

The Association for Hanna Somatic Education®, Inc. presents:

# 2021 AHSE Convention

Thursday, April 22<sup>nd</sup> – Sunday, April 25<sup>th</sup>



***This year on ZOOM!\****

These workshops, presented by the AHSE®, are for bodyworkers, doctors, dancers, somatic therapists and others interested in the body, healing, and change.

\* For the first time, the AHSE convention will be presented via ZOOM. If pandemic conditions allow safe public gathering, a small in-person convention will be held at the Day's Inn in Novato, CA as well. The SomaTimes will provide updates on whether the in-person convention will take place. The ZOOM convention will take place whether in-person gathering occurs or not.

## ***AHSE CONVENTION DAY 1: Thursday, April 22<sup>nd</sup>***



### **NOVATO INSTITUTE TEACHING TEAM**

#### **Recalibration—Guided Self-Pandiculation of the Green Light, Trauma, and Red Light Protocols**

*10:15 A.M.–5:45 P.M. | Open to Members and Allied Practitioners Only*

*This year's recalibration will be especially exciting because the teaching team will guide participants through all three protocols, Red Light, Green Light, and Trauma Reflex, via self-pandiculation.*

*Many of us are working by Zoom or other video platforms. Even if you are again working with clients in person, reviewing and refreshing how a practitioner could guide the three protocols via self-pandiculation will give all of us additional ways to work with our clients and classes. The Novato Institute teaching team had an opportunity this summer to guide all three protocols this way during the "summer trainings." The feedback has been extremely positive and affirming regarding the versatility of bringing Hanna Somatic Education anywhere in the world.*

**Green Light Protocol (#1) 10:15 A.M.–12:15 P.M.**

**Trauma Reflex Protocol (#2) 2:00–3:45 P.M.**

**Red Light Protocol (#3) 4:00–5:45 P.M.**

#### **Each session will entail:**

- Guided Self-pandiculation
- Home Movements
- Enhancements from participants
- Questions and Comments



**RYAN MOSCHELL**

## **String Theory—Rediscover Your Soma by Shifting Your Focus**

*9:00–10:15 A.M. | Open to the Public*

*String Theory—“At the heart of string theory is the thread of an idea that’s run through physics for centuries, that at some fundamental level, all the different forces, particles, interactions and manifestations of reality are tied together as part of the same framework.”*

*In this group movement class, I will offer the concept of String Theory to inspire you to a new level of awareness with your traditional Somatic movements. We will explore the ways in which changing your focus concepts can keep your soma’s possibilities expanding.*



**ELEANOR CRISWELL HANNA**

## **Neurophysiology Update and Upgrade**

*10:30 A.M.–12:15 P.M. | Open to the Public*

*How do we explain the neurophysiology of Hanna Somatic Education? What are you confused about? What are the most salient points to cover with our clients and students in our classes? Why are we now emphasizing the phrase “motor-sensory” rather than “sensory-motor?” How do we understand the bigger picture of motor and sensory function and control within the brain and nervous system?*

*This presentation will combine a number of elements including updating you on current research and clarifying answers to your questions. We all “drift” from our comprehension, absorption, and assimilation of neuro information. Perhaps you’d like to “update” your understandings and explanations. How does HSE reset the resting tonus of the muscles and how does this relate to overall mobility, pain, stiffness, postural alignment, fascial integration, mental-emotional health, stress, and even specific conditions from arthritis to diagnoses of neurological deficits? How do we explain these concepts at various levels of complexity?*

*This presentation will include lecture and group interaction. Come with your questions and concerns. Elevate your communication and understanding skills. Remember, this is a life-long area of study and growth.*

## AHSE CONVENTION DAY 2: Friday, April 23<sup>rd</sup>



### JOHN LOUPOS

#### **Fingers, Hands, Wrists, Arms, and Shoulders—Yeah, All That!**

*2:00–4:00 P.M. | Open to the Public*

*People who work with their hands are notoriously inclined to suffer long-term harmful effects due to their chosen manual activity. You need only think of professional knitters, kneaders, and knot tiers, and that's only the 'K's! Even bodyworkers are not immune to this susceptibility. Every massage therapist or like-modality practitioner I know who has been at their practice for 20 years or more complains about sore or arthritic fingers, hands, and shoulders.*

*What to do? The Somatic movements that make up this presentation will leave your upper extremities with a sense of relief, renewal, and enhanced sensitivity. You don't even have to be a 'K'! All letters from A to Z (including HSE) can benefit from smarter and more compliant hands.*

### AHSE ANNUAL MEETING

#### **Honoring Thomas Hanna**

*4:15–5:45 P.M. | Open to the Public*

*At our AHSE Annual Meeting you'll be invited to sit in and also participate as Board members share a lively review of the past year's activities – decisions and discussions that have served to shape our organization for the coming years. And, for those of you who can't get enough of elections (this in the spirit of the 2020 national elections) you'll have a chance to be part of our process as we elect and confirm various members to open positions on the Board of Directors. We'll also use this occasion for a very special homage to our renowned founder, Dr. Thomas Hanna, as 2020 marks 30 years since his passing.*

## AHSE CONVENTION DAY 3: Saturday, April 24<sup>th</sup>



### CHRIS RUANE

#### **Five Simple Shoulder Movements and Working with Spirals of the Legs**

*9:00–11:00 A.M. | Open to the Public*

*In the first part of this presentation, we'll look at the movements of the shoulder joint and explore five somatic shoulder exercises and hands–*

*(cont.)*

*on pandiculations. These can be easily incorporated into a bodywork or massage session, in a private movement session, yoga or Pilates class, integrated into a gym training session or HSE classes and client work.*

*Next, we'll talk about the spiraling nature of alignment, comparing and contrasting overlaps found in the red, green, and senile postures of Hanna Somatics, with a focus on legs. The skills you learn will allow you to integrate a full leg pandiculation, using an individual's habituated pattern, to succinctly introduce Hanna Somatic work into a Bodywork, massage or private movement session. They're also great additions to your work with HSE clients!*



**LORI SEYMOUR**

### **Making Friends with Your Pelvic Floor and Surrounding Support Musculature**

*11:15 A.M.–12:15 P.M. | Open to the Public*

*Male and female incontinence, pain with intercourse, prolapse, and pelvic/abdominal/low back pain are all common issues for our clients and can also be helped! To be able to help our clients, though, we must first become friendly with our own pelvic floor and its support system. This session will use pandiculation and other skills to identify and enliven the specific deep support musculature of the pelvic floor. We'll incorporate information and movement tools from the PT pelvic floor specialists I've worked with, as well as GYROTONIC® and Pilates techniques.*



**BILL KEELE**

### **Improvising Pandiculations**

*2:00–4:00 P.M. | Open to the Public*

*This presentation will focus on improvising pandiculations in two important areas of the body. The first of these is the pelvic periphery. This complicated intersection invites all our detective abilities to unravel established patterns of organization to get back to feeling free to move in a stable way. We will assess and palpate, use old reliable pandiculations, and improvise new pandiculations to solve the riddles of this complicated area.*

*In the second part of the presentation, we will focus on the feet. Creative pandiculations in this area result in better balance and improved proprioception.*

## AHSE CONVENTION DAY 3: Saturday, April 24<sup>th</sup>



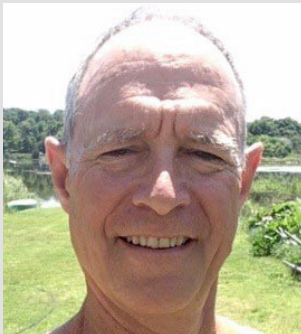
**GABRIEL POSNER**

### **Intergenerational Trauma and Somatics**

*4:15–5:45 P.M. | Open to the Public*

*While we know that Hanna Somatics can be great for helping people fully resolve injuries they've suffered over the course of their life, how effective is it for injuries suffered by their parents and even grandparents? Evidence is piling up that the effects of stress and trauma can be passed down from generation to generation. The effects can be seen in changes to parenting style and behavior that is modeled by subsequent generations. The effects also are seen in changes to epigenetics. In this workshop, I will present the current state of research and knowledge into intergenerational trauma as well as ways that other somatic practices are helping people to resolve these issues. While this is not something that we learned in training, I will also discuss how intergenerational trauma might show up in a session and how HSE and pandiculation can be applied to resolving it and stopping the transmission to the next generation.*

## AHSE CONVENTION DAY 4: Sunday, April 25<sup>th</sup>



**JOHN LOUPOS & SUSAN KOENIG**

### **Horizontal and Vertical Explorations for Better Posture and Carriage**

*9:00–10:30 A.M. | Open to the Public*

*In this joint presentation, we will focus on improving posture and carriage—how you stand and how you walk.*

*John's component will focus on standing movements drawn from his original "Functional Differentiation of the Lumbar, Thoracic, & Cervical Spine" curriculum. The movements are specifically designed to increase awareness and significant improvements in range of motion as regards axial rotation.*



*Susan's component will focus on standing, floor, and walking movements drawn directly from her clinical work with clients that have been shown to improve functional standing and walking.*

*It's unlikely you'll ever walk the same after this presentation!*



**NOVATO INSTITUTE TEACHING TEAM**

**Upper and Lower Extremity Work as Self-Pandiculation**

*10:45 A.M.–12:15 P.M. | Open to the Public*

*The foundation of the extremities is the trunk. Therefore, thoroughly working with the three basic protocols is the foundation of all extremity*

*work. But sometimes the extremities need more attention to release chronic contraction, pain, and discomfort. Even though the brain organizes us as a whole, resetting the resting tonus of muscles crossing just one or even two joints can be greatly beneficial in the context of improving full body movements and somatic awareness. In this session, we'll be guiding self-pandiculations for the major muscles and joints of both the upper and lower limbs as time permits. Sometimes the pandiculations will be very focused and we'll work with only one joint, such as working with the flexors and extensors of the elbow. Sometimes we will work with a series of joints such as ankles, knees, and hips and then integrate these pandiculations into larger regions of the body, including the pelvis, somatic center, and up through the body in order to increase full body functioning. During the session, you'll also have an opportunity to describe and demonstrate self-pandiculations you find beneficial to yourself and clients.*



**LEE BREWSTER, HARRIS FERRIS,  
SURESHA HILL, SAMANTHA LEGASSIE,  
DEBORAH MCCUSKER, MARY POXON,  
NIKKI SEMENIUK**

**Movement Collage**

*2:00–3:00 P.M. & 3:15–4:15 P.M. |  
Open to the Public*

*Back by popular demand, this movement class will be a collage of movements led by a number of people. In “round one”, each presenter will guide us in a movement of their choice. As time permits, in “round two”, each presenter will guide us in a different movement. Each movement will be complete in itself. There is no particular theme for connection between the movements—just favorite or particularly effective movements from each presenter’s clients and students.*

## **SPEAKER BIOGRAPHIES**

**Lee Brewster** is a strength trainer, yoga teacher, and somatic educator (graduating in January 2021). Her special interest is in teaching how deep relaxation through movement leads to connecting with states of consciousness outside the boundaries of tension and habituated patterns.

**Eleanor Criswell Hanna, Ed.D.** is emeritus professor of psychology and former chair of the psychology department, Sonoma State University. Founding director of the Humanistic Psychology Institute (now Saybrook University, San Francisco), she is editor of *Somatics Magazine*, the magazine-journal of the mind-body arts and sciences, and director of the Novato Institute for Somatic Research and Training. Her books include *Biofeedback and Somatics: Toward Personal Evolution*, *How Yoga Works: An Introduction to Somatic Yoga*, and she is editor of *Cram's Introduction to Surface Electromyography*. She is past president and board member of the International Association of Yoga Therapists and is a fellow of the American Psychological Association. She is also on the board of the Association for Hanna Somatic Education. She is the originator of Somatic Yoga and Equine Hanna Somatics.

**Harris Ferris, MBA, CHSE** began his training in dance and movement with masters of the postmodern movement including Dan Wagoner, Eric Hawkins, and Aileen Passloff, before focusing exclusively on ballet where, following his training, he enjoyed a 13-year career as principal dancer with Buffalo's Empire State Ballet. Moving onto a career in non-profit performing arts management, Harris has led several ballet companies and is currently Executive Director of Pittsburgh Ballet Theatre. Harris has continued his lifelong interest in dance and movement as both expression and personal growth, studying Skinner Releasing, Alexander Technique, Developmental Neuromuscular Stabilization, and ballroom dancing, and has taught dance technique in numerous settings. In 2014, Harris became inspired by the teachings of Thomas Hanna and subsequently earned his HSE certification in Novato California as part of Wave 19. Harris holds a BA in Sociology from SUNY Buffalo and an MBA from Rutgers University.

**Suresha Hill, CHSE, Ed.S. (Educational Specialist), D.O.M.T.P. (Diplomate in Osteopathic Manipulative Theory and Practice)** began her career in holistic health and education in the 1970s when a graduate advisor presented his unique theories in Systems Intervention and Prevention, her specialty curriculum in the field school psychology at Kent State University. Along the way she became an avid martial arts student, instructor, athlete, meditator, and dancer. Having sustained countless injuries, she was motivated to learn how to help rejuvenate her own system, while learning to facilitate the rehabilitation of her clients. Keeping the perspective of how to gently intervene into the body in a holistic way to help rebalance the system, she began numerous courses of study for the body, its nervous system, its energetic structures, breath therapy, then eventually Hanna Somatics and other osteopathic approaches that went in depth with the body's fluid, visceral, and bony layers.

**Bill Keele, CHSE** studied therapeutic movement in the tradition of Viniyoga in 1999, and gained his certification as a Viniyoga teacher. In 1999, Cynthia Lindway, an early Somatics graduate, introduced him to Hanna Somatics. Bill completed the Hanna Somatics Training Program at the Novato Institute, graduating in 2003 in Wave 6.

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## ***SPEAKER BIOGRAPHIES***

Subsequently, Bill taught Biomechanics and Postural Analysis, studied Ortho-Bionomy and Muscle Energy Technique, and gained certification in Mat Pilates. In 2006, he attended Makawao School of Therapeutic Massage and was licensed in the State of Hawaii. In 2010, Bill completed a six-month study in the field of Structural Applied Kinesiology taught by another past Hanna Somatics graduate, Lorne Fedderson.

**Susan Koenig, CHSE** was in Wave 1, Thomas Hanna's, Hanna Somatic Education Training in 1990. Since that time, she has been practicing, teaching a Saturday morning movement class (now monthly), and is part of the Novato Institute's Teaching Team along with Eleanor Criswell, Phil Shenk, and Lyman Spencer.

**Samantha Legassie, CHSE** lives and works in Toronto, Canada. She graduated in 2017 from the Novato Institute and has worked with many clients since that time, but feels strongly that she has been her own best client! She found Somatics in 2014 when she was told that she would spend the rest of her life in a wheelchair. Since then she has maintained a daily Somatics practice and her life is dramatically different than was predicted. Samantha has a background in nursing, instructing ballroom dance, teaching yoga, and is co-author of the international best-selling book *Ignite Your Health and Wellness*. She is currently writing a book about Somatics and her experience of it.

**John Loupos, MS, CHSE** is certified by both the Novato Institute and by Somatic Systems Institute where he studied directly with protégés trained by Thomas Hanna. John is founder of The Pain & Mobility Clinic, and of Jade Forest Kung Fu/ Tai Chi (home of PMC) in Cohasset, Ma., and author of, *The Sustainable You—Somatics and the Myth of Aging*. John also sits on the Board of Directors for the Association for Hanna Somatic Education (AHSE).

**Deborah McCusker LMT, CHSE** was certified by the Novato Institute in wave 18. She maintains a private massage therapy and HSE practice in Kodiak, Alaska.

**Ryan Moschell, BA, LMT, CHSE** was certified by the Novato Institute for Somatic Research and Training®, and is also a Licensed Massage Therapist. He created and owns Get Out Of Shape®, a full-time practice in Annapolis, Maryland. In 2015, Ryan was elected to, and continues to serve on, the Board of Directors of the AHSE. His almost two decades of experience as a bodyworker and his academic background in cultural anthropology offers him a broad perspective on human behavior and how cultural norms can affect health and wellbeing. His innate curiosity has led him to continually search for new and creative ways of communicating and connecting with each of his clients. Ryan combines and utilizes many of the specialized techniques he has learned over the years to enhance his clients' experience as they move from pain to pain-free on their way to their full potential.

**Gabriel Posner, CHSE** graduated from the Novato Institute of Somatic Research and Training in 2008. He also is certified in Massage Therapy and has his Master of Science degree in Mind-Body Medicine through Saybrook University. Gabriel taught Massage Therapy and Somatic Education at the National Holistic Institute and has been maintaining a private practice since 2004. He also serves on the Board of Directors for the Association for Hanna Somatic Education and is working towards a Ph.D. in Mind-Body Medicine. Gabriel joined the Essential Somatics faculty in 2019. He assists with Clinical Somatic Education trainings and mentors students in the training. Gabriel maintains a private practice in

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## ***SPEAKER BIOGRAPHIES***

Denver, Colorado offering Somatics and Biofeedback for musculoskeletal issues, complete injury recovery, optimal performance, and self-regulation.

In his spare time, Gabriel is raising three young children with his wife in beautiful Colorado. To keep up with the kids, he is focusing right now on mountain biking, rock scrambling, bug hunting, and cuddle piles.

**Mary Poxon, CHSE** was a general dentist in private practice for 30 years before becoming a certified yoga therapist, C-IAYT. She has a special interest in helping people with chronic pain. She has studied several types of yoga, including Loyola Marymount University Yoga RX program, YTRx-500C & POLY-500, iRest Yoga Nidra, and is a Viniyoga Wellness instructor. Mary is a graduate of wave 19 at the Novato Institute, where she immensely enjoys being a teaching assistant. She practices Canine Somatics daily with her dog Mimi.

**Chris Ruane, LMT, CHSE** is a clinical Hanna Somatic Educator and Practitioner, Maryland Certified Massage Therapist, 500 hour Yoga and Pilates teacher with over 19 years of experience and is currently pursuing a BA in Psychology at UMBC and comprehensive Pilates training with Balanced Body. A true movement detective, Chris's focus is to help others achieve full range of movement in a pain-free body and to teach others how to find those limitations for themselves and their clients, in and outside of the classroom.

**Nikki Semeniuk, CHSE** graduated from the Novato Institute in 2018, with wave 19. Nikki has been teaching dance for over 30 years, and is a body development, coordination & movement specialist. She holds certification through the Canadian Dance Teachers Association (CDTA), and is a Certified Acrobatic Arts instructor. Nikki discovered Hanna Somatic Education after suffering a hip injury in 2013. Unfortunately this injury led to chronic pain, and ultimately to her having to sell her very successful studio. Nikki continues her education with Hanna Somatics by returning to the Novato Institute as a teaching assistant, and teaches Somatic Education through her business Serenity Somatics.

**Lori Seymour, CHSE.** After being told to stop dancing by several doctors at the ripe old age of 16, Lori came to Pilates as a young dancer in 1986 to rehabilitate a chronic hip injury. She used Pilates and then GYROTONIC® to rehabilitate myriads of dance injuries throughout a 29-year dance career. Her movement teaching experience includes swimming, ballet, modern dance technique, dance Improvisation, contact improv, and company class. She has been certified in Pilates since 1998, certified in GYROTONIC® since 1999, attended teacher trainings in both systems, and has been certified in Hanna Somatic Education since 2017. Lori has been working for 10 years in a physical therapy clinic that specializes in the treatment of women's health, along with pelvic floor issues for both men and women. Lori has continued her education in the areas of postural alignment, scoliosis, osteoporosis, gait, vestibular health, healing methodology, pelvic issues, disk herniation, feet and multiple joint conditions, and athletic and dance training.

## 2021 CONVENTION SCHEDULE —April 22–25, 2021

### Thursday April 22

9:00–9:15	Announcements/ Housekeeping
9:15–10:00	<b>Welcome and Sharing</b>
10:00–10:15	BREAK
10:15–12:15	<b>HSE Teaching Team—Self-Pandiculation: Green Light Protocol (#1)</b> <ul style="list-style-type: none"><li>• Guided self-pandiculation</li><li>• Home movements</li><li>• Enhancements from participants</li><li>• Questions and comments</li></ul>
12:30–2:00	LUNCH
2:00–3:45	<b>HSE Teaching Team—Self-Pandiculation: Trauma Protocol (#2)</b> <ul style="list-style-type: none"><li>• Guided self-pandiculation</li><li>• Home movements</li><li>• Enhancements from participants</li><li>• Questions and comments</li></ul>
3:45–4:00	BREAK
4:00–5:45	<b>HSE Teaching Team—Self-Pandiculation: Red Light Protocol (#3)</b> <ul style="list-style-type: none"><li>• Guided self-pandiculation</li><li>• Home movements</li><li>• Enhancements from participants</li><li>• Questions and comments</li></ul>
5:45	End of Zoom program
5:45–6:30	Day’s Inn classroom open for practice and sharing

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### Friday April 23

9:00–10:15	<b>Ryan Moschell—String Theory: Rediscover Your Soma by Shifting Your Focus</b>
10:15–10:30	BREAK
10:30–12:15	<b>Eleanor Criswell Hanna—Neurophysiology Update and Upgrade</b>
12:30–2:00	LUNCH
2:00–4:00	<b>John Loupos—Fingers, Hands, Wrists, Arms, and Shoulders—Yeah, All That!</b>
4:00–4:15	BREAK
4:15–5:45	<b>AHSE Annual Meeting</b> 4:15–5:15 Meeting 5:15–5:45 Honoring Thomas Hanna
5:45	End of Zoom program
5:45–6:30	Day’s Inn classroom open for practice and sharing

## 2021 CONVENTION SCHEDULE —April 22–25, 2021

### Saturday April 24

9:00–11:00	Chris Ruane— <i>Five Simple Shoulder Movements and Working with Spirals of the Legs</i>
11:00–11:15	BREAK
11:15–12:15	Lori Seymour— <i>Making Friends with Your Pelvic Floor and Surrounding Support Musculature</i>
12:30–2:00	LUNCH
2:00–4:00	Bill Keele— <i>Improvising Pandiculations</i>
4:00–4:15	BREAK
4:15–5:45	Gabriel Posner— <i>Intergenerational Trauma and Somatics</i>
5:45	End of Zoom program
5:45–6:30	Day’s Inn classroom open for practice and sharing

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### Sunday April 25

9:00–10:30	John Loupos and Susan Koenig— <i>Horizontal and Vertical Explorations for Better Posture and Carriage</i>
10:30–10:45	BREAK
10:45–12:15	Teaching Team— <i>Guided Self-Pandiculations for Upper and Lower Extremities</i>
12:30–2:00	LUNCH
2:00–3:00	<i>Movement Collage</i> Lee Brewster, Harris Ferris, Suresha Hill, Samantha Legassie, Deborah McCusker, Mary Poxon, and Nikki Semeniuk
3:00–3:15	BREAK
3:15–4:15	<i>Continued Movement Collage</i>
4:15–4:30	Ending Circle
4:30–4:45	Cleanup at Novato Day’s Inn