



1st European Body-Mind Centering® Embodied Anatomy & Yoga Training

Directed by **Lisa Clark**, Certified Teacher of BMC®

From September 2010 – October 2012

Introductory workshops
With Lisa Clark

Ljubljana April 16-17, 2010
Berlin April 24-25, 2010
Cologne May 1-2, 2010

Body-Mind Centering® Embodied Anatomy & Yoga Training

This program is designed for those who are ready to significantly deepen their understanding, experience and practice of yoga.

It is open to all levels of experience as well as yoga disciplines.

Body-Mind Centering® / Embodied Anatomy is a deep, internal study of the body which goes beyond intellectual and experiential approaches. The learning process takes place through the direct experience of our own body systems, tissues and cells and the experience is integrated not just in the mind but at the cellular level.

In its application to yoga, Embodied Anatomy opens a door to the transformative aspects of yoga, taking asanas beyond an external approach into the subtleties of yoga practice.

Through the exploration of how the body systems support and initiate movement students will learn:

- ▶ To actively support their practice from within, finding structure and integrity by opening deeper layers of kinesthetic awareness.
- ▶ Learn to perceive the essence of each posture from a multi-body system perspective by expanding consciousness into all tissues of the body.
- ▶ Encourage you to move beyond a formulaic approach of performing asana to an embodied understanding of the inner workings of the asana and the human form.
- ▶ Learn to understand and facilitate the movement of others from this full-bodied perspective.
- ▶ Learn how each system sheds its own light on the expression of body-mind consciousness.



Lisa Clark is one of the leading innovators of the integration of Yoga and Body-Mind Centering and has been actively engaged in the training, teaching and development of this form for over 25 years. A teacher's teacher, her teaching approaches asana mindfully, gently and deeply- helping students to move beyond a formulaic approach to performing asana to embody yoga in a creative, authentic and life-nurturing way.

Lisa is a certified Teacher and Practitioner of BMC. She was the Program Coordinator with Bonnie Bainbridge Cohen for The Yoga and Body-Mind Centering Programs at the School for Body-Mind Centering in Amherst, MA from 1999-2004. She has led workshops and teacher training programs for The Yoga Journal, The Kripalu Center, Omega Institute, Rodney Yee, Shiva Rae and many wonderful yoga studios throughout the United States. She lives in Chapel Hill, NC where she has a private practice, teaches weekly classes and is the Director of EmbodiYoga, a 230 and 500 hour advanced studies and teacher training program (yogabodymindandspirit.com). Lisa is a teacher and faculty coordinator 2007-2010 for the Body Mind-Centering, Somatic Movement Education & Infant Development Movement Education programs at Kinesthetic Learning Center in Durham, NC. She is also faculty in the first SME program in Sao Paulo, Brazil

Introductory workshops

With Lisa Clark

Ljubljana April 16-17, 2010

Berlin April 24-25, 2010

Cologne May 1-2, 2010

Times: **Sa 11-18 / Sun 10-16**

Costs: 160€

for more info please see
 **moveus**
www.moveus.de

For registration please
contact:

Vogteistraße 15, 50670 Köln,
Germany