



2017

February

Workshops, Classes & News

February 7 **Meditation and the *Feldenkrais Method***
with Joshua Wolk
Bring a Friend for Free!

February 15 **Between the Lines**
A *Feldenkrais* Reading and Discussion Group
with Mark Hirschfield

February 21 ***Feldenkrais* for a Healthy, Pain-Free
Neck & Shoulders**
with Marek Wyszynski

For *Feldenkrais* Practitioners: **Mentoring evenings with Joshua Wolk
will begin on February 22**



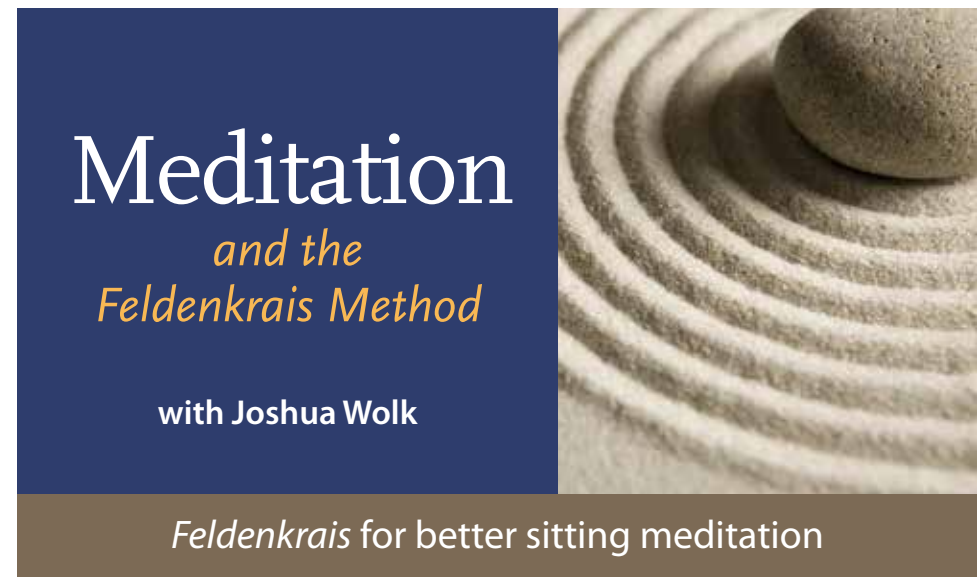
Presenting our NEW Workshop & Event Calendar!

We are happy to announce 50 new *Feldenkrais* workshops for the public in 2017 on a variety of subjects. Some workshops will focus on improving the comfort and function of specific parts of the body, while other workshops lead participants on uniquely personal paths of discovery. The *Feldenkrais Method* will also be applied to yoga, meditation, dance, theatre, singing, and more!

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

Treat yourself to this discount package and enjoy 5 workshops for a lower price. Select 5 three-hour workshops for a lower price. You can select them all at once, or choose them one at a time, as you go along.

Call 212-727-1014 for more information!



Tuesday, February 7 • 6:30-9:30 pm

Most meditation disciplines require or recommend a “correct” posture or a particular way of sitting. However, this can be problematic for many people. What if this position is uncomfortable? And what if trying to sit that way is a distraction?

The *Feldenkrais Method* can make an incredible difference in your experience while meditating. Not only can it help to bring greater ease and comfort to the way that you sit, but it is also a powerful and rewarding mindfulness practice in its own right, and will supplement and strengthen the quality and benefits of your meditation.

Senior Staff Practitioner Joshua Wolk invites you to join him for a special workshop exploring *Feldenkrais* exercises, or ‘lessons,’ that can be particularly helpful in improving your comfort and attention while meditating. In addition to being a *Feldenkrais* Practitioner, Joshua has practiced meditation for 25 years in both the Zen tradition, and an ancient Shinto form, and has found the *Feldenkrais Method* to be immensely helpful.

NOTE: A variety of mats and pads are available, but you may bring a meditation pillow if you wish.

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

Between the Lines

A *Feldenkrais* Reading and Discussion group

with Mark Hirschfield

February 15 • 6:30-9:00 pm

July 12 • 6:30-9:00 pm

Last year, we enjoyed Mark Hirschfield's 'Between the Lines', a *Feldenkrais* Reading and Discussion group. It was a lot of fun, and many participants said they loved having an opportunity to gather with others interested in the *Feldenkrais Method*, to discuss Dr. Feldenkrais' ideas in a friendly, relaxed setting. We are delighted that Mark Hirschfield has agreed to host two more Between the Lines, Reading and Discussion group meetings this year.



On February 15, Mark will lead a discussion about Feldenkrais' belief that we can access a wealth of untapped potential by engaging our subconscious processes. He will refer to sections from three books: *The Elusive Obvious*, by Moshe Feldenkrais, *The Field* by Lynne McTaggart, and *The User Illusion* by Tor Norretranders. More details and the relevant sections will be available for download on Mark's blog at www.markatfmradioblogspot.com



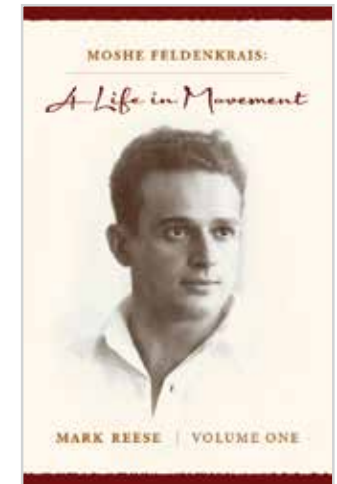
Moshe Feldenkrais: A Life in Movement

with Joshua Wolk

April 4 • 6:30-9:00 pm

September 19 • 6:30-9:00 pm

We are pleased to announce two Book Club events hosted by Joshua Wolk. These special evenings will feature and explore highlights from the biography of Moshe Feldenkrais, 'A Life in Movement ~ Part 1' written by *Feldenkrais* Trainer, Mark Reese. It is a rich and fascinating book, full of insights into the early development of the *Feldenkrais Method*.



All four Book Club evenings in 2017 will be free. If you would like to help us to cover our costs for these events, we would welcome a suggested donation of \$10.



Josh began studying the *Feldenkrais Method* 24 years ago with Mark Reese, author of *Moshe Feldenkrais: A Life in Movement*. He also studied with many of Dr. Feldenkrais' earliest American students, including David Zemach-Bersin, Elizabeth Beringer, Russell Delman, and Dennis Leri. He is a life-long martial artist, and teaches Aikido, meditation, and the *Feldenkrais Method*.

Spring Festival

FELDENKRAIS WORKSHOPS FOR PERFORMING ARTISTS

Sponsored by the *Feldenkrais* Foundation



Construction workers stand to benefit from improving their musculoskeletal organization and ease of movement, just as much dancers or actors do. But, people in the performing arts may find a *Feldenkrais* approach especially relevant.

Bringing flexibility to habits of self-use, the *Feldenkrais Method* inspires the development of new options for movement, expression, sensation, thought, and intention. As Moshe Feldenkrais famously said, **"When you know what you're doing, you can do what you want."**



We are delighted to host three special workshops for performing artists, sponsored by the *Feldenkrais* Foundation:

Saturday, March 18 • Time: 2:00-5:00 pm

Dancing With The How

Potency in fluidity with Belinda He

Wednesday, March 29 • 6:30-9:30 pm

Seeing the Image Through Self and Space

Feldenkrais for Actors with Andrew Belser

Sunday, May 7 • 3:00-6:00 pm

Singing for Life

Free your authentic voice with Margo Hennebach



For more information and to register, please call 212-727-1210

Feldenkrais for a Healthy, Pain-Free Neck & Shoulders

with Marek Wyszynski

Goodbye stiffness, Hello comfort

Tuesday, February 21 • 6:30-9:30 pm

What causes neck-pain? Neck and shoulder pain is almost always caused by poor musculoskeletal organization. Why? The average person's head weighs about 10 pounds. If your spine is well organized and your head is well

balanced on top of your spine, it feels weightless. But,

when you tilt your head (either forward, backward or

sideways) you quickly lose skeletal

support. Without skeletal support,

your muscles have to do all the work

of holding your head up, hour after hour.

As a result, your muscles become stiff and

painful. In this way, millions of people suffer

from pain that is completely unnecessary.

If you'd like to say goodbye to neck and

shoulder pain, join *Feldenkrais* Institute

co-founder and teacher Marek Wyszynski

for a workshop designed to promote the

comfort, balance and flexibility of your neck and

shoulders. Learn effective *Feldenkrais* strategies

to use at work and home, to keep yourself

comfortable and pain-free.

Almost all mammals have seven vertebrae in their neck. (Including you!)



Member Tuition: **\$30**

Pre-Registration: **\$55**

Day of Event: **\$65**



The Feldenkrais Institute of New York Membership

Membership is probably the best discount at the *Feldenkrais* Institute of New York. It's the easiest on your budget and the most supportive of your self-care goals. With Membership, all classes are free and one individual *Functional Integration* session is included each month. Members also receive significant discounts on all of our workshops and additional Individual Sessions. And, if you want to purchase *Feldenkrais* materials to use at home, you automatically receive discounts on those too.

Are you a Member? Perhaps you should be!



To enjoy the *Feldenkrais Method* often and easily, consider becoming a Member of the *Feldenkrais* Institute of New York.

Membership includes:

- Unlimited access to all our Classes
- A Monthly Tune-Up: either a complimentary *Functional Integration* Session or a private *Awareness Through Movement* lesson
- 20% off additional *Feldenkrais* Sessions
- Reduced tuition for all Workshops
- Discounts on Books and Audio-Programs

Call 212-727-1014 or stop by the lobby for information.



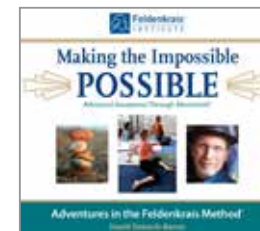
Audio Downloads Available

Three *Feldenkrais* audio programs are available for purchase as downloads with a convenient system called SendOwl. Details about each program (including lesson titles) are available on our website.

To Purchase, Visit SendOwl.com



with Marek Wyszynski
https://transactions.sendowl.com/packages/29857/CB8D91B9/add_to_cart



with David Zemach-Bersin
https://transactions.sendowl.com/packages/30247/AEF0A70A/add_to_cart



with David Webber
https://transactions.sendowl.com/packages/30116/A247B716/add_to_cart

How does SendOwl work?

When you click on a link, you'll be taken to a shopping cart holding your selected audio. Please select your payment method, (credit card or PayPal).

You'll be given the option to either download the file or use Dropbox. If you choose to receive your files via download, go to your downloads folder and click on the file. If you prefer to use Dropbox, click the "Save to Dropbox" option.

To Download one FREE Lesson from each program:

For a **FREE** track from **Healthy & Dynamic Legs with Marek Wyszynski** (Requires email to download but is free) Visit: <https://sowl.co/Rzvjv>

For a **FREE** track from **Making the Impossible Possible with David Zemach-Bersin** (Requires email to download but is free) Visit: <https://sowl.co/31BJL>

For a **FREE** track from **Seeing Clearly with David Webber** (Requires email to download but is free) Visit: <https://sowl.co/9PRKf>

Events for *Feldenkrais* Practitioners & Training Program Students



Functional Integration

Solutions & Strategies for Back Pain

March 3-6

An Advanced Training with
David Zemach-Bersin and Marek Wyszynski

Study Functional Integration with two highly experienced teachers. Over their many years of practice, David and Marek have developed valuable insights about how to help people with back pain and sciatica. They are eager to share their knowledge of anatomy, diagnosis, clinical strategies, and the functional and creative solutions offered by the *Feldenkrais Method*.

Regular Tuition: \$550

Early bird Tuition: \$495 through Friday, February 24

For more information and to register, call 212-727-1014



Mentoring

For *Feldenkrais* Practitioners and students
in the third and fourth year of a training program

This year, Joshua Wolk will host a series of practical and supportive Mentoring Evenings for practitioners and 4th year students, providing one-on-one attention and an opportunity to learn in a relaxed, intimate setting.

Feel free to drop in and sample Joshua's approach!

Meetings will take place between 6:30–9:30 pm

**February 22, March 22, April 26, May 31, June 28,
July 26, September 27, October 25, November 29.**

Mark Hirschfield will be available for private mentoring sessions this year. More information will be available soon.

For more information on any of these events,
please call the *Feldenkrais* Institute at 212-727-1014



Workshops Coming in March

Wednesday, March 1

Better Sitting

Can we make it safer? with Mark Hirschfield

Saturday, March 18

Rejuvenate Your Posture

Feldenkrais relief and reorganization with Janin Gunderman

Tuesday, March 21

Your Pain Free and Happy Hip Joints

Feldenkrais to promote joint health with Marek Wyszynski

Tuesday, March 28

The *Feldenkrais* Gym

An evening of pure exploration and discovery with Joshua Wolk

Performing Artists Workshops

Dancing With The How with Belinda He

Saturday, March 18

Seeing the Image Through Self and Space with Andrew Belser

Wednesday, March 29



Feldenkrais Class Schedule

Awareness Through Movement®
Exercises

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

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.

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!**

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	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	with Janin Gunderman



Feldenkrais®
INSTITUTE

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