



Bonnie Bainbridge-Cohen: Body-Mind Centering



Bonnie Bainbridge Cohen is an embodied specialist, artist, researcher, educator and therapist and the developer of the Body-Mind Centering® method. Discover how somatics and inner wisdom is affected by our environment.

TOP EMBODIMENT TIP: Everything has a breath, a capsule, that holds each part of the body. Are you escaping your life or are you comfortable? Are you here on your path of destiny (and what that means for you)? Are you fully living your life?

Explore: **Exploring ourselves and our environment**

- Notice when something really grabs your attention during the day and stay with it.
- Then write about it in your journal.
- Approach with the intent of exploring inner wisdom and justifying what we already know.
- Don't try to prove yourself or attain some goal.

Relationship: **The relationship between somatics & social issues**

- How economics and the marketplace, such as high housing costs, has an effect on our ability to be in our bodies.
- How do we develop the community side of somatics?
- **“The space holds the information”**. No matter what time or place we live in, we must go inside.
- Young people today carry different information, but inside we're all the same.
- We must all be willing to do the work of truly going inside into our own authenticity.

Depth: **The depth of somatics**

- Somatics requires a huge amount of work and honesty about sensing our reactions to others & paying attention to blocks.
- **“You don't get rid of these issues, they just wear themselves out”**.

Practice: **Bonnie's current practices**

- Personal training with light weight lifting, Qigong, TaiChi, cross country skiing, hiking.
- Tea in the morning and meditation for about 30 minutes.
- Saying what we're grateful for before going to bed each night.
- Just living my life and meeting what's coming up and being fully in the physical. Dancing in my life.

Resources

- ❖ **Website:** <https://www.bodymindcentering.com>
- ❖ **References:** Existential psychology: Jung, Freud, Kierkegaard, Dr. Adolf Hoss at OSU, Emmett Kelly, the clown.



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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