



EXPLORING YOUR KIDNEY & BLADDER AXIS

THROUGH MOVEMENT, TOUCH AND SOUND

A Body-Mind Centering® Approach

with Mariko Tanabe

Sunday, March 12, 10:00am–4:30pm

Your kidneys are an empowering source of fluid energy. The kidneys, ureters and bladder form an axis between your upper and lower bodies. Moving through this axis opens an essential energy channel, spatial awareness and creates a grounded lightness and a mindful presence. Through movement, sound, voice and touch, discover ease through your lower back and knees, release tension from your pelvic organs, and calm stress with the support of this miraculous system. No previous experience with BMCsm necessary. Everyone is welcome!

Body-Mind Centering® is an integrated and embodied approach to movement, the body and consciousness. It is an experiential study based on anatomical, physiological, psychophysical and developmental principles devised by Bonnie Bainbridge Cohen. BMCsm utilizes movement, touch, voice, imagery, anatomical illustrations and discussion to explore each body system in ways that can be applied to personal development and professional enhancement. www.bodymindcentering.com

Mariko Tanabe is a Certified Teacher of Body-Mind Centering® and the director of the licensed BMCsm training program in Quebec. She teaches workshops to dance companies and at universities, art centers and schools throughout the world. She is also an Infant Developmental Movement Educator and yoga teacher, and an ISMETA Registered Somatic Therapist and Educator. Currently based in Montreal, Mariko has been performing and presenting her choreographic works for over 25 years in Asia, Europe, and North America. For 12 years she worked with American dance master Erick Hawkins in NYC as a principal dancer and teacher. www.marikotanabe.com

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For more information or to register contact EMYogaStudio.

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