

# ORGAN VITALITY

## EMBODYING THE ROOTS OF OUR ENERGY

a 3-part Body-Mind Centering® workshop series

These workshops offer fresh ways to be physically present, to move and to express yourself creatively. In each 2-Sunday unit, we experience how a different group of vital organs gives us energy: first **blood organs**, then **organs of breath and voice**, then **organs of digestion**. Our learning of anatomy will be supported by movement, respectful touch, group exchange and stillness. By finding balance and vitality in each part of ourselves, we gain resilience and can better serve our world and those we care about.



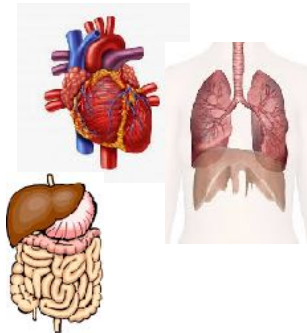
Erik Bendix is a certified Teacher of both Alexander Technique and Body-Mind Centering<sup>SM</sup>. He began his BMC training in 1995 with its founder Bonnie Bainbridge Cohen, and is currently on faculty with *Espirit En Mouvement* ([www.espiritemouvement.com](http://www.espiritemouvement.com)), licensed to train BMC Practitioners and Somatic Movement Educators in Canada. Erik has taught BMC worldwide. For more information go to: <https://bodymindcentering.movingmoment.com/private-sessions-workshops/>

### FALL 2019 Dates & Topics:

September 15th & 22nd.....**Blood Organs**  
heart, liver, spleen, marrow, kidneys

October 13th & 20th.....**Organs of Breath & Voice**  
lungs, tongue, voice, diaphragms

November 10th & 17th.....**Digestive Organs**  
digestive tract, liver, gallbladder, pancreas



**TIMES:** 10:00 a.m. - 1:00 p.m. + 2:30 - 5:30 p.m..  
Each workshop includes 2 consecutive Sundays.

**COST:** \$240 for 2 Sundays on one theme. \$480 for 4 Sundays on two themes. \$600 for the whole series (i.e., one Sunday free).

**Register at <http://bit.ly/Organ-Vitality-Registration>**

CEU's and PDA's are available. Maximum number of Participants: 18

**LOCATION:** [Happy Body](http://HappyBody.com), 1378 Hendersonville Rd Suite E2, Asheville, NC 28803  
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