

The EastWest Somatics Network

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Special points of interest:

- Two ESN Regional Conferences 2009
- ESN member updates
- ESN members publish books
- New website/member benefits

Eastwest Shin Somatics Conference News 2009

Two ESN Regional Conferences were held in 2009: *Body Contexts: Somatics in Practice* in St. George UT, May 2, & Santa Barbara CA, May 23. Certification Workshops followed the conferences lead by Sondra Fraleigh and Sri Van der Kroef.



Workshop Schedule

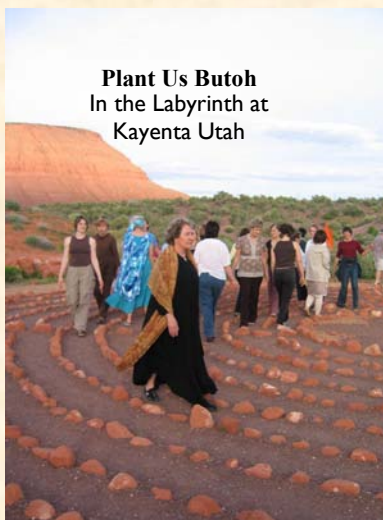
St. George UT, May 3-6
Santa Barbara CA, May 24-27
Memphis Tenn. May 18-22 with Kelly Ferris
Geneva NY, Spring TBA.
Chicago, July TBA
East Sussex, UK, June 22-26 with Karen Smith
St. George UT, Fall TBA
London, the UK, Fall TBA

For more information:

workshops@eastwestsomatics.com

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Jeanne M. Schul, ESN President

Jeanne is a Registered Somatic Movement Therapist with ISMETA and President of the Eastwest Somatics Network. She is joining the Scott Center, a private practice that focuses on issues of depression and weight management through psychotherapy, nutritional counseling, and physical exercise. Jeanne's practice will involve Somatics, relaxation training, yoga, and dream work. She will work with individual clients focusing on stress management and lead women's groups in yoga and dream work. She will also offer children's yoga

classes. Ms. Schul is on faculty at Berry College in Rome, GA where she coordinates the dance program and serves as Artistic Director of the Berry College Dance Troupe. Currently, she is working on her Ph.D. in Depth Psychology at Pacifica Graduate Institute. Her dissertation research focuses on *Creating Dances from Dreams: Embodying the Unconscious through Choreography*. She just earned her M.A. in Depth Psychology at Pacifica Graduate Institute in May of 2009.



Six students from Japan attended the conference and workshop in St. George Utah. Here Maho Mitani guides her partner in Contact

Member News

Kelly Ferris



Kelly Ferris
ESN Administrator &
Conference Chair

Contact Kelly at
Kelly.ferris@q.com

Kelly Ferris recently earned her status as RSMT through ISMETA. She will be teaching an Eastwest Somatics workshop May 18-22, 2009 at the University of Memphis in Tennessee. This will be the first

workshop she teaches solo, and she is excited about future possibilities. Ferris continues to serve as the administrator for Eastwest Somatics and chair for the ESN conferences since 2006.

Ferris also accepted the appointment of Assistant Professor of Dance at the University of Southern Mississippi. She is excited to embark on the next parts of her journey as a dance educator and somatic movement therapist.



Catherine Schaeffer

Catherine Schaeffer is a RSMT and RSME, and Associate Professor of Dance at Valdosta State University in south Georgia. She credits her somatic approaches to dance education as key components in her earning the *VSU Faculty Excellence in Teaching Award* this fall.

Catherine's 2008-09 choreography included somatic based work first inspired by a workshop presented by

ESN president Jeanne Elkins.

Entitled "Lucid- Dream Dance III," this quartet was premiered at ESN 2008, selected by ISMETA for presentation in their "20th Anniversary Celebration" in NYC, and performed in VSU's fall dance concert. It was a wonderful opportunity for her to perform with her advanced students and explore somatic dream impetus for dance making.
catcap@mchsi.com

LUCID—Dream Dance III



Philip Barr New ESN Website

Philip Barr will be the administrator of the new ESN website where members can post their professional profiles and network for career development. See: www.eastwestsomatics.net

Many thanks to Philip for his wonderful work in designing and managing the website for Eastwest



It will no doubt serve us well for years to come and we will be improving it as a tool for communication and public outreach in the matter of educating the public about somatic movement education and therapy—especially the approach and practitioners of Shin Somatics.

Philip in cow face

Member News

Hello Somatics Friends,
I just wanted to say a hello from my part of the world and express my appreciation and gratitude for this great work. I am happy to be a part of the community and it is great to have this Newsletter service.

This winter I had the honor of participating the Brockport Dance Alumni Showcase in New York City, and wanted to share an image from the piece I choreographed, "Meet Me Here."

This was a lovely piece and I was so thankful to have such committed dancers. Choreographically, I worked with the dancers in being "fully present and alive" to their bodies. This (I hoped) would give the audience a sense of their own bodies, as well as a sense of suspended time, allowing them to see a pure and honest movement experience.

I also just wanted to reach out and offer myself as a resource to any who might be traveling to New York this summer.

There are so many great events, workshops, and cheerful summer offerings here and please feel free to contact me with questions. Enjoy the May flowers...

Best in love and light,
Ashley Meeder
ashley.meeder@gmail.com



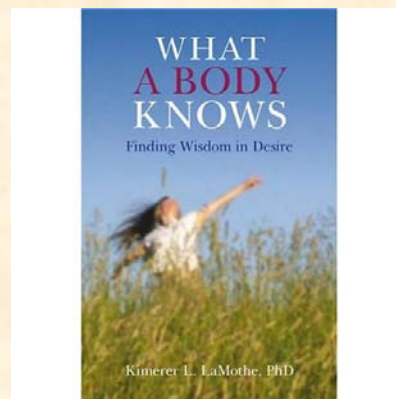
4 Brockport Alumni and ESN member, Jenny Showalter perform "Meet Me Here," by Ashley Meeder in NYC.

Kimerer L. LaMothe, Ph.D. Publishes Book: *What a Body Knows: Finding Wisdom in Desire*

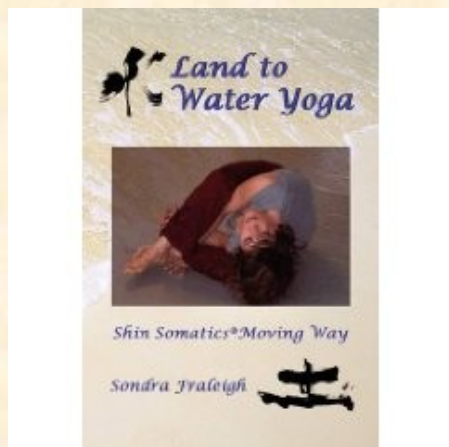
The book that Kimerer L. LaMothe, Ph.D. described in her June 2008 Invention-In conference paper--*What a Body Knows: Finding Wisdom in Desire*--is now available through your favorite book seller! This book discusses the value of *bodily movement* for helping us acquire knowledge we would otherwise not enjoy.

To celebrate the publication of this book, Kimerer performed an original dance piece, *Genesis*, while six months pregnant with her fifth child.

For more information, please visit: www.vitalartsmedia.com



Land to Water Yoga, by **Sondra Fraleigh** is now in press and available through the website.



Sri Van der Kroef rests in Easy Alligator Twist.

Member News

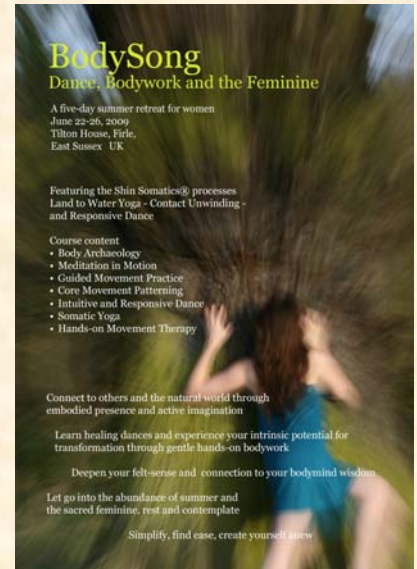
Karen Smith, BodySong, East Sussex, UK. Dance, Bodywork and the Feminine 6/22-26/09

Shin Somatics continues to reach into new communities in Europe, with the summer retreat BodySong: Dance, BodyWork and the Feminine sold out. Among new participants this year are consultants wishing to incorporate more bodymind knowledge into their organizational work with the aim of creating more sustainable results, an entrepreneur wishing to find more softness for herself in a busy schedule, and a medical practitioner considering a change career and a new approach to wellness.

The summer retreat follows a delightful small group tutorial in Spring, where we explored and witnessed each other's dance and the spectacular unfolding of spring in London's ancient Highgate Woods. Community spirit is strong with practice sessions running once a month in central London.

Karen Smith is a Registered Somatic Movement Therapist, dancer, consultant and coach, with 25 years' experience facilitating learning and change. She guides clients into a deeper experience of their bodymind and place in the world through conscious awareness and mindful movement, opening new possibilities for ease, creativity, transformation and joy.

Karen@sense-intelligence.com



2009 Workshop Teacher: Dorothy Kristin Hanna (rsmt) Feldenkrais® Shin Somatics® Healing Dances & Integrative Bodywork Workshop and Retreat at Arodasi Dance, Shreveport LA, April 13-17 2009



- ESN Members Enjoy Privileges Including: receiving our Newsletter and networking on our own ESN website!

- www.eastwestsomatics.net



Darby Ann Balling—Dakini
Dance & Yoga:

Member News



Darby Ann Balling has been dancing and teaching dance for over 15 years. Her experience includes teaching creative movement and dance, choreographing for the Delsarte Dance Company at SUNY Oswego, and The Third Rank Arts Ensemble and Inertia Dance Co. in Buffalo, New York. She has performed in numerous venues creating pieces that are developed out of spiritual and ritualistic themes. Darby has also been a lead teacher with *Spiritdance* classes at the Nichol's School Campus in Buffalo for over 3 years.

Currently, Darby is studying Somatic Movement Therapy with Eastwest Somatics. She also completed her second level certification in Lin Zi Chi Kung acupressure therapy. She is a certified yoga and Chi Kung teacher through Sifu Chik Qadir Mason's Spirit Wind School of Natural Healing in Buffalo, New York.

She is a member of: the Sacred Dance Guild, EastWest Somatics, and Spirit Wind Internal Arts Society. Ultimately, Darby's goal is to teach others to utilize the healing power of their living body (soma) as a vehicle for transformation on all levels. *Movement Heals...* www.dakinidances.com

Regional Conferences 2009

Body Contexts: Somatics in Practice

Regional Conference in St. George, Utah
May 2
Red Hills Wellness Center
Workshops followed, May 3-10

Plant Us Butoh
Dancing at the Kayenta Labyrinth
in St. George, UTAH.

Eastwest News Bulletin

Eastwest just completed a regional conference and two workshops in Utah, a workshop in Shreveport LA, with one beginning on May 18 in Memphis TN.

California conference and workshop is upcoming May 23-27. Email: eastwest@g.com

E A S T W E S T S O M A T I C S

Photographs of **Plant Us Butoh**
Kayenta Labyrinth in Utah, May 2, 2009

Red Hills Wellness Center in St. George hosted the Eastwest Conference and workshops in Utah. Students from Japan joined students from Chicago, South Carolina, California, and Utah.

Features of the upcoming conference and workshop in Santa Barbara CA are listed below.

Body Contexts: Somatics in Practice
Eastwest Somatics Network Conference
Santa Barbara CA
Saturday May 23, 2009

Sri van der Kroef, *The Flow of Chi as Dynamic Awareness*

Nadia Natali, *The Art of Presence*

Rae Johnson, *(UN) Learning Oppression*

Joceyln Garner, *Somatic Education in Dance Programs*

Nathalie Guillaume, *Traditional Haitian Rhythm & Movement Therapy*

Jeanne M. Schul *Embodying the Unconscious through Choreography*

Matthew Nelson *Sin of the Spine: Wave Patterning and performance of Thripple*

Sondra Fraleigh, *Rainbow Bridge Butoh*

Eastwest Certification Workshop
following the conference, May 24-27.

Regional Conferences 2009

Sri Van der Kroef and Sondra Fraleigh

Conference & workshop in Santa Barbara, CA

May 23-27 Sri Van der Kroef hosted the first Santa Barbara CA, ESN conference and workshop. The conference had 9 presenters, speaking about a variety of somatic healing approaches. The idea was seeing the somatic connection between all the areas of healing that are developing now. The workshop was taught by Sondra Fraleigh, with Sri assisting. Here is website that will have photos of the workshop. dynamicsomatics.com



"The Invisible Container" in the park version of "Rainbow bridge Butoh." The metamorphic dance meditations at Eastwest are influenced by butoh, the dance that began in Japan, and is now global in its participation.



Joan Englander and Sondra. Joan Englander is 72 years old, and has just authored a book on finding joy in aging entitled, *JOY IN THE EVENING OF OUR LIVES*. She worked closely with Mary Whitehouse at the foundation of dance movement therapy, and said she was pleased with our Eastwest additions of somatic training to depth movement experiences. Our field owes a great debt to this early work.



Nathalie Guillaume composes herself during the Eastwest workshop in Santa Barbara.