

This Remarkable Body: Explorations in Somatic Imagination



Somatic imagination is inherent; it allows our body to orient, move, & express, and it's going on all the time. When we communicate in the language of somatic imagination our body listens!

A Six-Day Rolf Movement Course to experience gravity orientation and interpersonal resonance as fundamental skills for bringing presence, safety, and depth to somatic work. This course is an opportunity to notice moment to moment perceptual shifts through exercises that build a quality of shared awareness and sustained presence. Our biology is pre-wired to orient to gravity and to build a map of body, others, and space. We will learn to consciously sense the orienting dimensions within us; and we will learn how orientation supports the somatic movement education process and helps our clients & students meet practical and relational challenges in their lives.

Specific topics that will be explored are:

- Qualities of Movement Expression
- Interpersonal Neuroscience
- Resonance
- Language for Somatic Investigation
- Physical and Psychological Stability
- Improvisation and Witnessed Movement
- Perceptual Awareness and Gravity Orientation
- Qualities of Touch
- Evolutionary Movement
- Autonomic Nervous System self & co-regulation

Dates: May 2, 3, 4, 6, 7, 8, 2024 (day off May 5)
Location: Blueberry Gardens Healing Center, Ashton MD
Instructors: Kevin Frank, Caryn McHose, Rebecca Carli-Mills
CE Credit: 6 DIRI Elective/48 NCBTMB CE/48 IASI CE

Cost: \$1200. (Early Bird, \$1050., register by 2.1.2024)
To register: Coming Soon!

For more information, please contact:

Kevin Frank: <https://resourcesinmovement.com/>
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Phone: 603-089-9585

Rebecca Carli-Mills: Email: carlimills@mac.com

Housing: Blueberry Gardens is a beautiful healing center with a large octagonal space surrounded by woods and fields in northeast Montgomery County MD. Nearby is Olney MD, where there are Airbnb & Hotel options, along with many restaurants & grocery stores. Washington D.C. is about 20 miles south and Baltimore is about 29 miles northeast. There are three major airports that service the D.C area; Baltimore-Washington International is the closest to Ashton MD.

Instructors



Rebecca Carli-Mills is a Certified Advanced Rolfer®, Rolf Movement® Practitioner, and has served on the RISI Rolf Movement Faculty since 1994. She is a past Chairperson of the Rolf Movement faculty and ISMETA board member. Rebecca's understanding of gravity and human movement potential is enriched by her long-time studies with Hubert Godard whose work provides the theoretical foundation that inspires her teaching. Rebecca holds B.A. and M.F.A. degrees in Dance Performance & Choreography and a Certificate from the Pennsylvania Gestalt Center for Psychotherapy & Training.



Kevin Frank is a Certified Advanced Rolfer™, Rolf Movement® Practitioner, and Rolf Movement® Instructor at RISI. He has worked with the Godard-derived Tonic Function Model since 1991 and has written on this topic from 1995 to the present. Kevin advocates for an "information system" view of structural integration to help bring this field of SI into congruence with modern understanding of motor control and perceptive/coordinative processes.



Caryn McHose is a Certified Advanced Rolfer™ and Rolf Movement® Practitioner, as well as a Somatic Experiencing® Practitioner and Certified Biodynamic Cranial Practitioner. She is the collaborator for *Bodystories, A Guide to Experiential Anatomy*, and *The Place of Dance*, by Andrea Olsen and is the co-author (with Kevin Frank) of *How Life Moves, Explorations in*

Meaning and Body Awareness. Caryn has taught perceptual approaches to movement education for over 50 years.