Evolutionary Sequence, An Integrative Model for Movement Study," published in Rolf Lines.

MOVEMENT

P e r c e p t u a l B o d y T h e r a p y

Caryn McHose



What benefits might I find from doing this work?

People who work with me can expect to explore physical, emotional and psychological dimensions of the self.

The work can benefit a wide range of people. Some may feel stressed, or have noticed loss of energy or emerging physical complaints. Some may be recovering from psychological or physical trauma. Others may simply be curious about movement, insight and healing, or needing to work on relational issues.

In any case, healing involves learning new skills such as allowing perceptions of gravity, spaciousness, and support. One learns how to notice sensation and to appreciate the body's capacity to self-organize. As we embody these skills, we become more present. We find freedom from personal history and are empowered to function in life, independent from the opinions of others.

Movement work balances and frees the body. It releases strain and tension that become held in our body's physical structure. Flexibility improves, along with strength and coordination. Fascial planes (membranes separating muscles) that have been fused, separate and organize, so muscles glide freely. Integration of body function also releases energy, leading to a sense of increased physical and emotional vitality.

What happens in a private session?

The primary lesson for healing is learning to be present to what is.

The work is a dialogue that includes sensing, feeling, and action. Some of the work may be quiet attention to the body at rest, attending to the body's inherent rhythms and pulses. Sometimes it's useful to firmly move tissue that has forgotten it can move. We learn to embody structure using experiential anatomy.

There are many insights that may come in a private session. You might find out that: The body can be fluid. There are internal rhythms that can be experienced. Strength and coordination can spring from differentiated perception. Finding and tracking sensation helps resolve emotional and psychological issues.



The body can become a source for deepening your relationship to the mystery and wonder of the natural world.



When I teach a client or a student, I use movement, touch, sound, and imagination. I see in my students the places where qualities of movement are alive, or where they are missing. For example, I see whether the spine can move from side to side in all its segments, like a fish. When segments of the spine rediscover what could be called "fish body movement," the whole body starts to function more efficiently and pleurably. We have the creative capacity to discover natural movement over and over again. The work is about finding that this grace and fluidity is our natural birthright. Then we work on bringing this body sense into relationship with others.

What happens in classes and workshops?

Classes all start from the principle that we learn the structure and function of the human body best through differentiating the perception of our own body and by drawing on the examples offered us from evolutionary biology. Skeletal models, a broad selection of visual and tactile learning materials, bring the work alive. Individual, group, and partnered explorations offer a "hands-on learning approach." The flow of any class includes experiments that challenge our assumptions of who and what we are, and what our bodies are capable of.



Caryn guides, without expectation, through being present and aware. She always asks the question, "What is here to meet me?" Liz - Vermont

I overcame old habits of posture and movement to relieve my lower back pain. Caryn's unique skills and approach helped me bring all the pieces together. John - Maine.

Through precise, lucid understanding of anatomy Caryn helps the individual gain ownership of their physical form. Martha - Vermont

The work on sitting was life changing in the sense that, once exposed to the fuller, more wholesome perception she elicited, the revealed sensations can now easily be remembered and made available. Gordon - New Hampshire