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!

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**October Workshops, Classes & News**

- **October 1**  Stop Carrying the World on Your Shoulders  with David Zemach-Bersin  
  Bring a Friend for Free!
- **October 1**  Solutions for Sciatica and Other Back Problems  with David Zemach-Bersin
- **October 5**  Sensible Effort  with Mark Hirschfield
- **October 18**  Embodying Character  with Emily Davis  Sponsored by the Feldenkrais Foundation
- **October 25**  Better Walking for Comfort & Pleasure  with Joshua Wolk
- **October 26-30**  Movement Intelligence: Solutions for Optimal Mobility  with guest teacher Ruthy Alon
2 Public Workshops
with David Zemach-Bersin

David Zemach-Bersin is known for his warmth, skill, and belief in each person’s potential. Trained by Dr. Feldenkrais, he is one of the world’s preeminent Feldenkrais Teachers and has been helping others to improve and feel better with the Feldenkrais Method for forty years. We are delighted to announce that David will present two half-day workshops for the public, on Saturday, October 1. Both workshops are suitable for beginners; no previous experience is necessary.

Bring a friend along to the morning workshop. We hope you’ll take advantage of this opportunity to treat a guest to a top-notch Feldenkrais experience!

Stop Carrying the Weight of the World
Bring a Friend for Free!

Freedom for your neck and shoulders with the Feldenkrais Method

Saturday, October 1 • 10:30 am-1:30 pm

In response to anxiety and feeling overburdened, people often develop habits of muscular tension and poor posture. This can result in pain in the neck and shoulders. Our spine becomes compressed, our sense of self is diminished, our breathing is restricted, and we feel less alive, less mobile, and less powerful. Feldenkrais exercises can help you to improve your posture and the patterns of self-use that cause or contribute to the development of pain and tension.

Join David Zemach-Bersin to discover new ways to relieve tension and discomfort in your neck and shoulders, improve your musculoskeletal organization, and restore your sense of well-being.

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

Solutions for Sciatica (and other common back problems)
Using Feldenkrais to soothe and prevent irritation

Saturday, October 1 • 2:30 pm-5:30 pm

When back pain is severe or chronic, referred nerve pain and numbness can develop in one or both legs. This is commonly referred to as sciatica or a “pinched nerve,” and it indicates that a spinal disc in the lower back is exerting undue pressure on a nerve root. Sciatic pain can be intermittent and mild, or chronic and severe. The Feldenkrais Method offers relief by eliminating unnecessary strain caused by poor musculoskeletal organization and can help to restore your comfort and ease of movement. In four decades of clinical practice, Feldenkrais Institute Co-founder, David Zemach-Bersin, has helped hundreds of people to eliminate back pain and recover from sciatica.

In this workshop, you will learn which positions and movements are likely to increase sciatic discomfort and back pain, which positions and movements can reduce it, and learn Feldenkrais exercises to reduce symptoms and speed up healing.

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

David Zemach-Bersin is Co-founder of the Feldenkrais Institute of New York, and co-author of Relaxercise, a popular introduction to the Feldenkrais Method. He is a senior Feldenkrais Trainer, and directs Feldenkrais Teacher Training Programs.
As you explore the gentle movements in an Awareness Through Movement class or workshop, Feldenkrais teachers often remind you to “reduce the effort,” and encourage you to make the movements as close to ‘effortless’ as possible. But while minimizing effort is one aspect of the Feldenkrais Method, relaxation is not its main objective. The idea is not to live life like a “wet noodle.”

Dr. Feldenkrais was an accomplished athlete, and found that there is a relationship between reduced effort, and physical power. He knew that effort is not helpful if it isn’t applied to an action sensibly.

Join Mark Hirschfield to explore Feldenkrais lessons that will give you a concrete experience of what sensible effort feels like. Once you learn to apply power with awareness, effortless movement is no longer just a conceptual notion. It becomes an experienced sensation, enabling you to feel more capable, more potent, more alive!

In his book, Awareness Through Movement, Moshe Feldenkrais described his exercises as “…intended to gradually eliminate, from one’s mode of action, all superfluous movements, everything that hampers, interferes with, or opposes movement.”

He goes on to explain:
“In the systems of teaching generally accepted today, emphasis is placed on achieving a certain aim at any price, without regard for the amount of disorganized and diffused effort that has gone into it. (When) the organs of thought, feeling, and control are not organized for action that is coordinated, continuous, smooth, and efficient—and therefore also pleasant—we are involving parts of the body indiscriminately, even if they are in no way required for this action, or even interfere with it. One result is that we quite often perform an action and its opposite at the same time. (Then,) only mental effort can make the part that is directed toward the goal, overcome the other parts of the body operating to frustrate it. The right way is to learn to eliminate the efforts opposing the goal…”

Member Tuition: $30 • Pre-Registration: $55 • Day of Event: $65
The more we use the Feldenkrais Method, the better we come to know our bodies and ourselves. Might we come to know a character through some of the same mechanisms?

By combining Awareness Through Movement with physical theatre techniques (such as archetypes, chorus work and a hint of clown,) it is possible to create characters that are as rich and complex as real human beings.

Each person has their own unique patterns of self-use and organization. Learn how to expand your options so that you can move seamlessly from your own organization—to the character’s body—and back again. Join us for an evening Feldenkrais workshop for performing artists with Adjunct Staff Practitioner, Emily Davis.

Tuesday, October 18 • 6:30-9:30 pm

Performing Arts Workshop: Sponsored by the Feldenkrais Foundation

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

Better Walking

Feldenkrais to improve your walking comfort and pleasure

Tuesday, October 25 • 6:30-9:30 pm

Our skeletal structure evolved to help us walk with ease, efficiency, and pleasure. In fact, walking can be one of the healthiest things we do for ourselves! Not only does it get us from point A to point B throughout the day, but it also promotes good circulation and healthy function in all of our joints.

However, old injuries and postural habits (frequently associated with a sedentary lifestyle) can reduce our pleasure in walking as time goes by. Many people find themselves walking less because it’s uncomfortable. And yet, walking less isn’t the answer; it may actually increase our discomfort.

Senior Staff Practitioner Joshua Wolk will present Feldenkrais lessons to help you return to the joys of walking. By improving your musculoskeletal and neurological organization you can make walking comfortable again, and regain its many benefits.

Member Tuition: $30 • Pre-Registration: $55 • Day of Event: $65
Self-Care Strategies for Individual Functional Problems

A New Workshop with RUTHY ALON

Movement Intelligence Solutions for Optimal Mobility

PART III

Self-Care Strategies for Individual Functional Problems

Wednesday - Sunday, October 26-30

All are welcome to attend!

It is October at last, and we are delighted to welcome the internationally recognized Senior Feldenkrais Trainer, Ruthy Alon, with her newest workshop in the Solutions for Optimal Mobility program. Exploring new themes, this workshop offers easily applicable self-care strategies for an array of individual functional problems, and innovative neuro-motor processes to address common movement related issues including: facial tension, balance and posture, sitting and squatting, and pelvic floor health.

Ruthy Alon is an extraordinary teacher and one of Dr. Moshe Feldenkrais’ original students. Because Ruthy is reducing her travel schedule, this is a rare opportunity to work with her in person. All are welcome to attend. Because Ruthy’s workshops are popular and tend to sell out, please register soon to secure your spot!

“Ruthy Alon is a wellspring of wisdom; a true teacher and an inspiration to all who have an opportunity to learn from her…” – David Zemach-Bersin

Ruthy is a master at deciphering complex patterns of movement and creating solutions for improving them. Her clear verbal explanations empower her students to comprehend the work on their own, and experience a sense of personal success.

To register or for more information, please call 212-727-1014.

Are you interested in becoming qualified to teach Movement Intelligence Solutions for Optimal Mobility?

The Feldenkrais Institute of New York is pleased to offer make-up courses to help those interested to complete the series. Two special courses will be taught by Anastasi Siotas and Sonja Johansson. They are among Ruthy’s closest students, and have been authorized to teach Solutions for Optimal Mobility, Parts 1 and Part 2.

Requirements for Certification

If you are interested in being certified as a Movement Intelligence Solutions for Optimal Mobility Mentor, you must attend all three parts in this series.

The courses do not need to be taken in order.

In addition, participation in a 24-hour Didactic Mentoring Training weekend is required for certification. This event will be presented by Anastasi Siotas in 2017. Details to come.

Movement Solutions I

with Anastasi Siotas

This course will take place in 2017.
The dates have not yet been determined; details to come!
Themes: Feet, Knees, Lower Back, Neck

Movement Solutions II

with Anastasi Siotas (and Sonja Johansson)

Four Sundays in 2017: January 8, January 15, January 22 and January 29
10:30 am-5:30 pm
Themes: Arms and Shoulders, Hip Joints, Posture and Equilibrium

Since 2005, Anastasi has trained extensively with Ruthy both in the US, and in Israel. He is one of her closest teachers and has been entrusted with delivering her programs nationally and internationally, including in Australia and Greece.
Workshops Coming in November

**November 1**  
*Feldenkrais Back Care*  
with Marek Wyszynski

**November 6**  
*Revisit and Renovate*  
*Using developmental patterns to benefit you, today*  
with David Zemach-Bersin  
**Bring a Friend for Free**

**November 6**  
*Restoring Calm, Reducing Anxiety*  
*Using the Feldenkrais Method to promote emotional wellbeing*  
with David Zemach-Bersin

**November 9**  
*The Art of Listening*  
*In Awareness Through Movement and beyond*  
with Belinda He

**November 23**  
*The Art of Seeing*  
*Better self-use for better vision*  
with Joshua Wolk

**November 30**  
*Getting to Know the Feldenkrais Method*  
with Mark Hirschfield

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**Making the Impossible POSSIBLE**  
*Advanced Awareness Through Movement*

**Adventures in the Feldenkrais Method 13-CD set**  
*David Zemach-Bersin*

Presented by one of the world’s foremost Feldenkrais Teachers, *Making the Impossible Possible* features thirteen, unusual ‘advanced-level’ Awareness Through Movement lessons, **perfect for those who enjoy a challenge!**
Price is $89. NOTE: Due to the complexity of these lessons, this program is not recommended for those in pain, or recovering from an injury.

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**How many classes or workshops do you attend at the Institute a month?**

**Two or more?**  
*You may save money by becoming a MEMBER today!*

Access to ALL our weekly Classes  
One **FREE** Individual Session each month  
**DISCOUNTS** on additional Individual Sessions, Workshops, and Audio Resources to use at home.

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# Feldenkrais Class Schedule

**Awareness Through Movement® Exercises**

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

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