

January 2018

FELDENKRAIS WORKSHOPS FOR THE PUBLIC



Reinventing Your Core

Smarter Abs for Health and Performance

with Marek Wyszynski

Tuesday, January 9 • 6:30-9:30 pm

Our abdominal muscles are involved in almost everything we do. Good core strength can help us to maintain a healthy, strong and flexible back, and assist in preventing many joint, muscle, and tendon injuries. However, there is a great deal of confusion and misinformation about strengthening abdominal muscles, and some approaches can actually be dangerous. In this workshop you will learn about the relationship between your abdominal and back muscles, and how to train them safely. Experience effective *Feldenkrais* exercises to awaken and develop the powerful center of your body, and protect it's muscular balance. NOTE: This workshop may be helpful to those with back-pain.

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



Terrific Twists

Recharge Your Yoga Through *Feldenkrais*

with Suzanne Ausnit

Wednesday, January 24 • 6:30-9:30 pm

In this workshop, we'll explore *Feldenkrais* movements that will induce new flexibility in your ribs and spine, improving your ability to twist. Once you learn how to eliminate unnecessary restrictions in your rib cage and thoracic spine, you'll find greater freedom in seated, supine and standing twists. We'll also use a skeleton to help image the movements more clearly. By learning to listen to yourself as you move through these special Awareness Through Movement® lessons tied to yoga poses, you'll discover your blind spots and find new ways of moving that are easy, pleasurable and safe. Please join Yoga and *Feldenkrais* teacher Suzanne Ausnit for a special 3-hour workshop to experience *Feldenkrais* lessons that relate directly to yoga poses. No knowledge of yoga is needed 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.

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



Feldenkrais®
INSTITUTE

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