



Feldenkrais®
INSTITUTE

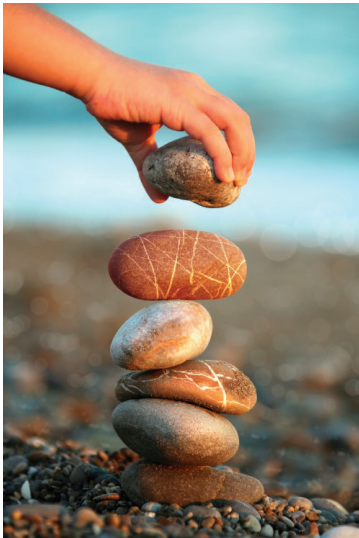
Physical Therapy &
Feldenkrais NYC

2018

Public Workshops • Programs for *Feldenkrais* Practitioners

Courses for Physical Therapists and other Health Professionals

Workshop Calendar



2018 Workshop Schedule

FEBRUARY

13 Tuesday
Understanding & Improving
Your Posture
Marek Wyszynski • 6:30–9:30 pm

21 Wednesday
Qigong & *Feldenkrais* for Your
Back and Spine
Margot Schaal • 6:30–9:30 pm

MARCH

6 Tuesday
Pain-Free & Healthy Hip Joints
Marek Wyszynski • 6:30–9:30 pm

14 Wednesday
Magic Shop
A place where movement you
thought beyond your ability becomes
“magically” possible
Mark Hirschfield • 6:30–9:30 pm

24 Saturday
Double Header Day!
Better Posture for Healthy Action
David Zemach-Bersin • 10:30 am–1:30 pm
Improved Breathing for
Healthy Action
David Zemach-Bersin • 2:30–5:30 pm

APRIL

4 Wednesday
Pain-Free & Healthy Neck
Marek Wyszynski • 6:30–9:30 pm

11 Wednesday
Internal Equilibrium & External Bal-
ance
Margot Schaal • 6:30–9:30 pm

28 Saturday
Double Header Day!
Relief for Back Pain and Sciatica
David Zemach-Bersin • 10:30 am–1:30 pm
Reducing Stress and Anxiety
David Zemach-Bersin • 2:30–5:30 pm

MAY

9 Wednesday
Improving Your Vision
Mark Hirschfield • 6:30–9:30 pm

16 Wednesday
Between the Lines Book Club
Mark Hirschfield • 6:30–9:00 pm
\$10 suggested donation

22 Tuesday
Walking Better
Marek Wyszynski • 6:30–9:30 pm

JUNE

► **1-3** Friday-Sunday
Using the *Feldenkrais Method*®
in Shoulder Rehabilitation
Marek Wyszynski
For Physical Therapists and
Feldenkrais Practitioners

5 Tuesday
Pain-Free Knees & Ankles
Marek Wyszynski • 6:30–9:30 pm

16 Saturday
Double Header Day
The Secret of Free & Easy Movement
David Zemach-Bersin • 10:30 am–1:30 pm
Freeing Your Neck & Shoulders
David Zemach-Bersin • 2:30–5:30 pm

27 Wednesday
Feet First – Improve Your Balance
Margot Schaal • 6:30–9:30 pm

► **June 30 – July 2**
Sunday-Tuesday
The Summer Awareness
Through Movement Intensive
Open to everyone
David Zemach-Bersin
**To Register: visit FeldenkraisAccess.com,
email info@FeldenkraisAccess.com or
call 646-820-5485**

JULY

18 Wednesday
Breathe Better, Feel Better
Mark Hirschfield • 6:30–9:30 pm

31 Tuesday
Spine Essentials for a Healthy Back
Marek Wyszynski • 6:30–9:30 pm

AUGUST

14 Tuesday
Understanding & Improving
Your Posture
Marek Wyszynski • 6:30–9:30 pm

SEPTEMBER

12 Wednesday
Feldenkrais University
Clarifying the how and why behind
the *Feldenkrais Method*
Mark Hirschfield • 6:30–9:30 pm

► **14-16** Friday-Sunday
The Essentials of “The Embodied Life”
Open to everyone
Russell Delman
**To Register: visit FeldenkraisAccess.com,
email info@FeldenkraisAccess.com or
call 646-820-5485**

SEPTEMBER (CON'T)

22 Saturday
Total Yoga Tune Up
Better Yoga with Feldenkrais
Suzanne Ausnit • 10:30 am–5:30 pm
includes one hour break for lunch

25 Tuesday
Your Pain-Free & Healthy Neck
Marek Wyszynski • 6:30–9:30 pm

OCTOBER

10 Wednesday
TMJ Health with the
Feldenkrais Method
Suzanne Ausnit • 6:30–9:30 pm

23 Tuesday
Pain-Free & Healthy Hip Joints
Marek Wyszynski • 6:30–9:30 pm

NOVEMBER

6 Tuesday
Feldenkrais & Mindfulness
The Art of Letting Go
Marek Wyszynski • 6:30–9:30 pm

14 Wednesday
Sense of Self
Mark Hirschfield • 6:30–9:30 pm

DECEMBER

2 Sunday
Reclaiming Your
Neurological Harmony
David Zemach-Bersin • Noon–4:30 pm

5 Wednesday
Core Action to Empower You
Margot Schaal • 6:30–9:30 pm

► **7-9** Friday-Sunday
Using the *Feldenkrais Method*
in the Rehabilitation of
Back Pain & Sciatica
Marek Wyszynski
For Physical Therapists and
Feldenkrais Practitioners

11 Tuesday
Spine Essentials for a Healthy Back
Marek Wyszynski • 6:30–9:30 pm

► Workshops hosted by *Feldenkrais Access*.
To register or for more information:
visit FeldenkraisAccess.com,
email info@FeldenkraisAccess.com or
call 646-820-5485

► Workshops for Physical Therapists &
Feldenkrais Practitioners



Feldenkrais Access

Professional Development for
Feldenkrais Practitioners & Students

Feldenkrais Access directed by David Zemach-Bersin, now organizes the Advanced Trainings for *Feldenkrais* Practitioners and extended workshops for the public held at the *Feldenkrais* Institute of New York. Tuition discounts and travel and work-study reductions are offered by Feldenkrais Access.

To register or for more information, please visit FeldenkraisAccess.com email info@FeldenkraisAccess.com or call 646-820-5485.

- April 8 [For Feldenkrais Practitioners](#)
Anatomy for Feldenkrais Practitioners & Students *with Anastasi Siotas*
- May 18-21 [For Feldenkrais Practitioners](#)
Working with the Spine in Functional Integration, Part II
with David Zemach-Bersin and Anastasi Siotas
- June 10 [For Feldenkrais Practitioners](#)
Anatomy for Feldenkrais Practitioners & Students *with Anastasi Siotas*
- June 30-July 2 [Open to everyone](#)
Sixth Annual Summer Awareness Through Movement Intensive *with David Zemach-Bersin*
- July 6-9 [For Feldenkrais Practitioners](#)
Traveling the Contralateral Road in Functional Integration *with Jerry Karzen*
- September 14-16 [Open to everyone](#)
Living the Embodied Life: Feldenkrais, Meditation and Guided Inquiry *with Russell Delman*
- September 28-30 [For Feldenkrais Practitioners](#)
Learning from Moshe Feldenkrais' 1968-1971 Tel-Aviv Training *with Ruthy Alon*
- October 21 [For Feldenkrais Practitioners](#)
Anatomy for Feldenkrais Practitioners & Students *with Anastasi Siotas*
- October 26-29 [For Feldenkrais Practitioners](#)
The Art of Joining in Functional Integration and Awareness Through Movement *with Olena Nitefor and David Zemach-Bersin*



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