

# The *Feldenkrais* Institute of New York

# August 2017

FELDENKRAIS WORKSHOPS FOR THE PUBLIC



**Wednesday, August 2 • 6:30-9:30 pm**

## **Improving Your Vision with the Feldenkrais Method®**

**with Mark Hirschfield**

Long ago, we used our eyes differently. It was necessary for us to scan the distant horizon regularly to locate food and to protect ourselves from predators. But times have changed. When letters, reading and writing were invented, we began to require our eyes to focus at close range for long periods of time. This behavior has only increased with the use of phones and computers. Join us for a three-hour workshop with Mark Hirschfield to explore *Feldenkrais* exercises designed to calm your nervous system and improve your ability to see more clearly in all situations. Regardless of your particular visual issues, this workshop will help your eyes to work together with less effort, improving not only your vision, but your overall sense of comfort and wellbeing as well.

**Member Tuition: \$30 • Pre-Registration: \$55 • Day of Event: \$65**



**Tuesday, August 15 • 6:30-9:30 pm**

## **Relax your Neck, Shoulders and Arms**

**with Marek Wyszynski**

Our neck, shoulders and arms move easily and comfortably when supported properly by the skeleton. But when your skeletal support is compromised, these muscle groups become overburdened, exhausted, stiff and painful. Everything suffers; from productivity and sleep, to balance and mood. Tension in these areas can also cause pain and stiffness in the hands, jaw, ribs, back, and head. This three-hour *Feldenkrais* workshop will introduce you to a gentle and intelligent way to improve the coordination of your neck, shoulders and arms with the rest of your body. It's a small investment of your time and attention, that can yield great results. Participants will:

- Discover how your feet, hips, chest and abdomen can help to relieve these muscle groups
- Integrate the movements of your spine and pelvis to improve the organization of your neck, shoulders and arms
- Restore pleasurable patterns of turning, bending and lengthening to your natural repertoire of movement

**Regular Price: \$65 • Online Registration: 10% off** (New fee structure starts 8/14/2017)



**Wednesday, August 30 • 6:30-9:30 pm**

## **More Shoulder Mobility**

**with Mark Hirschfield**

Do you ever sense weakness or pain in one or both of your shoulders while doing certain activities? Whether it's due to injury or stress, shoulder tension is a common experience for many people that doesn't seem to go away. Not only is this painful, but it affects other muscular systems, which can lead to inefficient posture and restricted breathing. Luckily, *Feldenkrais* Awareness Through Movement® exercises can help you to maintain healthy, happy shoulders. Learn how to improve the flexibility of your shoulders so that you can use your arms in the ways you'd like, and reduce your vulnerability to injury.

NOTE: Although *Feldenkrais* exercises are very gentle, this workshop may include some movements that are not advised if you are suffering from a recent shoulder injury. Feel free to consult with Mark if you have any questions before registering.

**Regular Price: \$65 • Online Registration: 10% off** (New fee structure starts 8/14/2017)

## Changes in August

Dear Clients and Students,

In order to simplify and streamline our operation, we are consolidating the services of the *Feldenkrais* Institute with Physical Therapy & *Feldenkrais* NYC. As of August 14, 2017 all services will be provided within one organization. All administrative and customer service activities will be handled by any of our friendly front desk staff. We will also implement changes in pricing for some of our services. Please see the front desk or our website for the new fee schedule. If you have any questions about these changes, please don't hesitate to contact us. We welcome your feedback.



## Workshops Coming in September

**Tuesday–Sunday, September 5-10**

### **Movement Intelligence: Solutions for Optimal Mobility**

Self-Care Strategies for Individual Functional Problems  
with Ruthy Alon

**Saturday, September 23**

### **Reducing Stress & Anxiety**

**10:30 am–1:30 pm**

### ***Feldenkrais* Relief for Back Pain & Sciatica**

**2:30–5:30 pm**

with David Zemach-Bersin

**Monday, September 25**

**6:30–8:30 pm • Free Event**

### **Meet the Author: Cathryn Jakobson Ramin**

Author of *Crooked: Outwitting the Back Pain Industry*  
and *Getting on the Road to Recovery*

Book Signing and *Awareness Through Movement* lesson  
with Cathryn Jakobson Ramin and Marek Wyszynski

**Tuesday, September 26**

**6:30–8:30 pm**

### **Walking Better, Step By Step**

Improve your gait with the *Feldenkrais Method*  
with Marek Wyszynski



## Welcome Margot Schaal!

We are thrilled to welcome Senior Practitioner Margot Schaal to the Institute starting August 7, 2017. Margot will be offering Functional Integration® sessions as well as teaching Awareness Through Movement® classes. Margot graduated from the Marin CA. II *Feldenkrais* Professional Training Program in 2003 and is also a Certified Assistant Trainer of the

*Feldenkrais* Method. She holds a Bachelor of Fine Arts, and is a Reiki Master and Qigong teacher. Margot has practiced *Feldenkrais* in the US and Rwanda, teaching people of all ages and backgrounds. Guided by her gentle and supportive approach, her clients learn how to address issues related to stroke and other neurological conditions, accidents and orthopedic challenges, chronic pain and anxiety, helping them increase flexibility, balance, physical performance, and to enjoy their health and life more fully.

**All are welcome to attend**

## **Movement Intelligence: Solutions for Optimal Mobility**

Self-Care Strategies for Individual Functional Problems

with Ruthy Alon

**Tuesday – Sunday, September 5-10, 2017**

The *Feldenkrais* Institute of New York is delighted to welcome the internationally recognized Senior *Feldenkrais* Trainer, Ruthy Alon, with her newest workshop in the Solutions for Optimal Mobility program. Exploring new themes, this workshop offers easily applicable self-care strategies for an array of individual functional problems, and is open to everyone.

