

# February 2018

FELDENKRAIS WORKSHOPS FOR THE PUBLIC



## Understanding & Improving Your Posture

with Marek Wyszynski

**Tuesday, February 13 • 6:30-9:30 pm**

Why is posture so important? Good posture is structurally efficient. It both looks and feels good. With good posture, our skeleton is organized in such a way that our muscles don't have to do the work of holding us upright. It protects our joints and allows us to experience our full height, and enjoy our full capacity for flexibility and fluidity of movement. Discover your postural patterns and develop strategies for improving your musculoskeletal organization in this special workshop with Marek Wyszynski.

**Regular Price: \$65 • Online Registration: 10% off**



## Qigong & Feldenkrais for Your Back and Spine

with Margot Schaal

**Wednesday, February 21 • 6:30-9:30 pm**

Experience the complement of gentle exercises from ancient wisdom and the modern Feldenkrais Method® cannon. Like *Feldenkrais* Awareness Through Movement® (ATM) lessons, Qigong offers a path toward easier movement and balance, deepening self-knowledge, and maintenance of health. We will learn from parallel aspects of Qigong exercises in standing (or sitting if necessary) and ATM lessons lying on the floor. *Feldenkrais* helps improve the Qigong movements and your ability to sense yourself; Qigong informs the *Feldenkrais* lessons with fluidity and connectedness. All are welcome, no experience with Qigong is necessary for this workshop.

**Regular Price: \$65 • Online Registration: 10% off**



# Awareness Through Movement® Class Schedule

Drop-ins: **\$25** 10% discount for online registration

10 Class Card: **\$220** Class Cards expire six months from date of purchase

**Basics Class:** We recommend this class if you are new to the Feldenkrais Method®

**Open Class:** This class will build upon concepts that are introduced in the Basics Classes

**Community Class:** Open to all levels and donation-based (\$10 suggested)

## General Information and Studio Policies:

Please arrive 10 to 15 minutes before the start of class. Mats are provided.

Wear clothing that is easy to move in. Before entering the studio, please remove your shoes and silence your phones.

|                  |          |                         |                       |
|------------------|----------|-------------------------|-----------------------|
| <b>Monday</b>    | 12:30 pm | <b>Open Class</b>       | with Marek Wyszynski  |
|                  | 6:00 pm  | <b>Open Class</b>       | with Mark Hirschfield |
| <b>Tuesday</b>   | 12:30 pm | <b>Basics Class</b>     | with Kasia Wyszynski  |
|                  | 3:00 pm  | <b>Community Class</b>  | with Janet Steele     |
| <b>Wednesday</b> | 12:30 pm | <b>Open Class</b>       | with Mark Hirschfield |
|                  | 5:30 pm  | <b>Basics Class</b>     | with Mark Hirschfield |
| <b>Thursday</b>  | 12:30 pm | <b>Yoga/Feldenkrais</b> | with Suzanne Ausnit   |
|                  | 6:30 pm  | <b>Basics Class</b>     | with Marek Wyszynski  |
| <b>Friday</b>    |          | <b>No Classes</b>       |                       |
| <b>Saturday</b>  | 12:30 pm | <b>Open Class</b>       | with Margot Schaal    |
|                  | 1:45 pm  | <b>Basics Class</b>     | with Janin Gunderman  |
|                  | 4:30 pm  | <b>Community Class</b>  | with Janin Gunderman  |



**Feldenkrais®**  
INSTITUTE

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