



Invitation to Movement Professionals June Workshops

with Dr. Martha Eddy and her SMTT program
Come to CKE to learn and enjoy the latest in somatic education!
Call 212-414-2921 to Request Permission and Register

Hands-On Bartenieff Practice (LMA)*

Learn to provide hands-on support for BF exercises. Receive expert feedback on your performance.
Thursday June 12th 6:15pm – 9:30pm \$80

BodyMind Centering® Muscle Balancing and Fitness

Learn to gain strength and flexibility in muscular system using unique principles from BMC.
Friday June 13th 6pm – 9:30pm \$75

Neuro-motor Development Review Class (BMC)*

Receive performance feedback on the Basic Neuro-Developmental Patterns as
taught by Bonnie Bainbridge Cohen.
June 16th 9am – 11am \$60

Infant/Toddler Developmental Check-In

Opportunity to observe and learn holistic parenting/child rearing tips, identify motor
developmental goals for young children.
June 16th 11am – 12pm \$35

Eye Relaxation Class “Yoga for the Eyes”

Learn how simple eye exercises can lead to total body relaxation and increase coordination & breathing capacity.
Improve sight while gaining more pleasure from looking.
June 16th 5:30pm – 6:30pm \$20

Dynamics of Touch (BMC and/or LMA)*

Explore various ways to touch different body tissues from BodyMind Centering. Martha Eddy will guide each quality
of touch using Laban Movement Analysis language.
June 19th 6pm – 9:30pm \$85

Body Mind Dancing

An easygoing & pleasurable dance experience full of anatomical gems that
strengthens body connections and supports creativity.
June 20th 6:15pm – 7:30pm \$20

SPECIAL OFF-SITE CLASSES:

3-D Walk – Introduction to Weight Shift with Doris Pasteleur Hall

Come learn about the power of the body’s center in locomotion.
Saturday June 7th 4pm-6pm \$60 Register @ www.movementsafoot.com or call 212-914-1399

BodyMind Dancing @ Barefoot Boogie lead by Martha Eddy

Let the sweetness of the Boogie encircle your mind/body/spirit with beautiful music and loving community.
Saturday June 14th 7pm \$10-15 Location: Insight Meditation Center 28 West 27th Street 10th Floor NY, NY

***CMA or BMC practitioners only or with permission ALL ON-SITE COURSES: \$330**

All other classes have pre-requisites of LMA, or BMC or both

Call 212-414-2921 or email info@wellnesscke.net

