

You'll wish you were here!

Waking Up To Self[©]

A portfolio of resources for expanding awareness...

Presented by the **Center for Kinesthetic Education and Moving On Center East**,
under the direction of **Dr. Martha Eddy**, CMA, RSMT, EdD
Dr. Eddy, is joined by new Dynamic Embodiment faculty member **Talia Shafir**, PhD(c) Somatic
Psychology, RSMT/ME,C.C.Ht. with guest instructor **Tera Judell**, PhD(c) Somatic Psychology,
MSW, BCST & Pre & Perinatal Psychology Researcher

Embark on a 6 day journey of cutting edge somatic movement education!

When: April 18 - 23, 2012

Wed 6-8pm, Thurs & Fri 9am-5:30pm, Sat 10am-7pm, Sun 10am-8pm, Mon 9:30am-4pm

Where: New York City (W. 26th & 27th St. Studios)*

Cost: \$545

Earlybird Discount: \$445 PIF by April 7

DE-SMTT Students: \$350

Places limited, assure yours with a \$100 deposit by April 1st**

(MC & VISA, personal checks & international money orders accepted)

Call or email for 1, 2 & 3-day Passes

Registration/Info: (212) 414-2921 or wakinguptoself@gmail.com

- *Move into reconnection with body, mind and spirit*
- *Deepen self-awareness techniques and dynamic expression*
- *Apply somatic principles in diverse settings*
- *Earn academic credit or apply to DE-SMTT or ISMETA*

A Taste of the Menu...

3day Intro to Bio-Dynamic Craniosacral Therapy (pre & perinatal take on this hands-on, artful somatic technique)

Movement & Embodied Cognition (somatic exploration of psycholinguistics)
Through the Looking Glass (clinical skill & application of movement observation)
Teaching from a Somatic Perspective (includes recuperative creative breaks – EyeOpeners & Body-Mind DancingTM)

And more!

*Location of specific workshops supplied at registration.

**Deposit is non-refundable but transferable, valid for 1 year from date of workshop.