

# 2018 Workshop Schedule

## FEBRUARY

**13** Tuesday  
Understanding & Improving  
Your Posture  
Marek Wyszynski • 6:30–9:30 pm

**21** Wednesday  
Qigong & *Feldenkrais* for Your  
Back and Spine  
Margot Schaal • 6:30–9:30 pm

## MARCH

**6** Tuesday  
Pain-Free & Healthy Hip Joints  
Marek Wyszynski • 6:30–9:30 pm

**14** Wednesday  
Magic Shop  
A place where movement you  
thought beyond your ability becomes  
“magically” possible  
Mark Hirschfield • 6:30–9:30 pm

**24** Saturday  
*Double Header Day!*  
Better Posture for Healthy Action  
David Zemach-Bersin • 10:30 am–1:30 pm  
Improved Breathing for  
Healthy Action  
David Zemach-Bersin • 2:30–5:30 pm

## APRIL

**4** Wednesday  
Pain-Free & Healthy Neck  
Marek Wyszynski • 6:30–9:30 pm

**11** Wednesday  
Internal Equilibrium & External Bal-  
ance  
Margot Schaal • 6:30–9:30 pm

**28** Saturday  
*Double Header Day!*  
Relief for Back Pain and Sciatica  
David Zemach-Bersin • 10:30 am–1:30 pm  
Reducing Stress and Anxiety  
David Zemach-Bersin • 2:30–5:30 pm

## MAY

**9** Wednesday  
Improving Your Vision  
Mark Hirschfield • 6:30–9:30 pm

**16** Wednesday  
Between the Lines Book Club  
Mark Hirschfield • 6:30–9:00 pm  
\$10 suggested donation

**22** Tuesday  
Walking Better  
Marek Wyszynski • 6:30–9:30 pm

## JUNE

▶ **1-3** Friday-Sunday  
Using the *Feldenkrais Method*®  
in Shoulder Rehabilitation  
Marek Wyszynski  
\*\*\*Postponed to December 7-9\*\*\*

**5** Tuesday  
Pain-Free Knees & Ankles  
Marek Wyszynski • 6:30–9:30 pm

**16** Saturday  
*Double Header Day*  
The Secret of Free & Easy Movement  
David Zemach-Bersin • 10:30 am–1:30 pm  
Freeing Your Neck & Shoulders  
David Zemach-Bersin • 2:30–5:30 pm

**27** Wednesday  
Feet First – Improve Your Balance  
Margot Schaal • 6:30–9:30 pm

## June 30 – July 2

▶ Sunday–Monday  
The Summer Awareness  
Through Movement Intensive  
*Open to everyone*  
David Zemach-Bersin  
To Register: visit [FeldenkraisAccess.com](http://FeldenkraisAccess.com),  
email [info@FeldenkraisAccess.com](mailto:info@FeldenkraisAccess.com) or  
call 646-820-5485

## JULY

**18** Wednesday  
Breathe Better, Feel Better  
Mark Hirschfield • 6:30–9:30 pm

**31** Tuesday  
Spine Essentials for a Healthy Back  
Marek Wyszynski • 6:30–9:30 pm

## AUGUST

**14** Tuesday  
Understanding & Improving  
Your Posture  
Marek Wyszynski • 6:30–9:30 pm

## SEPTEMBER

**12** Wednesday  
*Feldenkrais University*  
Clarifying the how and why behind  
the *Feldenkrais Method*  
Mark Hirschfield • 6:30–9:30 pm

▶ **14-16** Friday-Sunday  
The Essentials of “The Embodied Life”  
*Open to everyone*  
Russell Delman  
To Register: visit [FeldenkraisAccess.com](http://FeldenkraisAccess.com),  
email [info@FeldenkraisAccess.com](mailto:info@FeldenkraisAccess.com) or  
call 646-820-5485

## SEPTEMBER (CON'T)

**22** Saturday  
Total Yoga Tune Up  
*Better Yoga with Feldenkrais*  
Suzanne Ausnit • 10:30 am–5:30 pm  
\*\*\*includes one hour break for lunch\*\*\*

**25** Tuesday  
Your Pain-Free & Healthy Neck  
Marek Wyszynski • 6:30–9:30 pm

## OCTOBER

**10** Wednesday  
Improving Your Sense of Self  
Mark Hirschfield • 6:30–9:30 pm

**23** Tuesday  
Pain-Free & Healthy Hip Joints  
Marek Wyszynski • 6:30–9:30 pm

## NOVEMBER

**6** Tuesday  
*Feldenkrais & Mindfulness*  
The Art of Letting Go  
Marek Wyszynski • 6:30–9:30 pm

**14** Wednesday  
TMJ Health with the  
*Feldenkrais Method*  
Suzanne Ausnit • 6:30–9:30 pm

## DECEMBER

**2** Sunday  
Reclaiming Your  
Neurological Harmony  
David Zemach-Bersin • Noon–4:30 pm

**5** Wednesday  
Core Action to Empower You  
Margot Schaal • 6:30–9:30 pm

▶ **7-9** Friday-Sunday  
A *Feldenkrais* Approach to the  
Treatment of Shoulder Joint  
Dysfunctions  
Marek Wyszynski  
*For Physical Therapists and  
Feldenkrais Practitioners*

**11** Tuesday  
Spine Essentials for a Healthy Back  
Marek Wyszynski • 6:30–9:30 pm

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▶ Workshops hosted by *Feldenkrais Access*.  
To register or for more information:  
visit [FeldenkraisAccess.com](http://FeldenkraisAccess.com),  
email [info@FeldenkraisAccess.com](mailto:info@FeldenkraisAccess.com) or  
call 646-820-5485

▶ Workshops for Physical Therapists &  
*Feldenkrais Practitioners*

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