



2017

May

Workshops, Classes & News

May 7 **Tune Up Your Yoga by Tuning In**
with Suzanne Ausnit

May 7 **Singing For Life** with Margo Hennebach
For Singers - Sponsored by the Feldenkrais Foundation

May 9 **Feldenkrais and Emotional Health**
with Joshua Wolk

May 14 **The 2017 Feldenkrais Festival NY**
with Frederick Schjang



May 21 **Improving Your Posture** with David Zemach-Bersin

May 21 **The Body Logic of the *Feldenkrais Method***
with David Zemach-Bersin

May 30 **Summer Spine Essentials** with Marek Wyszynski



Tune Up Your Yoga By Tuning in

Feldenkrais for flexibility, stability and balance

Sunday, May 7 • 9:30-2:30 pm

Would you like to have better support from your hands, knees, and feet in cat-cow or down-dog? Or better support when balancing on one leg in tree pose, or on both feet in warrior poses? Or, does one shoulder or hip feel restricted when you do a pose on one side, but easier and freer on the other?

By improving your neuromuscular organization, *Feldenkrais* can enhance your entire yoga practice and give you greater range of motion and more power and stability. Please join Yoga and *Feldenkrais* teacher Suzanne Ausnit for a special

5-hour workshop to experience *Feldenkrais* lessons that relate directly to yoga poses. After discovering new ways of moving that are easy, pleasurable, and safe, we'll apply our experience to specific yoga poses in order to inhabit them with greater comfort and ease. Whether you're a beginner or an advanced yoga practitioner, the *Feldenkrais Method* can dramatically improve your yoga practice.



Member Tuition: **\$60** • Pre-Registration: **\$90** • Day of Event: **\$100**



with Margo Hennebach

Sunday, May 7 • 3:00-6:00 pm

This workshop will help you to recognize and develop your authentic voice. Unlike an effortful or judgmental voice, your authentic voice allows you to be free, honest and deeply connected. Guest teacher Margo Hennebach combines the work of Moshe Feldenkrais and Bobby McFerrin to help you free your singing voice so you can use it in happier, healthier, and more creative ways.

This workshop will be practical and fun, with powerful *Feldenkrais* lessons to clarify the ways in which your skeleton can support you vocally, help you reconnect with the rhythm of your breathing, and maximize resonance throughout your body. Vocal improvisation strategies will help you to develop the confidence to express yourself without straining. This workshop is a safe environment in which you can experience the unique singer that you are.

Feldenkrais Practitioner, Recording Artist, Vocal Improviser, and Music Therapist, Margo Hennebach, GCFP, LGSM(MT), has assisted Rhiannon in vocal trainings, studied with Bobby McFerrin and Byron Katie, and toured as a soloist and member of Mad Agnes. Visit www.MargoHennebach.com.

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

Performing Arts Workshop: Sponsored by the *Feldenkrais* Foundation

To register, please call the office at 212-727-1014

Feldenkrais & Emotional Health



An exploration of movement and resilience

with Joshua Wolk

Tuesday, May 9 • 6:30-9:30 pm

The *Feldenkrais Method* can have profound benefits for our psychological and emotional well being. Although we tend to view 'body' and 'mind' as separate, there is actually no clear division in the nervous system between emotional functioning and motor functioning. Rather, these aspects of ourselves develop via an interconnected process in which each element affects the others. When we make improvements in how we move and feel by doing *Feldenkrais* lessons, we can also experience improvements in our self-image, mood, and in the way we approach social situations and interpersonal relationships, and in how we respond to stress triggers.

Please join us for an evening workshop with Joshua Wolk to explore and enjoy the soothing and supportive emotional benefits of using the *Feldenkrais Method*.

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

Feldenkrais FESTIVAL 2017

Build Pathways, Not Walls



Sunday, May 14 • Noon-6:00 pm

Celebrating Mother's Day and Dr. Feldenkrais' Birthday!

The *Feldenkrais Method* gives us access to new enlivening pathways that lead us from discomfort to comfort, from tension to relaxation, and from self-restricting old habits, to a new sense of freedom, ease, and potential.

We hope you can stop by and join us for this afternoon celebration, which features the diversity of the *Feldenkrais* experience with *Awareness Through Movement* Classes, Functional Integration® sessions, a panel discussion with Q&As, and prizes! A dynamic group of *Feldenkrais* Teachers will be on hand, and there will be food and live music.

This joyful annual event is hosted by Frederick Schjang. A benefit for the *Feldenkrais* Foundation, it's generous sponsors include: Birdland, Ensemble Elektra Kurtis, Jazz At Lincoln Center, Red Rooster/Ginny's Supper Club, Starbright Floral Design, and Telio Catering.

DONATIONS: Choose from four different donation levels.

For details, contact Rebecca Teicheira at 212-727-1210 or visit FrederickSchjang.com



It's a Double-Header!



TWO WORKSHOPS

with *Feldenkrais* Trainer and Institute
Co-founder, David Zemach-Bersin



We are delighted to present two half-day workshops with David Zemach Bersin. Known for his warmth and expertise as a *Feldenkrais* teacher, trainer and practitioner, David trained with Dr. Feldenkrais and graduated from the first *Feldenkrais* training program held in the United States. David maintains a *Functional Integration* practice in Pennsylvania and a busy teaching schedule. He has been helping to develop and present the *Feldenkrais Method* for forty years.

MORNING

Improving Your Posture

Discover your tallest self



Sunday, May 21 • 10:30 am-1:30 pm

Bring a friend for free to either workshop!

What is healthy posture and why does it matter so much? The *Feldenkrais Method* is revolutionizing our understanding of posture. It turns out that good, comfortable posture has nothing to do with rigid positions, or trying to straighten one's spine. Moment to moment, healthy musculoskeletal organization is created by the nervous system to provide us with flexibility, stability, and muscular efficiency, simultaneously.

Dr. Feldenkrais found that given the right kind of neurological opportunity, each person spontaneously becomes better organized. What a relief! With better organization, our skeleton supports us both upright and in movement, with minimal muscular effort. Join *Feldenkrais* Institute Co-founder, David Zemach-Bersin, to explore your body's access to better posture. Are you ready to become taller, freer and more flexible?

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

AFTERNOON

The Body Logic of the *Feldenkrais Method*

Demystifying *Feldenkrais*

Sunday, May 21 • 2:30-5:30 pm

The *Feldenkrais Method* communicates with your nervous system in a uniquely direct and therapeutic way. Immediately, improvements in your movement, flexibility, posture and emotional harmony begin to take place. These surprising results, stress-free and personal, are often described as "magical". But, there is a very strong, clear scientific logic to this approach. Join David Zemach-Bersin, who studied directly with Dr. Feldenkrais, to learn how to create the conditions for functional learning and change. Treat yourself to an afternoon exploring—and demystifying—Dr. Feldenkrais' brilliant insights.



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

Interested in studying the *Feldenkrais Method*?

Visit FeldenkraisTrainingPrograms.com for information on David Zemach-Bersin's upcoming *Feldenkrais* Training Program

The *Feldenkrais* Institute welcomes a **NEW *Feldenkrais* Training Program** with David Zemach-Bersin

Beginning Summer/Fall 2017 in New York City

The *Feldenkrais* Institute of New York is proud to host a new *Feldenkrais* Training Program directed by David Zemach-Bersin, with a team of experienced and inspiring teachers. It has a flexible, weekend-based schedule and is open to people of all ages.

New students will be accepted (as space allows) through the Fall. If you are curious, please feel free to schedule a visit during an upcoming segment.



“The Feldenkrais Training has been an incredible catalyst for positive shifts in my life.”

– Sonja Sutherland, M.A., Graduate and *Feldenkrais* Practitioner

“David’s unique precision, clarity and understanding of the Feldenkrais Method, make him the best teacher.”

– Marek Wyszynski, PT, Graduate, *Feldenkrais* Practitioner and Co-founder of the *Feldenkrais* Institute of New York

“No one understands Functional Integration better than David Zemach-Bersin. David has incredible mastery of both the creative spirit and technique of Functional Integration.”

– Mark Reese, *Feldenkrais* Trainer



FeldenkraisTrainingPrograms.com
FPTPNYC@gmail.com



Summer Spine Essentials

Feldenkrais tools for effective back care

with Marek Wyszynski

Tuesday, May 30 • 6:30-9:30 pm

Back pain is a serious problem that can prevent us from being able to engage in the activities we love. If you have back pain or have been diagnosed with muscle strain or spasms, herniated discs, spinal stenosis, facet joint dysfunction, spondylolisthesis or sciatica, the *Feldenkrais Method*® has much to offer you.

You can use the *Feldenkrais Method* to address a wide range of back problems including those caused or exacerbated by your unconscious habits of posture, movement and self-use. *Feldenkrais Awareness Through Movement* exercises give your brain an opportunity to update your postural patterns and improve your body’s musculoskeletal organization. With better organization, pressure on your discs, joints and ligaments will be reduced. Your muscles will do less work and inflammation will subside, allowing healing to take place.

Join Marek Wyszynski, Co-Founder of the *Feldenkrais* Institute, for an important back-care workshop. Learn *Feldenkrais* strategies to help you organize your posture for better support and reduce the frequency and severity of many common back problems.

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

FOR PHYSICAL THERAPISTS AND OTHER CLINICIANS

Core Without



Nonsense

Feldenkrais Perspectives on Stability and Core Training

Friday-Sunday, June 9-11, 2017 with Marek Wyszynski, PT, GCFP
Explore a *Feldenkrais Method* approach to promoting safe, healthy core training. In this special three-day course, you will experience, learn, and gain valuable insights to use in your work with clients. For more information or to register for this event, please call the *Feldenkrais Institute* at 212-727-1014.

FOR FELDENKRAIS PRACTITIONERS

Working with Surprise in *Functional Integration*

An Advanced Training for *Feldenkrais* Practitioners
with Elizabeth Beringer

Friday-Sunday, June 23-25

The *Feldenkrais Institute* is excited to announce a three-day Advanced Training with Elizabeth Beringer in New York City. Learn when, how, and why to use novelty and surprise to attract attention and engage the prefrontal areas of the brain in a way that creates engagement, and potentiates and solidifies learning. This is a rare opportunity to study with Elizabeth Beringer and we hope you can join us! Call to register at 212-727-1014.



Workshops Coming in June

Wednesday, June 7

Un-Caged

Moving through your ribs to improve your organization and wellbeing
with Lauren Wolk

Friday-Sunday, June 9-11

Core Without Nonsense

For Physical Therapists
with Marek Wyszynski

Tuesday, June 13

***Feldenkrais* for Martial Artists**

Martial arts training
with Joshua Wolk

Saturday, June 17

Creating Resilience

A *Feldenkrais* approach
with David Zemach-Bersin

Wednesday, June 21

The *Feldenkrais* Gym

An evening of exploration and discovery
with Mark Hirschfield

Friday-Sunday, June 23-25

Working with Surprise in *Functional Integration*

For *Feldenkrais* Practitioners
with Elizabeth Beringer

Tuesday, June 27

Pain-Free Knees and Ankles

Flexibility, support and comfort
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 5:30 pm	Open Class Open Class	with Marek Wyszynski with Joshua Wolk
Tuesday	12:30 pm 3:00 pm 5:30 pm	Basics Class Community Class Open Class	with Lauren Wolk with Nancy Gayle Judson with Richard Newton
Wednesday	12:30 pm 5:15 pm	Open Class Basics Class	with Mark Hirschfield with Mark Hirschfield
Thursday	11:00 am 12:30 pm 5:15 pm 6:30 pm	Yoga/Feldenkrais Open Class Open Class Basics Class	with Suzanne Ausnit with Mark Hirschfield with Suzanne Ausnit with Joshua Wolk
Friday	10:30 am 12:30 pm	Basics Class Open Class	with Nancy Gayle Judson with Janin Gunderman
Saturday	12:30 pm 1:45 pm 3:00 pm 5:30 pm	Open Class Basics Class Moving Out of Pain Community Class	with Joshua Wolk with Janin Gunderman with Joshua Wolk with Janin Gunderman



Feldenkrais®
INSTITUTE

212-727-1014 • FeldenkraisInstitute.com

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

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