

about

Mark Chandlee Taylor



Mark Chandlee Taylor is a somatic movement therapist with a background in dance, choreography, and dance education. "Somatics" is a study of the self from the perspective of lived experience, encompassing the dimensions of body, psyche, and spirit.

Somatic movement is the movement that is sensed and shaped from within rather than imposed from an external source.

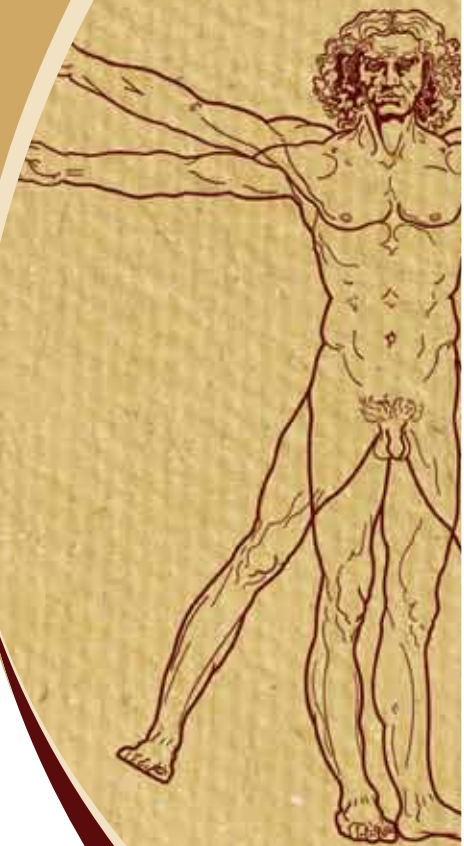
Mark has been teaching movement and embodied anatomy in the U.S., Europe, Asia, Central and South America and maintains a private movement therapy practice in Pittsburg, working primarily with adult cancer survivors and children with learning disabilities. He trained as a yoga teacher with the Himalayan Institute and serves on the board of the International Somatic Movement Education and Therapy Association (ISMETA). Mark will be offering a week of workshops and will also be available for private 60 minute sessions.

bodymindmovement.com



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Somatic Movement
Workshops with
Mark Chandlee Taylor

body · mind movement

what is Somatic Movement

Thomas Hanna applied the term Somatics in the 1970's to describe various approaches to body-mind integration which he and others were developing. His method, Hanna Somatic Education & Training® is the procedure for teaching voluntary conscious control of the neuromuscular system and is a method for reawakening the mind's control of movement, flexibility, and health. Hanna describes the field of somatics as *"The art and science of the inter-relational process between awareness, biological function and environment, all three factors being understood as a synergistic whole."*

Somatic movement is a practice that brings awareness to postural alignment that is sensed and shaped from within, rather than an external source. Somatic Movement Education is the process which a practitioner facilitates how to have more psycho-physical awareness - how the body moves the mind and how the mind moves the body.

what are the benefits

Refine perceptual, kinesthetic, proprioceptive, and interoceptive sensitivity that supports homeostasis and self-regulation

Recognize habitual patterns of perceptual, postural and movement interaction with one's environment

Improve movement coordination that supports structural, functional and expressive integration

Experience an embodied sense of vitality and extended capacities for living

Focus on the body both as an objective physical process and as a subjective process of lived consciousness

who can attend the workshops

Teachers, practitioners and students of movement based disciplines such as dance, theatre, gymnastics, yoga

Practitioners of therapeutic modalities, including massage, reflexology, acupuncture, and physiotherapy

Anyone interested in the relationship between body and mind.

First time ever in Hong Kong

may 3

BREATHING THE BODY, BREATHING THE MIND

Breath is the bridge between body and mind
Through observing breath we understand how the mind affects the body and how the body affects the mind.

Time 18.00-21.00

EARLY BIRD \$700 : NORMAL \$780

may 4

COMING HOME TO THE BODY

An introductory workshop in embodied anatomy.
Learn to assess your own preferences and deepen self-awareness in how you relate to yourself and to the world.

Time 9.00 to 16.00

EARLY BIRD \$1400 : NORMAL \$1560

may 5

FLYING WITH SIX WINGS

Each of your body cavities possesses a pair of skeletal wings that can help you find mobility and sense of ease. Learn to integrate your skeletal glandular and nervous systems and embody your wings to support the journey of your life.

Time 9.00-16.00

EARLY BIRD \$1400 : NORMAL \$1560

THE RADIANT HEART

Explore the heart's many functions and how we can maintain heart full awareness in our lives.

Time 17.00-20.00

EARLY BIRD \$700 : NORMAL \$780

may 6

BALANCING THE THREE BRAINS

Explore the relationships among the three intrinsic brains of the body through the vibrations of breath, sound, movement, and meditation, learn to identify patterns of behavior that will support personal development and transformation.

Time 10.00-17.00

EARLY BIRD \$1400 : NORMAL \$1560

may 7-10

HAPPY BABY WORKSHOPS

Learn to feel and recognize the specific expressions of normal infant development and basic, non-invasive techniques to enhance the process.

Please note that this class is for caregivers and parents while babies wait to share the experience at home.

Monday May 7	0 to 3 months
Tuesday May 8	4 to 6 months
Wednesday May 9	7 to 9 months
Thursday May 10	10 to 12 months

Time 10.30-12.30

EARLY BIRD \$2000 : NORMAL \$2350

Private Session (\$800/60 minutes) email
info@whitelotuscentre.com to book. Spaces limited.



Early Bird discount until April 20th and to register or for more information, please contact White Lotus Centre or email: info@whitelotuscentre.com.