

Stones & Bones:

Deep Body-Earth Support for Sustaining Somatic Well-being
4-Day Workshop

with

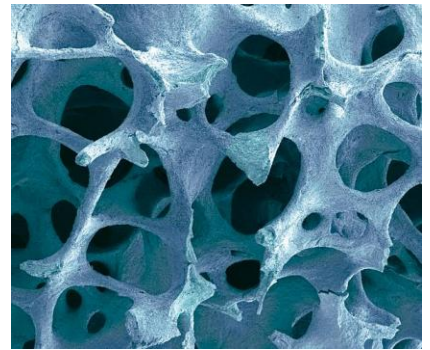
Caryn McHose & Mary Abrams

November 5-8, 2026



Stones and bones, both made of dense particle matter, arise from the mystery and wonder of biological Earth creativity. Stones embody such condensed hardness that they were early materials that humans used to create buildings and tools for daily life. Bones, created through an ossification of specific cellular and biochemical pathways, make up our entire skeletal structure facilitating movement through space and more.

Curiously stones and bones as support structures create space for life to exist. The spaces we live in keep us safe from weather and predators; and the spaces within us sustain organs so they don't collapse on one another. Bones offer muscles, tendons, and fascial with places to attach.



The shape and function of both stones and bones are also affected by movement. Stones change shape from the movement of water, silt, and wind, which changes the intensity and directional flow of rivers, streams, lakes, and oceans. The shape of bones is affected by our daily repetitive movements the intensities of impact.

Exploring these basic Earth-life structures with somatic movement practices—sensing, feeling, breathing and moving—we can learn to deeply appreciate our earthly stone ancestors and bones of support. We can discover more effective ways of participating with gravity-ground, space, and flow, to support bone health, body strength and integrity, and movement throughout life.

This 4-day workshop will include somatic movement practices inspired by Continuum, Evolutionary Movement, and Structural Integration with breathing, moving, touch, and individual and partnered explorations.

Workshop Fee: \$450 Thurs-Sun, 10 am – 3 pm each day

Register at: mary@movingbodyresources.com or

212-206-7542

Fees can be paid with Venmo, PayPal, Check or Cash.

This information will be sent upon registration.



Caryn McHose has been a somatic educator for over 50 years. Her interest in movement began at age five studying dance in a context that valued creativity and relationship to nature. As a Movement Artist she has danced and taught in many places around the world. For the past 40 years she has collaborated with Andrea Olsen in developing the Body and Earth Somatic Practices Workshops. She is a practitioner of the following disciplines: Rolfing® Structural Integration; Rolf Movement® Integration; Somatic Experiencing®; Biodynamic Cranial Sacral Therapy. She has a private practice and teaches workshops for somatic professionals in a variety of contexts. She is the co-author (with Kevin Frank) of *How Life Moves, Explorations in Meaning and Body Awareness*. She is a collaborator for *Bodystories, A Guide to Experiential Anatomy* by Andrea Olsen.

carynmchose@gmail.com www.resourcesinmovement.com

Mary Abrams, MA, RSME, has been teaching dance and somatic movement for over 40 years. Her love for teaching is informed by her MA degree in Consciousness Studies focusing on embodied movement, the biology of emotion (neuroscience), and Epistemics (philosophy); with over 30 years of exploring and teaching Continuum. Founder of Moving Body Resources, Mary teaches groups and works privately with individuals in NYC, across the USA, and internationally. From 2007-2020 she taught on the graduate course, *Masters in Dance & Somatic Well-being*, at the University of Central Lancashire Preston, England; leading a section of the entire course in the USA. Mary continues to teach with her UK colleague Penny Collinson, co-leading retreats in the UK. Mary also teaches on the Continuum Training of Somatic Academy of Berlin (Germany). www.movingbodyresources.com

