



March

2017

Workshops, Classes & News

- March 1** **Better Sitting** with Mark Hirschfeld
- March 18** **Rejuvenate Your Posture**
with Janin Gunderman
- March 18** **Dancing With The How** with Belinda He
For Professional Dancers - Sponsored by the Feldenkrais Foundation
- March 21** **Your Pain Free and Happy Hip Joints**
with Marek Wyszynski **Bring a Friend for Free!**
- March 28** **The Feldenkrais Gym** with Joshua Wolk
- March 29** **Seeing the Image Through Self and Space**
with Andrew Belser
For Actors - Sponsored by the Feldenkrais Foundation

PRESENTING THE



Public Workshops • Workshops for Performing Artists
Programs for *Feldenkrais* Practitioners
Courses for Physical Therapists and other Health Professionals

2017 Workshop Calendar



2017 Workshop Calendar

Enjoy 50 *Feldenkrais* workshops for the public in 2017 on a variety of subjects. Some focus on improving the comfort and function of specific parts of your body, while others will lead you on paths of self-improvement and discovery.

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

Support and fortify yourself with a Take 5 discount package. For \$250, attend 5 (three-hour) public workshops in 2017. Select them all at once, or chose as you go!

Call 212-727-1014 for more information!

Workshops for performing artists sponsored by the *Feldenkrais* Foundation are not included in this package.

FELDENKRAIS WORKSHOPS FOR PERFORMING ARTISTS

Sponsored by the *Feldenkrais* Foundation

Bringing flexibility to our habitual patterns of self-use, the *Feldenkrais Method* inspires new options for our movement, expression, sensation, thought, and intention. These three *Feldenkrais* workshops are specifically for performing artists, and sponsored by *Feldenkrais* Foundation. Tell your friends!



FOR DANCERS

Saturday, March 18 • 2:00-5:00 pm

Dancing With The How

Potency in fluidity with Belinda He



FOR ACTORS

Wednesday, March 29 • 6:30-9:30 pm

Seeing the Image Through Self and Space

Feldenkrais for Actors with Andrew Belser



FOR VOCALISTS AND SINGERS

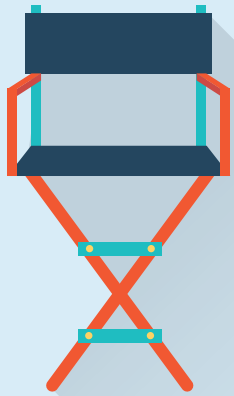
Sunday, May 7 • 3:00-6:00 pm

Singing for Life

Free your authentic voice with Margo Hennebach

"Feldenkrais has studied the body in movement with a precision that I have found nowhere else." – Peter Brook, Film and Stage Director

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



Better Sitting

Can it be safer and more comfortable?

with Mark Hirschfield

Wednesday, March 1 • 6:30-9:30 pm

Sitting is not actually as benign or easy as it looks. If your skeleton is not organized to support your body efficiently, sitting can be rough on your muscles and joints, and the opposite of comfortable or restful. Inefficient sitting posture is related to neck and shoulder pain and a wide range of back problems.

In this workshop, Senior Staff Practitioner Mark Hirschfield presents a *Feldenkrais* approach to help you develop a dynamic, healthy sitting posture. When your skeletal system provides sufficient support, you can sit in a way that is stable, yet flexible. Join Mark to learn *Feldenkrais* exercises that will help you use your 'sit-bones' effectively. Understand the mechanics of comfortable sitting, and make sure that the important curves of your spine are working for you instead of against you. With better organization, sitting can become less stressful.



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

REJUVENATE Your Posture

New ways to improve your posture and ease of movement

with Janin Gunderman



Saturday, March 18 • 10:00 am-1:00 pm

Posture is more important than most people realize. It is your body's underlying structure; literally the way in which your skeleton holds you upright against the pull of gravity. Posture determines many aspects of your physical comfort and ease of movement. In 'good' posture, your skeleton neutralizes pressure, force, and weight, and your muscles are free to relax. In 'poor' posture, your skeleton can not provide the support you need and your muscles are forced to work overtime. This frequently leads to chronic stiffness, soreness, and muscular fatigue.

Join Staff Practitioner Janin Gunderman to experience a *Feldenkrais* approach to better posture. Enjoy a selection of *Feldenkrais* exercises designed to rejuvenate your posture so that you can move through different postural situations with ease, comfort, and musculoskeletal integrity.



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



An Experiential Inquiry into
Virtuosity and Technique

Dancing with the How

with Belinda He

Saturday, March 18 • 2:00-5:00 pm

This workshop is for experienced and professional dancers.

Dancers continually hone their skills to perform at a high level. The *Feldenkrais Method* can help. This workshop supports your pursuit of excellence by helping you to develop greater ease, nuance and attentive listening to your whole self in both movement and rest. Using *Feldenkrais Awareness Through Movement* lessons as the what, Belinda He invites dancers to investigate the how, harnessing and integrating the forces coming from the floor for precise and virtuosic dancing.

Join us to explore the lucidity that becomes available when you are anchored by the question: **How am I doing this?** Investigate your habitual patterns when encountering challenging movements, and enhance your potential with new possibilities and strategies. Experience the functional use of your body, and enjoy an opportunity to attend to the how.

“As a professional dancer, I have benefited greatly from Belinda’s work. By the end of class, it’s as if I am already dancing, without ambition or effort. She has a unique understanding of dance and the intensity of what is required of a dancer’s body.”

– Annie Rigney, dancer

Performing Arts Workshop Sponsored by the *Feldenkrais* Foundation

Photo: Movement Number 3, oil painting by Shen Wei, 2005-2006.

Pre-Registration: **\$35** • Day of Event: **\$45**



Pain-Free & Happy Hips

A *Feldenkrais* approach to
joint health and protection

with Marek Wyszynski

Tuesday, March 21 • 6:30-9:30 pm

Bring a Friend for Free!

Your hip joints are the largest weight bearing joints in your body and play a key role in your physical comfort and ease of movement. In every moment that you are upright (sitting, standing or moving around) your hip joints are working hard—supporting your body upright against the pull of gravity—while at the same time providing you with flexibility and mobility. It is not an easy task, and your hip joints are vulnerable to strain and injury even when you are young.

Marek Wyszynski, Co-founder of the *Feldenkrais* Institute and a Hospital for Special Surgery Advanced Hip Clinician, is offering a practical and therapeutic workshop to help you improve your hip strength, mobility and function.

Explore *Feldenkrais* exercises designed to help your hip joints support your spine without effort or strain. And, because new research shows that too much stretching can cause joint damage and instability, find out how much flexibility is safe for your hip joints. Discover the important relationships between your hips and your spine, neck, chest and shoulders and learn effective *Feldenkrais* exercises to reduce pressure and compression in your hip joints, any time you like.

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

**KNOWLEDGE
IS POWER**

The *Feldenkrais* Gym

An evening of
exploration & discovery

with Joshua Wolk



Tuesday, March 28 • 6:30-9:30 pm

These days, we have many opportunities to make detailed choices for ourselves. But, our choices also necessarily limit and constrain us. This is why we are excited to present the *Feldenkrais Gym*—an evening of *Awareness Through Movement* lessons that are not committed to—or limited by—a specific theme or set of benefits. It can be profoundly enriching to dive into *Feldenkrais* lessons without set goals in mind. Freed from the limitations of habitual measurements, you'll experience change and improvement in multiple ways.

If you are interested in adventure and learning and like to 'jump in with both feet,' join Senior Staff Practitioner Joshua Wolk for an evening of pure *Feldenkrais* exploration and discovery at the *Feldenkrais Gym*.



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

FELDENKRAIS FOR ACTORS



Seeing the Image through Self and Space

with Guest Teacher Andrew Belser

Wednesday, March 29 • 6:30-9:30 pm

This special workshop for actors with guest teacher Andrew Belser uses the *Feldenkrais Method* to help us see with and through our whole selves. Actors at all levels will discover how ease—in our bodies, brains, effort, emotion and more—affects the quality of our seeing, opening us to see with greater depth, specificity, breadth, and resonance.

This workshop explores how imagery influences our acting, and how our seeing forms and shapes our breath and text. You'll find that seeing with spatial accuracy, fluidity, and energetic fullness can immediately free and deepen your acting. This approach is particularly useful in learning to trust 'doing less,' filling the stage or film frame with paradoxically more nuance, intensity, and depth.

Andrew Belser teaches movement, voice, and acting, and directs the Arts and Design Research Incubator at Penn State University. He is the producer/director of *FaceAge*, a film installation exploring cross-generational interactions, and is writing a book titled, *The Performer's Field Guide to Applied Neuroscience*. Belser's work has included movement forms, voice/breath work, interdisciplinary theatre approaches, and solo work. For more information please visit Andrew's website: AndrewBelser.com

Performing Arts Workshop: Sponsored by the *Feldenkrais* Foundation

Pre-Registration: **\$35** • Day of Event: **\$45**

Events for *Feldenkrais* Practitioners



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 years of practice, David and Marek have developed valuable insights about how to help people with back pain and sciatica. They look forward to sharing their knowledge of anatomy, diagnosis, clinical strategies, and the 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
Fourth Year Training Program Students

This year, Joshua Wolk will host a series of 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

**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 April

Tuesday, April 4

The *Feldenkrais* Biography: A Life in Movement

A talk exploring fascinating highlights
with Joshua Wolk

Friday-Sunday, April 7-9

Seeing Clearly

Using the *Feldenkrais Method* to improve vision
with Guest Teacher, David Webber

Saturday, April 15

Your Neuroplasticity In Action

Use your brain to organize your body
with David Zemach-Bersin

Wednesday, April 19

Breathe Better, Feel Better

Feldenkrais to improve the way you breathe
with Mark Hirschfield

Tuesday, April 25

Walking Better, Step By Step

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



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

212-727-1014 • FeldenkraisInstitute.com

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

© 2017 Kaethe Zemach-Bersin, *Feldenkrais* Institute of New York