



Feldenkrais®
INSTITUTE

2017

Public Workshops • Workshops for Performing Artists

Programs for *Feldenkrais* Practitioners

Courses for Physical Therapists and other Health Professionals

Workshop Calendar



2017 Workshop Schedule

JANUARY

3 Tuesday

Reinventing Your Core

Smarter abs for health and performance

Marek Wyszynski • 6:30–9:30 pm

10 Tuesday

Mobilizing Your Pelvis

Moving from the middle for power in action

Joshua Wolk • 6:30–9:30 pm

18 Wednesday

Tune Up Your Yoga by Tuning In

Feldenkrais for flexibility, stability and balance in Yoga

Suzanne Ausnit • 6:30–9:30 pm

25 Wednesday

Feldenkrais to Enhance Your Sense of Self

Experience the Feldenkrais Difference

Mark Hirschfield • 6:30–9:30 pm

FEBRUARY

7 Tuesday

Meditation and the Feldenkrais Method

Exploring complimentary disciplines

Joshua Wolk • 6:30–9:30 pm

15 Wednesday

Between the Lines

A Feldenkrais reading and discussion group

Mark Hirschfield • 6:30–9:00 pm

\$10 suggested donation

21 Tuesday

Your Healthy, Pain-Free Neck

A Feldenkrais approach

Marek Wyszynski • 6:30–9:30 pm

MARCH

1 Wednesday

Better Sitting

Mark Hirschfield • 6:30–9:30 pm

3-6 Friday-Monday

Functional Integration® Solutions and Strategies for Back-Pain

An advanced training with

David Zemach-Bersin and Marek Wyszynski

For Feldenkrais Practitioners

18 Saturday

Rejuvenate Your Posture

Janin Gunderman • 10:00 am–1:00 pm

18 Saturday

Dancing With The How Potency in fluidity

Belinda He • 2:00–5:00 pm

Sponsored by the Feldenkrais Foundation

21 Tuesday

Your Pain Free and Happy Hip Joints

Feldenkrais to promote joint health

Marek Wyszynski • 6:30–9:30 pm

28 Tuesday

The Feldenkrais Gym

An evening of pure exploration and discovery

Joshua Wolk • 6:30–9:30 pm

29 Wednesday

Seeing the Image Through Self and Space Feldenkrais for Actors

Andrew Belser • 6:30–9:30 pm

Sponsored by the Feldenkrais Foundation

TAKE **5** WORKSHOPS AND **SAVE**

Take care of yourself with a Take 5 Workshops and Save discount package
Attend five 3-hour workshops for a reduced price!
212-727-1014

APRIL

4 Tuesday

The Feldenkrais Biography: A Life in Movement

A talk exploring some important highlights

Joshua Wolk • 6:30–9:00 pm

\$10 suggested donation

7-9 Friday-Sunday

Seeing Clearly

Using the Feldenkrais Method to improve vision

David Webber

Friday • 4:00–9:00 pm

Saturday • 10:00 am–5:00 pm

Sunday • 9:00 am–4:00 pm

15 Saturday

Your Neuroplasticity In Action

Use your brain to improve your body

David Zemach-Bersin • Noon–4:30 pm

19 Wednesday

Breathe Better, Feel Better

Feldenkrais to improve the way you breathe

Mark Hirschfield • 6:30–9:30 pm

25 Tuesday

Walking Better, Step By Step

Improve your gait with the Feldenkrais Method

Marek Wyszynski • 6:30–9:30 pm

MAY

7 Sunday

Tune Up Your Yoga by Tuning In

Feldenkrais for flexibility, stability and balance

Suzanne Ausnit • 9:30 am–2:30 pm

Singing For Life

Free your authentic voice

Margo Hennebach • 3:00–6:00 pm

Sponsored by the Feldenkrais Foundation

9 Tuesday

Feldenkrais and Emotional Health

An exploration of movement and resilience

Joshua Wolk • 6:30–9:30 pm

14 Sunday

The 2017 Feldenkrais Festival NY

Frederick Schjang, NY Region Representative of The Feldenkrais Guild of North America

21 Sunday

Two workshops with a Master Teacher

Improving Your Posture

David Zemach-Bersin • 10:30 am–1:30 pm

Dynamic Sitting

David Zemach-Bersin • 2:30–5:30 pm

30 Tuesday

Summer Spine Essentials

A gentle, intelligent, and effective approach

Marek Wyszynski • 6:30–9:30 pm

JUNE

7 Wednesday

Un-Caged

Moving through your ribs to improve your organization and wellbeing

Lauren Wolk • 6:30–9:30 pm

9-11 Friday-Sunday

Core Without Nonsense

Marek Wyszynski

For Physical Therapists

13 Tuesday

Feldenkrais for Martial Artists

Better organization for martial arts training

Joshua Wolk • 6:30–9:30 pm

17 Saturday

Creating Resilience

A Feldenkrais approach

David Zemach-Bersin • Noon–4:30 pm

21 Wednesday

The Feldenkrais Gym

An evening of exploration and discovery

Mark Hirschfield • 6:30–9:30 pm

23-25 Friday-Sunday

Working with Surprise in Functional Integration

Elizabeth Beringer

For Feldenkrais Practitioners

27 Tuesday

Pain-Free Knees and Ankles

Flexibility, support and comfort

Marek Wyszynski • 6:30–9:30 pm

JULY

1-3 Saturday-Monday

**The Summer Awareness
Through Movement Intensive**

Marek Wyszynski and David Zemach-Bersin

Friday • 12:30–6:30 pm

Saturday • 9:00 am–3:30 pm

Sunday • 9:00 am–3:30 pm

8 Saturday

Dynamic Sitting

Better organization = less discomfort

Janin Gunderman • 1:00–4:00 pm

12 Wednesday

Between the Lines

A Feldenkrais reading and discussion group

Mark Hirschfield • 6:30–9:00 pm

\$10 suggested donation

25 Tuesday

**Understanding & Improving
Your Posture**

Marek Wyszynski • 6:30–9:30 pm

29 Saturday

Your Neuroplasticity in Action

David Zemach-Bersin • Noon–4:30 pm

30 Sunday

**Dynamic Anatomy &
Awareness through Movement**

Anastasi Siotas • 10:00 am–6:00 pm

For Feldenkrais Practitioners

AUGUST

2 Wednesday

A Vision of Loveliness

Feldenkrais to improve your vision

Mark Hirschfield • 6:30–9:30 pm

15 Tuesday

**Relax Your Neck, Shoulders,
and Arms**

Feldenkrais perspectives for self-care

Marek Wyszynski • 6:30–9:30 pm

30 Wednesday

More Shoulder Mobility

**Feldenkrais to free your shoulders and
lighten your arms**

Mark Hirschfield • 6:30–9:30 pm



Membership

Become a Member of the
Feldenkrais Institute to receive
discounts on all our programs
and services!



Look out for our
**Bring a Friend for Free
Workshops**
announced monthly!

SEPTEMBER

13 Wednesday

Rolling

**Rediscovering what babies know
about efficient movement**

Lauren Wolk • 6:30–9:30 pm

19 Tuesday

**The Feldenkrais Biography:
A Life in Movement**

**A talk exploring some more
important highlights**

Joshua Wolk • 6:30–9:00 pm

\$10 suggested donation

23 Saturday

Reducing Stress & Anxiety

With the Feldenkrais Method

David Zemach-Bersin • 10:30 am–1:30 pm

**Feldenkrais Relief for Back Pain
& Sciatica**

David Zemach-Bersin • 2:30–5:30 pm

26 Tuesday

Walking Better, Step By Step

**Improve your gait with the
Feldenkrais Method**

Marek Wyszynski • 6:30–9:30 pm

OCTOBER

11 Wednesday

The Feldenkrais Gym

Pure adventure, pure discovery

Mark Hirschfield • 6:30–9:30 pm

17 Tuesday

Imagination and Feldenkrais

**Accessing your brain's ability to
learn through imagining**

Joshua Wolk • 6:30–9:30 pm

24 Tuesday

Pain Free and Happy Hip Joints

Feldenkrais lessons for joint health

Marek Wyszynski • 6:30–9:30 pm

27-30 Friday-Monday

**Working with the Spine in
Functional Integration**

David Zemach-Bersin

For Feldenkrais Practitioners

NOVEMBER

1 Wednesday

Free Your Jaw

Feldenkrais for TMJ comfort

Mark Hirschfield • 6:30–9:30 pm

5 Sunday

**Two workshops with a Master Teacher
In Good Hands**

David Zemach-Bersin • 10:30 am–1:30 pm

**Feldenkrais Relief for Your Neck
and Shoulders**

David Zemach-Bersin • 2:30–5:30 pm

7 Tuesday

On Posture

**The Feldenkrais Method as a powerful
tool for improving posture**

Joshua Wolk • 6:30–9:30 pm

28 Tuesday

Pain-Free Knees and Ankles

**Feldenkrais for flexibility, comfort,
and support**

Marek Wyszynski • 6:30–9:30 pm

DECEMBER

3 Sunday

**Reclaiming Your
Neurological Harmony**

With the Feldenkrais Method

David Zemach-Bersin • Noon–4:30 pm

5 Tuesday

The Feldenkrais Gym

An evening of exploration and discovery

Joshua Wolk • 6:30–9:30 pm

9 Saturday

Rejuvenate Your Posture

Feldenkrais relief and reorganization

Janin Gunderman • 1:00–4:00 pm

15-17 Friday-Sunday

**A Feldenkrais Approach to the
Treatment of Hip Dysfunctions**

Marek Wyszynski

For Physical Therapists

19 Tuesday

Pain-Free & Healthy Back Care

A gentle, intelligent, and effective approach

Marek Wyszynski • 6:30–9:30 pm



Individual Feldenkrais Sessions

To schedule an
appointment, please call
212-727-1014

Workshops for Performing Artists To register for a Performing Arts workshop sponsored by the Feldenkrais Foundation, please call 212-727-1014. The Take 5 and Save package is applicable to all 3-hour workshops, except those sponsored by the Feldenkrais Foundation.

Advanced Trainings for Feldenkrais Practitioners

Advanced Trainings for Physical Therapists



Feldenkrais Workshops for Performing Artists

Sponsored by The Feldenkrais Foundation

Saturday
March 18

Dancing With The How

Potency in fluidity

Belinda He

2:00–5:00 pm

Wednesday
March 29

Seeing the Image Through Self and Space

Feldenkrais for Actors

Andrew Belser

6:30–9:30 pm

Sunday
May 7

Singing for Life

Free your authentic voice

Margo Hennebach

3:00–6:00 pm



Please call 212-727-1014 to register!

These workshops are sponsored by the Feldenkrais Foundation. They are not applicable to the Take 5 discount program.

Special Guest Teacher / Public Workshop

Friday-Sunday
April 7-9

Seeing Clearly

Using the Feldenkrais Method to improve vision

David Webber



Discounts & Specials

at the Feldenkrais Institute of New York

• Class Cards

Discount Cards are available: Buy 6 classes and save \$25. Buy 12 classes and save \$75.

• Individual Session Packages

Discounts are available for packages of 3 or 6 Individual Feldenkrais Functional Integration sessions.

• Take 5 and SAVE

Attend five three-hour workshops of your choice. This discount package applies to all three-hour workshops, except those sponsored by the Feldenkrais Foundation.

• Monthly Membership

Members receive one individual session per month, and discounts on classes, workshops, and additional individual sessions. Members also receive discounts on use-at-home materials including books and CD sets.

• Bring a friend for Free!

Each month, one of our workshops is designated as a Bring a Friend for Free event. Announced monthly!

• Members of the North American Feldenkrais Guild®

Receive a 10% discount on all products and services

• Feldenkrais Training Program Students

Receive a 20% discount on all products and services

Discounts not available on digital products or combinable.



Advanced Trainings for Feldenkrais Practitioners

at the Feldenkrais Institute of New York

Advanced Trainings for Feldenkrais Practitioners

Friday-Monday
March 3-6

Functional Integration Solutions and Strategies for Back-Pain

David Zemach-Bersin and Marek Wyszynski

Friday-Sunday
June 23-25

Working with Surprise in Functional Integration

Elizabeth Beringer

Friday-Monday
October 27-30

Working with the Spine in Functional Integration

David Zemach-Bersin

Educational Events for Physical Therapists

Friday-Sunday
June 9-11

For PTs & Health Care Professionals Core Without Nonsense

Feldenkrais Perspectives on Stability and Core Training

Marek Wyszynski

Friday-Sunday
December 15-17

For PTs & Health Care Professionals A Feldenkrais Approach to the Treatment of Hip Dysfunctions

Marek Wyszynski



Mentoring for Feldenkrais Practitioners

(Training program students when applicable)

with **Joshua Wolk**

Monthly Mentoring

For new Feldenkrais Practitioners and 3rd and 4th year Students. Designed to support you in beginning and growing your practice.

Dates and Times: 6:30–9:30 pm

Wednesday, February 22

Wednesday, March 22

Wednesday, April 26

Wednesday, May 31

Wednesday, June 28

Wednesday, July 26

Wednesday, September 27

Wednesday, October 25

Wednesday, November 29

with **Mark Hirschfield**

Private Feldenkrais Practitioner Mentoring

Please call the office for more information and to schedule.



Feldenkrais Class Schedule

Awareness Through Movement®
Exercises

The powerful do-it-yourself aspect
of the Feldenkrais Method®

Drop-ins: \$25 • **Members:** All Classes are **FREE**
6 Class Card: \$125 • **12 Class Card:** \$225

If you are new to the *Feldenkrais Method*, we recommend the Basics Class. If you are in acute pain, we recommend Individual Sessions and the Moving Out of Pain class. Mats are provided. Your second class is **FREE!**



Feldenkrais®
INSTITUTE

Monday	12:30 pm	Open Class	with Marek Wyszynski
	5:30 pm	Open Class	with Joshua Wolk
Tuesday	12:30 pm	Basics Class	with Lauren Wolk
	3:00 pm	Community Class \$10 suggested donation	with Nancy Gayle Judson
	5:30 pm	Open Class	with Richard Newton
Wednesday	12:30 pm	Open Class	with Mark Hirschfield
	5:15 pm	Basics Class	with Mark Hirschfield
Thursday	11:00 am	Yoga/Feldenkrais	with Suzanne Ausnit
	12:30 pm	Open Class	with Mark Hirschfield
	5:15 pm	Open Class	with Suzanne Ausnit
	6:30 pm	Basics Class	with Joshua Wolk
Friday	10:30 am	Basics Class	with Nancy Gayle Judson
	12:30 pm	Open Class	with Janin Gunderman
Saturday	12:30 pm	Open Class	with Joshua Wolk
	1:45 pm	Basics Class	with Janin Gunderman
	3:00 pm	Moving Out of Pain	with Joshua Wolk
	5:30 pm	Community Class \$10 suggested donation	with Janin Gunderman

212-727-1014 • FeldenkraisInstitute.com

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