



# Center for Kinesthetic Education

## Spring 2009 Newsletter

### CKE ADULT CLASSES— Healthy Movement and Dance for the Eyes and the rest of the Body!

**Eye Yoga:** Come and experience “Yoga for the Eyes” a vision enhancing class that teaches easy-to-learn relaxation techniques that can help you see and feel better! *DID YOU KNOW:* The eye is designed to focus from 20 feet when at rest. It takes muscular work to focus on closer objects, which strains the eyes. When reading and at the computer take 5-10 minute breaks to rest the eyes. You can register for our Eye Relaxation class through Movements Afoot in May [www.movementsafoot.com](http://www.movementsafoot.com).

**Body-Mind Dancing ©:** BodyMind Dancing is an easygoing & pleasurable dance experience full of anatomical gems that strengthen body connections and support creativity. We use music from around the world, Eddy's dance phrases, and improvisation to explore the internal world, revealing it externally. Classes are held on Friday afternoons at 3:30pm. Contact us for more information. Join is to dance or to learn the art of teaching dance.

**Fluid Dancing/Scoliosis Solutions/Bartenieff Fundamentals:** These unique classes for all teens and adults teach healthy movement &/or dance. Some classes set to music; others focus on body awareness, relaxation, and gentle reactivation of excellent movement habits. Sessions are available by request. Let us know if you would like to have a class for 3 or 4 people set-up for a time that works best in your schedule. Bring a friend or two!

### CANCER CARE DANCE EXERCISE CLASSES



**Moving On Aerobics/ Wellness Dance:** Increase heart rate, physical fitness, muscle tone, and flexibility while having fun. Classes are held throughout the city with instructors Sherry Greenspan, Bonnie Schiffer, Martha Eddy, Catherine Gross, Wendy Joseph. [www.MovingOnAerobics.org](http://www.MovingOnAerobics.org) MOA is a community outreach program of the Moving On Center. Call to inquire about our new class at St. Luke's hospital. Classes will continue at the JCC and Gilda's Club! MOA will be featured in JCC's SPA DAY on June 7th, 2009 and the Stowe Weekend of Hope on May 1st through 3rd in Vermont.

### CKE CHILDREN'S CLASSES

#### Infant/Toddler Developmental Check-In—Monthly Monday Mornings—April 27th, May 18th, June 8th

Learn if your child is developing “on target” and participate in activities to promote growth and development. Spend caring time with other parents who engage in their children's total physical, emotional, and cognitive wellness.

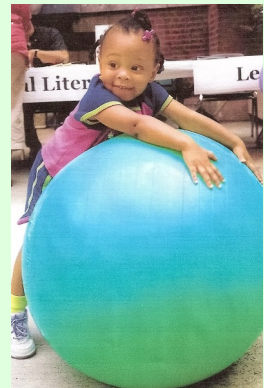
#### Socialization Groups—By Appointment

CKE engages intimate group of kids of similar ages in movement games and neuro-developmental activities to practice social, creative, and developmental skills. Classes are led by Developmental Movement Therapists.

#### Brain Games—By Appointment

Have fun playing games and using brains! After-school academic support that promotes focus, attention, energy, sport coordination, and reasoning skills for all learners. We use movement coordination to stimulate the brain and new neural connections! School, PT, OT and Vision Therapy can be geared toward each child's personal goals or IEP.

**Play and Dance for Kids on the Spectrum—By Appointment** (groups for NLD, CP and other goals also possible) Semi-private classes bring together two or three children to move safely and enjoyably while getting to know each other better by practicing how to effectively respond to both non-verbal and/or verbal signals.



**CKE Dances!—Programs for Schools** Teaches wellness through dance for youth in classrooms and movement settings. This new program, contracted with Arts Ed of the NYC Department of Education, is a means for developing students' artistic expression, creativity, and self esteem through movement and dance. Schools promote fitness, reduce stress, increase aesthetic awareness, and teach academic content through our unique programs. If you are connected to a school that does not yet provide CKE Dances! please contact The Center for Kinesthetic Education for more information.

49 W. 27th Street, Mezzanine B NY, NY 10001 212-414-2921



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### CKE 2008-2009 HIGHLIGHTS AND UPDATES

**CKE HAS MOVED!** CKE, home of the Moving on Center in NYC, has moved to a new address at **49 West 27th Street, Mezzanine B**. Our zip code and phone number have remained the same. Please call 212-414-2919 with any questions or visit [www.wellnessCKE.net](http://www.wellnessCKE.net).

**Moving On Aerobics** was featured numerous times by CNN at the end of 2008 and early 2009 on TV and the web. The special is still available for view at [www.cnn.com](http://www.cnn.com) in the 'Video' section under 'Moving Past Cancer with Judy Fortin.' MOA was also featured on "Women on the Web" [www.wowOwow.com](http://www.wowOwow.com)—a website run by Whoopi Goldberg, Lily Tomlin, Candace Bergen and other celebrity women. Search the site for "Martha Eddy."

**Dynamic Embodiment -Somatic Movement Therapy Training and Master's Degree Credit!** DE-SMTT, affiliated with *Moving On Center*, is now a partnership with SUNY Empire State College for awarding a Masters of Arts in Liberal Studies (MALS degree)! This professional training program for Movement Therapists and Somatic Educators offers 12 courses that can be adapted for undergraduate and graduate level studies. At SUNY Empire State College students that establish a strong theoretical rationale for why they need somatic theory and research skills may link DE-SMTT studies to its MALS degree by taking up to six SMTT courses as part of their independently designed inquiry. See [www.esc.edu](http://www.esc.edu) for more information about their program. Masters and Doctoral students in Somatic Psychology are invited to join SMTT practicum and independent study through SBGI in Santa Barbara CA. Also visit [www.iups.edu](http://www.iups.edu) for additional information about doctoral studies. Independent study credit is also available through Skidmore and other colleges.

#### Workshop Dates:

**APRIL 16<sup>th</sup>, 17<sup>th</sup>, and 19<sup>th</sup>:** Somatic Integration Intensive for advanced students with background in Laban/Bartenieff and BMC work.

**JULY 18<sup>th</sup>-28<sup>th</sup>:** DE-SMTT Somatic Summer Intensive: Principles and Philosophy of Human Movement Expression and Efficiency; Perspectives from Laban Movement Analysis; Perceptual-Motor Development; Theories of Somatic Education: Embodied Anatomy and Physiology; Communication and Non-verbal Expression/Body Language; Dynamics of Touch®, Dynamic Movement, Dynamic Health. These courses may be taken separately or as a unit. They constitute most of the coursework needed for DE-SMTT Phase One.

Please call 212-414-2921 or email [info@wellnessCKE.net](mailto:info@wellnessCKE.net).

**The ISMETA 20th Anniversary Celebration** was held on September 5, 2008 and featured Dr. Martha Eddy as Master of Ceremonies and guest teacher of *We feel/hear/see to communicate*. Over 12 different somatic movement systems were featured and the launch of the jour-



### CKE MISSION

Founded by Dr. Martha Eddy, CMA, RSMT in 2005, CKE's mission is to use movement as a means to increase mental, cognitive, psychological, and physical health. The center offers small, personalized group classes to address integrative development and fitness for people wanting to learn more about their bodies. CKE's services are especially beneficial to adults with cancer, stroke, chronic pain, or back problems and children with diverse challenges related to the autism spectrum, learning disabilities and a wide variety of developmental delays. Group sessions are also offered.

### WAYS TO GET INVOLVED

- Take classes or study to teach classes
- VOLUNTEER: exercise with cancer survivors, contribute to our tutoring programs; or help out around the office
- Spread the word about CKE: Talk to your friends, visit our website and pass along this newsletter!

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