

# The *Feldenkrais* Institute of New York

# July 2017

FELDENKRAIS WORKSHOPS FOR THE PUBLIC



**Saturday-Monday, July 1-3**

## **Awareness Through Movement® Summer Intensive** with Marek Wyszynski and David Zemach-Bersin

Would you like to experience significant change and improvement? Come to this three-day immersion in the *Feldenkrais Method*®. It's an opportunity to experience multiple *Feldenkrais* lessons each day for three days in a row, with the expert guidance of two dedicated *Feldenkrais* Teachers, Marek Wyszynski and David Zemach-Bersin.

**Regular Price: \$420 • Early bird Tuition: \$390 through June 23**



**Saturday, July 8 • 1:00-4:00 pm**

## **Dynamic Sitting**

with Janin Gunderman

You may think sitting is an easy, passive activity, but it's not! Sitting is a significant challenge for your muscles, joints, and ligaments. Sitting with poor posture for many hours—especially while focused on a screen or keyboard—can exacerbate back and neck problems. Janin Gunderman has designed a workshop that will help you sit in a way that is comfortable, flexible, and structurally safe.

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



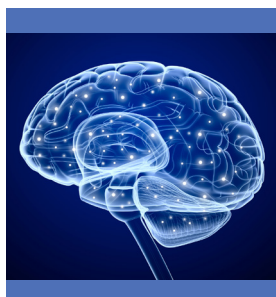
**Wednesday, July 12 • 6:30-9:30 pm**

## **Understanding and Improving Posture**

with Marek Wyszynski

Why is posture so important? Good posture is structurally efficient. It both looks and feels good. With good posture, our skeleton is organized in such a way that our muscles don't have to do the work of holding us upright. It protects our joints and allows us to experience our full length—or height—and enjoy our full capacity for flexibility and fluidity of movement. Discover your postural patterns and develop strategies for improving musculoskeletal organization.

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



**Saturday, July 29 • Noon-4:30 pm**

## **Your Neuroplasticity in Action**

with David Zemach-Bersin

Neuroplasticity is what lays at the heart of the *Feldenkrais Method*: the amazing ability of the brain to build new neural pathways. Dr. Feldenkrais created exercises to provide the brain with the stimulation and conditions it needs to build these new neural pathways in order to improve neuromuscular and skeletal organization. On Saturday afternoon, July 29, join David Zemach-Bersin, one of this country's most distinguished *Feldenkrais* Teachers, to experience the miracle of your neuroplasticity in action.

**Member Tuition: \$50 • Pre-Registration: \$90 • Day of Event: \$100**



**Feldenkrais®**  
INSTITUTE

**212-727-1014 • [FeldenkraisInstitute.com](http://FeldenkraisInstitute.com)**

134 West 26th Street, Second Floor, New York, New York 10001



# SUMMER Class Schedule

Awareness Through Movement®  
Exercises

Effective July 1, 2017

Drop-ins: \$25 • 6 Classes: \$125 • 12 Classes: \$225

Members: All classes are **FREE**

If you are new to the *Feldenkrais Method*, we recommend the **Basics Class**, which moves at a slower pace to allow you to become accustomed to the practice.

**Open Classes** build upon concepts that are introduced in the Basics Classes.

Mats are provided. Be comfortable! Wear loose clothing that is easy to move in.

<b>Monday</b>	12:30 pm	<b>Open Class</b>	with Marek Wyszynski
<b>Tuesday</b>	12:30 pm	<b>Basics Class</b>	with Kasia Wyszynski
	3:00 pm	<b>Community Class</b>	with Janet Steele
<b>Wednesday</b>	12:30 pm	<b>Open Class</b>	with Mark Hirschfield
	5:15 pm	<b>Basics Class</b>	with Mark Hirschfield
<b>Thursday</b>	12:30 pm	<b>Yoga/Feldenkrais</b>	with Suzanne Ausnit
	6:30 pm	<b>Basics Class</b>	with Marek Wyszynski
<b>Friday</b>		<b>No Classes</b>	
<b>Saturday</b>	1:45 pm	<b>Basics Class</b>	with Janin Gunderman
	5:30 pm	<b>Community Class</b>	with Janin Gunderman



## Workshops Coming in August

**Wednesday August 2**

**6:30-9:30 pm**

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

Reduce tension for greater visual clarity  
with Mark Hirschfield

**Tuesday August 15**

**6:30-9:30 pm**

### Relax Your Neck, Shoulders and Arms

*Feldenkrais* perspectives for self-care  
with Marek Wyszynski

**Wednesday August 30**

**6:30-9:30 pm**

### More Shoulder Mobility

*Feldenkrais* to free your shoulders and  
lighten your arms  
with Mark Hirschfield

## Educational Opportunities

**For *Feldenkrais* Practitioners**

### Dynamic Anatomy & *Awareness through Movement*

An Advanced Training for *Feldenkrais* Practitioners  
with Anastasi Siotas

Sunday, July 30 • 10:00 am-6:00 pm

**Announcing**

### New *Feldenkrais Method* Training Program

with David Zemach-Bersin

In the Summer / Fall of 2017

For more information, please call 212-727-7595

email: [fptpnyc@gmail.com](mailto:fptpnyc@gmail.com)

visit: [FeldenkraisTrainingPrograms.com](http://FeldenkraisTrainingPrograms.com)



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