Movement as an Agent of Change: Transforming how we Move, Sense, and Perceive the Mother/Child Dyad

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Throughout history, and particularly, since the industrial revolution, the mother/child bond has been explored, debated, and in some circles, even rejected. Today, the Somatic Movement Therapy approach builds upon and extends valuable research on attachment, sensory and perceptual learning, and its relevance to human development within and even before the first three years of life. Our experiential learning process connects us to one another and our planet in a universal way. During our first year of life, we are wholly engaged in motor learning. Namely, developmental movement patterns are intrinsic to our development as a species and each of us, every human being on the planet must experience them in order to sense, move, learn and communicate about their world and with one another. Living a shared humanity in a divisive reality, we have lost touch with person to person connections, and to the world in which we live. Even our moving dialogue with our primary caregiver has been compromised by life’s many distractions. Intended as both class and laboratory, we’ll explore this complex relationship. By indulging the innate wisdom of our bodies through dance, gesture, movement, ritual and contact, we’ll unearth our own development during the first three years of life and our relationship to space and one another. Through movement and touch sequences, we’ll play with possibility in our movement life, to others, and to the physical world around us. As we reconnect, we will experience spatial, personal, and physical relationships as well as a thorough integration of touch (guided self-touch, partnering touch) and movement. Concepts of Authentic Movement, Hakomi, Attachment Parenting, Outdoor Play, and the Waldorf educational model will be addressed.

Biography: Bonnie McGlynn DeLuca is a Registered Somatic Movement Therapist, Certified Thai Yoga Bodyworker, Certified Embodied Anatomy and Yoga Instructor, Certified Moving on Aerobics Instructor, Dance, and Pilates Teacher. Bonnie has over 30 years of experience with the moving body. As a dancer, Yogi, and Pilates Teacher in New York, Bonnie has studied with Dr. Martha Hart Eddy, Bonnie Bainbridge Cohen, and Barbara Forbes among others. She holds certificates from Columbia University, from the School for Body Mind Centering, the School for Participatory Arts and Research, Alive and Well, Center for Kinesthetic Education, and Minneapolis Yoga Center. Bonnie is the 2009 recipient of the C.A.R.A. award, a graduate of Manhattanville College, as well as a regular speaker at Stowe Weekend of Hope and Gilda’s Club in Manhattan.