

BODY-MIND CENTERING® WORKSHOP

Module 12: SELF | course pre-requisite

The Embryo in You

During our embryological development our body begins creating her form. Different tissues and structures begin to emerge and come into being. Some remain, many are transformed and some others are absorbed into our developing process.



Sperm meets the egg Lennart Nilsson



11-12 week old fetus Lennart Nilsson

In this period, we form from an egg and sperm, transforming into a cluster of cells, and a series of fluid spaces. These fluid spaces and processes underlie our current structure and inform our current state of being.

Through movement, touch and dialogue, this workshop will be a journey through our own embryological development from an experiential perspective exploring the sequences through which primal tissues transformed into our mature body.

During this workshop we will explore:

- Female (egg) and male (sperm) qualities and conception
- Development of the embryonic disc and differentiation of the front body (endoderm), back body (ectoderm), and middle body (mesoderm)
- Self nourishment (yolk sac) and self-protection (amniotic cavity)
- Vertical axis (notochord, gut tube, and neural tube)
- Center (vertebral column) and periphery (limbs)
- Blood, blood vessels and our primitive heart

We each grew ourselves, and going back to these earliest moments can help guide us through our process of embodying our physical being.

“If you open your heart and try to put yourself into the position of the embryo and join in experiencing the gestures of growing that are taking place there, all at once the embryo will tell you a very profound story. It will tell you the story of becoming a HUMAN BEING, of the struggle of the person and his spirit to come to light through the tough resistance of cells, genes, tissue. A human being performs so much work and lives so intensely while being an embryo!” Jaap van der Wal: embryo.nl

Who is this workshop for:

This workshop is for anyone working or exploring body-mind disciplines and interested in unravelling the mystery of embryological development as it relates to cellular consciousness, movement, and mindfulness. No prior experience of Body-Mind Centering® is necessary. This workshop is also part of SOEL Course Program: SELF: Module 12 and is a pre-requisite for the third year. Module length: 4 days, 21.5 class hours.

The Teaching Space Caddaford Barns Studio, Devon UK



A quiet intimate teaching and learning space situated off the main road in a newly converted Barn.

Includes kitchen, bathroom and free parking with disabled parking available directly outside the studio.

There is access outdoors to a mature garden for tea breaks and lunch throughout the workshop.

Teaching: Rosalyn Maynard and Julie Rousseau Practitioners and Somatics Movement Educators in Body-Mind Centering®



Rosalyn and Julie graduated together in their BMC® training. They have been studying and practicing together for over 12 years including workshops with Bonnie Bainbridge Cohen in Belgium, France, UK and Estonia. They share a deep personal and professional interest in the wonderment and mysteries of the nature of life, consciousness and well being. Their practice in BMC extends into Biodynamic farming, Chinese Medicine & energy arts, performing arts, Human Design and motherhood.

Devon UK 2023

"Although these early processes are no longer present, they have left deep-rooted patterns and templates that affect the body, movement, perception, and relationship to self and to others. Understanding and working with these early processes and relationships opens up new and deeper ways of addressing health and vitality, chronic and acute pain, mobility and ease of movement, and other expressions or qualities of our physical and psychophysical being."

Bonnie Bainbridge Cohen 2018

**FEES: £230 / £195
REGISTRATION AND INQUIRIES
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