

Active Attention and The Mystery of Presence: Using Movement Meditation and Gurdjieff Bodymind Exercises to Re-enter the Mystic Field of Nonduality - *James Tomarelli*

As a human being I can be aware of myself being aware of myself. Sustaining this, I can become aware of others and what we are doing together. I can use my attention in three directions simultaneously: inward, outward, and all around: toward myself, the “other” and the meaning and purpose of what is present. Such an amazing ability! How wonderful to have such an attention of mind! But does this ability have usefulness outside of itself? When I meet another human being I ask, who is she? Then, what does she do? Join movement meditation specialist and street-cognitive therapist James Tomarelli in a body-centered bare-attention breakout session answering the perennial questions: Where am I? What am I? Who am I? What can I do? Time and space permitting, this session will be in three parts: 1) I “sense,” therefore I am: Going beyond the Cartesian paradigm we will use active attention and movement meditation to lock-in the bodymind actions of “sensing,” “feeling,” and “seeing” — to become more “present” within ourselves. 2) Letting go and opening up: By intentionally invoking gravity, breath and the organic sensation of life inside an expanded present moment of active attention and somatic experiencing, we will re-member and re-experience preverbal natural states of relaxation, posture, breath, and life — while integrating and deepening the bodymind actions of sensing, feeling, and seeing. 3) Empirical mysticism and a science of collective being: Deepening our practice of attention in a mutually created field of collective presence, we will experience the embodiment-transcendence paradox by using a ritual movement (with live, consciously composed, piano music, if conditions allow) to deepen the mystic field without dissolving our individual embodied presence.

Biodanza, Dance of Life – Experiential workshop combining music, movement and relationship to provide a sense of oneness and wholeness - *Belisa Amaro*

Biodanza is a non-verbal, embodied workshop that promotes the experience of interdependency of living systems through interaction amongst its participants. Biodanza, which means Dance of Life in Spanish, uses world music, movement and relationships with self, partners and the group to support participants’ wellness, vitality, and joy. The practice strengthens our identity and our experience of radical interconnection and a consciousness for universal solidarity. Created in the 60’s by Rolando Toro, Chilean anthropologist, psychologist and artist, Biodanza is an international movement with more than 100 teacher training schools around the world – including one in the U.S., located in San Francisco. Biodanza has been offered at Esalen, Harbin Hot Springs, Bay Area National Dance Week, Sacred Dances Festival and many other renowned organizations and events. About the facilitator Belisa Amaro pioneered Biodanza in the United States, where she has been teaching since 1998. Born in São Paulo, Belisa brings her passionate Brazilian soul and her impulse to connect with others to her work. She is the director of the San Francisco School of Biodanza, the only school teaching this system in the U.S.

Hear and Heal - Experience firsthand Sound’s tremendous Power to Transforms and Heal - *Silvia Nakkach, Facilitated*

“There is something in music that transcends and unites. It symbolizes the yearning for harmony, with oneself and others, with nature and the spiritual and the sacred within us and around us.” - His Holiness the XIV Dali Lama. Today, the field of sound and music

healing is rapidly gaining recognition as an essential component of health care in our society. These sessions led by advanced sound healing practitioners and musicians offer you both the scientific framework and practical demonstrations of how sound and music heals by bringing our nervous system into balance. You experience the integration of forms of bodywork and tuning forks to better adapt to the stresses of life and open the flow of energy. You learn why sound healing is becoming part of a larger context of integrative health applications including: achieving states of relaxation, improving mental clarity and brain functioning, relieving stress by drawing our body into a centered space, enhancing massage, acupuncture, creativity, and meditation, and ways to apply sound to the body to manage pain and increase joint mobility. Each practitioner brings his or her own particular modalities which combine yoga, voice, sound and music with shamanic healing, art and live music making through medicine melodies that mirror your natural sense of being, and devotional chanting to clear and open your heart.