



# Green River Dance for Global Somatics™

Body-Mind Centering with Suzanne River, RMT

## Upcoming Classes. . .

### **Yoga and Body-Mind Centering® Workshop** for Yoga Teachers

This one-day workshop will introduce Body-Mind Centering® (BMC) principles and techniques through anatomy, movement, and hands-on partner work with time to apply your discoveries to your own Yoga practice.

#### **WHEN:**

**Tuesday, August 5th**

9:30am - 12:30pm ■ The Container: Bones and Muscles

2:00pm - 5:00pm ■ The Contents: Organs and Glands

#### **WHERE:**

**Green River Dance for Global Somatics™, St. Paul Studio**

2242 University Ave., Studio #213

(corner of Hampden and University, near 280)

#### **COST:**

**\$75** payable by check or cash to:

Green River Dance for Global Somatics™

#### **PRE-REGISTER BY TUES. JULY 29:**

**Register early! Class size is limited to 10 students.**

**Pre-registration required by July 29th.**

Registration form available at [www.globalsomatics.com](http://www.globalsomatics.com) or call

651-257-8697/email [dance@globalsomatics.com](mailto:dance@globalsomatics.com)

#### **COME PREPARED:**

**Bring a Yoga mat, water, and your current favorite**

**10 minute vinyasana**

\*written materials provided



**Green River Dance for Global Somatics™** is a place where people come together for transformation, to heal the earth, and to share through the universal language of the body. **Body-Mind Centering®** is the core curriculum taught at Green River Dance for Global Somatics™. It explores the intimate relationship between the body and mind through the experiential embodiment of cells, body systems, and developmental movement patterns. Classes are laboratory experiences which blend explorations in movement, touch, voice and consciousness with the study of anatomy, physiology, psychology, and spirituality.

**Suzanne River** is the founder, educational director and primary teacher of Green River Dance for Global Somatics™. For thirty years she has initiated social change by facilitating creative and spiritual expression through the body for diverse populations of all ages. Teaching is her gift to the unfolding of humanity, expressing her love of people and devotion to the natural body. A certified teacher of Body-Mind Centering®, Suzanne has trained personally with its founder, Bonnie Bainbridge Cohen and is on the faculty of The School of Body-Mind Centering®. She has created several special BMC curricula, including movement therapy programs, women's health, teen body awareness, school residencies, visual arts, yoga, Parkinson's disease, and energy medicine.



**"The study of Body-Mind Centering® is an essential preparation for any serious yoga student or teacher."**

– Donna Farhi, Yoga Teacher

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