

## **Fitness Forward: New Body-Mind Trends**

*A FREE event to meet NYC's finest Body-Mind Fitness leaders*

**320 Studios, 320 West 37th St. 14th Floor**

**September 25, 2009**

**10am-5pm**

**FREE for pre-registrants and \$25 at the door. Doors open at 9:30am.**

*Fitness Forward:* New Body-Mind trends bring together international leaders in the body-mind and fitness field.

Register online to take these classes for free! Get a taste of unique trends for activating the body and the whole person. Fitness Forward, featuring four pioneers in body-mind fitness, will introduce four integrated yet unique approaches to this increasingly popular and exciting field. Each of our dynamic presentations is designed to inspire participants towards a new vision for health and fitness. Join free classes to get a taste of the unique, upcoming trends regarding the body and its function.

Internationally acclaimed leaders of fitness and body-mind therapies include Tom Myers, author of Anatomy Trains; Dr. Martha Eddy CMA, Ed.D, RMST—exercise physiologist and director of The Center for Kinesthetic Education/Moving On Center; Lesley Powell CMA, Director of Body-Mind Fitness Certification and Movements Afoot; Doris Pasteleur-Hall—renowned Pilates teacher and BMF faculty and Colleen Wahl, CLMA and director of Move into Greatness.

***Entire day of classes FREE with online pre-registration:***

**10-11:30am: Anatomy Trains:** Myofascial Meridian System with Tom Myers

**11:45-1:00pm: Dynamic Gait Analysis:** A 3-D approach to walking with Dr. Martha Eddy, Lesley Powell, Doris Pasteleur Hall

**2-3:15pm: Inspiring Fitness:** Learning techniques to enhance your physical progress

**3:30-4:30pm: Moving On Aerobics:** Unique aerobics class that not only changes your heart rate but improves your lymphatic health, flexibility and feels absolutely great on your body, heart & soul.

**4:30-5: Body-Mind Fitness Q and A**

Contact CKE at **212-414-2921** for more information. Register online at **Movementsafoot.com**

## Teacher Biographies

### **Tom Myers**

Thomas Myers trained directly with Drs. Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller and has practiced integrative bodywork for over 30 years. Tom directs Kinesis, Inc., which offers professional seminars worldwide. Tom is the author of *Anatomy Trains* (Elsevier 2001) and numerous articles for trade magazines and journals.

### **Dr. Martha Eddy**

Martha, an internationally renowned educator and author is co-director of BodyMind Fitness (a program within her Dynamic Embodiment Somatic Movement Therapy Training/Moving On Center). As founder of Center for Kinesthetic Education she applies somatic principles to health and movement needs for people of all ages. She received her doctorate from Columbia University in Movement Science and Education in 1998 where she also trained as an Exercise Physiologist.

### **Lesley Powell**

Lesley has been a leader in movement education for over 20 years. She is the founder and director of Movements Afoot, a Pilates Wellness Studio and co-directs BodyMind Fitness. Other teaching credits include faculty at Drew University, international lecturer and Faculty of BalancedBody University. She is a regular contributor to numerous magazines including Oprah, Shape and Elle, featured for her fitness wisdom.

### **Doris Pasteleur Hall**

Doris has been in the Pilates world since 1970, quickly becoming an internationally sought after Pilates' teacher. She actively studies with pioneers in both fitness and somatics and has been rigorously combining the two practices for over a decade. Her teaching experience includes the Joffrey Ballet and Alvin Ailey dance companies. She is in the final phase of her certification as a Certified Movement Analyst (CMA).

### **Colleen Wahl**

Colleen is fitness's rising star. This powerhouse is owner and founder of Move Into Greatness where she combines fitness and somatics through mindful exercise. Her ideas have been featured in publications including Fitness magazine. As a CLMA and PhD candidate in Somatic Psychology she is developing her model for body-based creativity.

**See fitness and the body in a more holistic way!**

*Tax-Deductible donations to BodyMind Fitness Certification Scholarship Program accepted!*