

# The Feldenkrais Institute of New York

# June 2017

FELDENKRAIS WORKSHOPS FOR THE PUBLIC



**Wednesday, June 7 • 6:30-9:30 pm**

## Un-Caged

*Moving through your ribs to improve your organization and wellbeing* **with Suzanne Ausnit**

Access the potential for movement and flexibility in your ribs! This workshop will help you to increase your awareness of your rib cage. Improve the way you move and feel, and experience a new sense of space, expansion, relaxation and better breathing. A more flexible rib cage can help you to feel more alive!

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



**Saturday, June 17 • Noon to 4:30**

## Creating Resilience

*A Feldenkrais Approach*

**with David Zemach-Bersin** *Director of the Upcoming Feldenkrais Professional Training Program*

Spend an afternoon exploring special *Feldenkrais Awareness Through Movement*® exercises which can increase your capacity for resilience. Learn how to help yourself return to a state of neurological harmony, when faced with physical or emotional stress and adversity. This is a great opportunity to sample David's teaching; bring all your questions about the Feldenkrais Method®!

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



**Wednesday, June 21 • 6:30-9:30 pm**

## The Feldenkrais Gym

*An evening of exploration and discovery* **with Mark Hirschfield**

Our choices constrain us. That's why we are excited to present an evening at *the Feldenkrais Gym*. This workshop is an experience of *Awareness Through Movement* lessons that are not limited to a specific theme. Dive into *Feldenkrais* lessons without set goals and expectations in mind. Free from self-limiting restrictions, you'll experience surprising change and improvement in multiple ways.

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

**Bring a Friend for Free**



**Tuesday, June 27 • 6:30-9:30 pm**

## Pain-Free Knees and Ankles

*For flexibility, support and comfort* **with Marek Wyszynski**

This important workshop with *Feldenkrais* Institute Co-founder Marek Wyszynski is designed to help you restore the strength, flexibility and dependability of your knees and ankles. When your ankles and knees are well organized in relationship to the rest of your body, you are less vulnerable to orthopedic problems including osteoarthritis, torn menisci, patellofemoral pain, ligament strains, fallen arches and sprained ankles.

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

FOR THE PUBLIC



**Saturday – Monday, July 1-3**

## **2017 Awareness Through Movement Summer Intensive**

**with Marek Wyszynski and David Zemach-Bersin**

Saturday • 12:00–6:30 pm, Sunday • 10:00 am–4:30 pm,  
Monday • 10:00 am–4:00 pm

Once a year, during July 4th weekend, we present a three day *Feldenkrais* retreat for the public. With the guidance of two dedicated teachers, enjoy an immersive experience that is designed to give your nervous system and body an opportunity to refresh, restore, and recharge. Whether you live in New York City or are visiting, this three-day workshop puts you on a path towards better health and comfort.

**Full Tuition: \$420 • Early Bird Tuition: \$390 through Friday June 23rd**

Call 212-727-1014 for details about discounts!

Visit [FeldenkraisInstitute.com](http://FeldenkraisInstitute.com) for more details  
on all of our upcoming *Feldenkrais* Workshops, Classes and events

## PROFESSIONAL DEVELOPMENT

## Events for *Feldenkrais* Practitioners

**For Physical Therapists and Other Clinicians:**

### **Core Without Nonsense**

*Feldenkrais* Perspectives on Stability and Core Training

with Marek Wyszynski, PT, GCFP

Friday-Sunday, June 9-11, 2017

20 PTCEU Credits available in NY and CT, NJ Pending

**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

**For *Feldenkrais* Practitioners**

### **Working with Surprise in Functional Integration®**

An Advanced Training for *Feldenkrais* Practitioners

with Elizabeth Beringer, *Feldenkrais* Trainer, GCFP

Friday-Sunday, June 23-25

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