

**PRESS RELEASE**  
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**Yoga, Somatics, Exercise, Dance, and Healing Arts Experts Enhance Each Day of Poetics of Aging Conference with Stress Reduction and Wellbeing Practices**

(Poetics of Aging, October 12, 2011). San Francisco, CA - Yoga experts open each weekday of the Poetics of Aging Conference with a theme related to creative aging. Throughout each day other healing arts practitioners provide empirical research and demonstrations that substantiate the value of the creative and healing arts for aging gracefully and creatively. The grassroots Poetics of Aging Conference runs from Thursday, November 16, 2011, through Saturday, November 19, 2011. The conference will be held at the First Unitarian Universalist Church, 1187 Franklin Street, San Francisco. The mission of the conference is to counter the belief that aging is analogous to decline and disease, and to “create a climate where people share their awareness and creative expressions while providing room for self-study and discovery.”

Throughout each day of the conference, recreational, occupational, somatics, and dance therapists, as well as psychologists who specialize in the healing arts, will contribute theory and evidence-based research to substantiate the benefits of mind/body/spirit fitness for aging boomers, on up.

**Poetics of Aging Politics, Wednesday, November 16**



**Erin Fleming** is an experienced and certified Yoga instructor who specializes in Yin Yoga, Qigong Yoga Flow, Stress Reduction and meditation. “Erin’s voice sounds like liquid ambrosia” - Alternative Medicine Magazine. She focuses on her students with knowledge and a sense of humor” (Adriel, San Francisco). Erin says, “Yin Yoga emphasizes long-held but passive poses which enhance flexibility in the joints and instill lightness and grace in the body.”



A Courtesan is a fancy, educated call girl, similar to a Geisha. A crone is an older woman. Legendary **Anna Halprin**, at the age of 91, dances The Courtesan and the Crone. Anna Halprin's diverse career has spanned the field of dance since the late 1930s, creating revolutionary directions for the art form and inspiring fellow choreographers to take modern dance to new dimensions. James Roose – Evans author of “Experimental Theatre” called Anna one of the most important theatre artists of the 20th century.



**Healing Arts** Somatics pioneer **Marion Rosen** founded her own work in the healing arts at age 56. Still working at 97, she is a model for aging gracefully, productively and powerfully. Her message about the healing power of touch has been carried to 15 countries as Rosen Method Bodywork and Movement. Marion is joined by Sara Webb and Mara Keller, who ask the audience: How do we revision our usefulness through the seasons of our lives?

### Poetics of Evolving Abilities, Thursday, November 17



**Sherri Baptiste**, an inspirational yoga teacher at the forefront of yoga training and the author of *Yoga with Weights for Dummies*, opens the day with gentle, breath-based yoga. Born and raised in San Francisco, the daughter of two yoga-health-fitness pioneers, Magana and Walt Baptiste, Sherri has been involved with and teaching yoga since her teens. Her 92-year old mother, **Magaña Baptiste**, is also a noted Yoga teacher, and the founder and director of the first School of Middle Eastern Dance in San Francisco. Walt Baptiste, who passed away in 2001, Magana's husband and Sherri's father, was a former Mr. America, and a leader and pioneer, inspiring hundreds of thousands to embrace the world of body, mind, and spirit.



**Ilene A. Serlin**, Ph.D, BC-DMT is a psychologist and registered dance/movement therapist in San Francisco and Marin. Past-president of the San Francisco Psychological Association, Fellow of APA, past-president Division of Humanistic Psychology, she taught at Saybrook University, Lesley University, UCLA, the NY Gestalt Institute and the C.G. Jung Institute in Zurich. The decline of the body in aging often brings depression and grief over loss of function, expression, and sense of self. The speaker will share basic principles of leading a structured movement group for the elderly that uses rhythm, imagination, simple movements and props to aid dialogue, interaction, support, expression of feelings, and dealing with existential issues of mortality, control, aloneness and meaning.



**Don Hanlan, PhD**, a Somatics leader, discusses "Cultivating the Elder Body of Wisdom. He says, "The aging body can be seen like an aging oak tree or bottle of premium burgundy, something that when carefully tended results in a beauty only available after many years of skillful care. In this more integral view of mind and body, growing old involves not only the possibility of a unique kind of wisdom based on a life of experience and learning, but also a more profound entry into the depths of intricate bodily movements, sensations, and strengths not accessible to the younger generations."

## Poetics of Caring, Friday, November 18



“The fact that grief is a normal reaction to loss doesn’t make it any easier to go through,” according to **Antonio Sausys**, a specialist in yoga and meditation for those experiencing grief. He says, “Yoga can be instrumental in addressing the symptoms of grief because it focuses on mind, body, and spirit, the three areas where grief manifests—and often goes unacknowledged.” Antonio’s unresolved grief related to his Mother’s early death prompted him to develop a yoga and meditation practice to address the physical, mental and spiritual symptoms of grief that often go acknowledged. His Father’s cancer inspired him to create a Yoga for Cancer program, the motto of which is ‘Spirit can’t have cancer.’



**Elizabeth (Betsy) Best-Martini** is a Certified Recreational Therapist specializing in the field of gerontology, and long term care. She has a Master of Science Degree in Recreation Therapy / Administration. She also has a State of California RCFE Administrator Certificate as a licensed administrator for assisted living settings. Betsy will discuss easy ways to develop a personal fitness regime for aging boomers.



**Bruce Feldstein, MD**, says, “Bridging with the sacred can be learned.” His workshop will provide an opportunity for those who are would like to increase their appreciation and capacity for encountering the sacred in their personal and/or professional lives. Professionally, this is something that can bring increased meaning for practitioners, as well as for patients or clients. This workshop is based upon an understanding of spirituality that is relevant for people of all religious or cultural backgrounds, and has been taught by the workshop leader and colleagues at Stanford School of Medicine over the past decade.

These are only a few of the wide variety of creative aging topics that will be presented at the conference through theater, song and music, poetry and storytelling, workshops, keynote presentations, exhibits, and a creativity lab. The Poetics of Aging Conference is open to healthcare professionals (continuing education units available) and the general public interested in aging issues. Register online for discounted rates at <http://poeticsofaging.org>. Questions? Contact [sally@poeticsofaging.org](mailto:sally@poeticsofaging.org).