

**Welcome to *Tessura* ~ Welkom bij *Tessura* ~ Bienvenue à *Tessura***

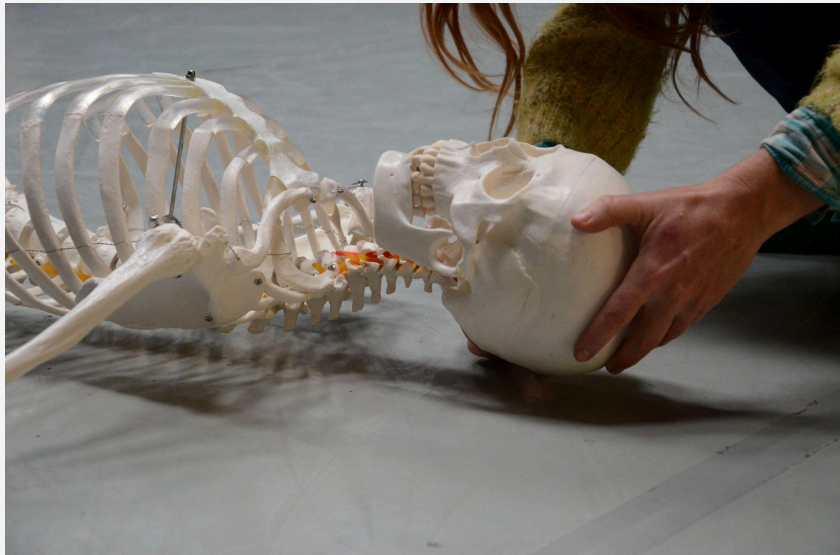
[www.tessura.org](http://www.tessura.org)

[info@tessura.org](mailto:info@tessura.org)

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[www.bodymindcentering.com/locations/organization/tessura/](http://www.bodymindcentering.com/locations/organization/tessura/)



*Image by Letizia Marotta*

Since 2025, *Tessura* has offered the School for Body-Mind Centering® Somatic Movement Education Program in the Benelux area.

A new cycle of School for Body-Mind Centering® Somatic Movement Education Program will be offered from Fall 2026 onwards, with courses offered in Belgium (Brussels, Antwerp) and the Netherlands (Den Haag). *Tessura* will also start to offer the School for Body-Mind Centering® Infant Developmental Movement Education (IDME) program, and School for Body-Mind Centering® Practitioner program.

In our series of introduction workshops we present basic principles and core material of Body-Mind Centering to explore our own physicality and those of others through movement improvisation, hands-on explorations, experiential anatomy, voice-work; through principles and material that constitute the core of the School for Body-Mind Centering® Programs.

The workshops are open to people with or without an interest to follow the training. Previous experience with BMC®, movement and/or dance is welcome, but not necessary. The workshops are open to all abilities. In case you think you need extra physical or other support, please let us know.

All classes will be taught in English. There will be translation of specific terms and additional support in Dutch and/or French.

**tessura vzw** Edelgesteentenstraat 66, 2600 Berchem (B) Tel: ++32-486171831 mail: [info@tessura.org](mailto:info@tessura.org)  
CBE number:1008856913 IBAN: BE79 5230 8156 3133

➤ **Container-contents: introduction workshop to the School of Body-Mind Centering® training program in Benelux, Thursday June 25 2026, CLOUD/danslab, Den Haag.**

The quality of our movement changes when we initiate the movement from different places, different tissues. In this workshop, we focus on experiential anatomy of both 'container' (muscles, bones, ligaments) as well as 'contents' (organs, glands,...) of our bodies. Movement and touch are two facets of the same mirror, allowing us to enter the felt and diversified strata of our moving self.

The study of the different body structures form the essence of the Somatic Movement Education program and in this workshop we introduce basic principles of that study, as well as dedicate time to a demonstration of applications and further research and artistic paths this study introduces us to.

Teaching team: Wilma Vesseur, Eva Maes

Date: Thursday June 25 2026, 12h30-18h30 (1h break)

Location: CLOUD/Danslab, De constant Rebecqueplein 20-B, 2518 RA Den Haag

Fee: 75 euro (70 euro if registered before 15/5)

Registration and info: [info@tessura.org](mailto:info@tessura.org)

➤ **Movement sources: introduction workshop to the School of Body-Mind Centering® training program in Benelux, Sat Nov 7 & Sun Nov 8, Corso, Antwerp.**

The process of our movement development underlies the forms of expression through the body systems.

In this workshop, we introduce the notion of development as a non-linear process, as interweaving ontogenetic and phylogenetic perspectives. In Body-Mind Centering, the study and exploration of Basic Neurocellular Movement Patterns, of Primitive Reflexes, Righting Reactions and Equilibrium Responses, of Embryological Development intertwine and allow us to learn our personal and collective 'movement sources'.

The study of developmental movement forms the essence of the Somatic Movement Education program and Infant Developmental Movement Education program. In this two-day workshop we introduce basic principles of that study, as well as dedicate time to a demonstration of applications and further research and artistic paths this study introduces us to.

Teaching team: Christian Meier, Eva Maes, Federica Antonelli

Date: Saturday November 7, 10h30-17h30h (1h lunch break) & Sunday November 8, 10h30-16h30 (1h lunch break)

Location: Corso, Driekoningenstraat 126, 2600 Berchem/Antwerpen

Fee: 150 euro (135 euro if registered before 30/9)

Registration and info: [info@tessura.org](mailto:info@tessura.org)

## TEACHERS BIO INTRODUCTION WORKSHOPS

**Christian Meier** (G) is a certified Body-Mind Centering® teacher and medical doctor. He is primarily dealing with transmitting experimental knowledge of the body as a source for creative-artistic and health promoting processes. His base is his training in Body-Mind Centering® (School of Body-Mind Centering®, Amherst, USA), his studies in medicine (University of Bonn) and music/violin (Konservatorium Nürnberg/Musikhochschule Nürnberg). Currently he is working as a freelance teacher of Body-Mind Centering®, mentoring a Somatic Movement Research Program (Alte Schule Kirchfembaf) and practicing as a medical doctor.

**Eva Maes** (B), with MA in History, studied dance at Cunningham Dance Studio, at Royal Conservatoire Antwerp (MA DANCE, researcher at CORPoREAL-group), with Lisa Nelson and at the School for Body-Mind Centering® (certified Teacher BMC®). Other collaborations in dance include Chantal Yzermans/ Radical Low and Anouk Llaurens. She is Program Director of *tessura*. She teaches at Royal Conservatoire Antwerp, at Licensed Programs BMC® in Italy, France, Brazil. Fluctuating between educational, artistic and research environments, she continues to explore embodiment as core theme of dance and (still) image. [www.evamaes.wordpress.com](http://www.evamaes.wordpress.com)

**Federica Antonelli** (I) Certified Practitioner and Teacher of Body-Mind Centering®, IDME-graduate She is part of Movimiento Atlas, Spanish BMC® certification training program, and is also teaching in other certification programs in Europe and South America. She lives in Milan and teaches BMC® in Italy, Spain, Belgium, Argentina, in Workshops and Dance Trainings. She studied contemporary dance and improvisation, physical-theater and yoga. She lived many years in Brussels, where she continues to work regularly with Emòvere Asbl, she co-founded with colleague Alice Maffi, sharing BMC® and dance in different artistic, educational and social projects.

**Wilma Vesseur** (CH/NL) studied New Dance at the SNDO in Amsterdam and Comparative Religions at the VU in Amsterdam. She worked for a long time as a choreographer for circle dance practices. She directs 2-year Programs in Germany and Switzerland: *Tanz der Gegenwart*, *Practicing Somatics* and *Beyond Somatic Performance* and performs on stage and site specific. Wilma is Certified Body-Mind Centering® Teacher and IDME. She organized the BMCA Conferences in Switzerland and the Netherlands and works with babies and adults as an IDME and BMC Practitioner. [www.substanz.ch](http://www.substanz.ch)  
[www.wilmavesseur.com](http://www.wilmavesseur.com)

## TEACHERS INTRO-WORKSHOPS & SOMATIC MOVEMENT EDUCATION PROGRAM & INFANT DEVELOPMENTAL MOVEMENT EDUCATION & PRACTITIONER PROGRAM:

Christian Meier (G), Eva Maes (B), Federica Antonelli (I), Ferenc Kálmán (H), Olive Bieringa (NO), Jens Johannsen (GER/TBC), Otto Ramstad (NO), Tal Halevi (USA), Walburga Glatz (D), Thomas Greil (I), Wilma Vesseur (CH/NL)

**CONTACT INFO:** [info@tessura.org](mailto:info@tessura.org)

calendar *Tessura's* Somatic Movement Education (SME), Infant Developmental  
Movement Education (IDME), Practitioner programs:  
[www.tessura.org](http://www.tessura.org) & [www.bodymindcentering.com/locations/organization/tessura/](http://www.bodymindcentering.com/locations/organization/tessura/)

**INFO BODY-MIND CENTERING®:** [www.bodymindcentering.com](http://www.bodymindcentering.com)

**PAYMENT INFO/BETALINGSINFO/INFO PAIEMENT**

**NAME:** Tessura

**IBAN:** BE79 5230 8156 3133

**SWIFT (BIC):** TRIOBEBB

**BANK:** Triodos Bank

**COMMUNICATION:**

- ❖ your first and last name & date and name of workshop
- ❖ naam, voornaam & datum en naam van workshop
  - ❖ nom, prénom & date et nom de l'atelier

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