

Body-Mind Workshops for Health and Fitness with Dr. Martha Eddy in April

Join us for this special opportunity to get a taste of Dr. Martha Eddy's exciting courses that integrate Body-Mind theories and practices from *Laban Movement Analysis*, *Body-Mind Centering*®, *Bartenieff's Fundamentals of Movement* as well as Dr. Eddy's own *Dynamic Embodiment-Somatic Movement Therapy Training*. Learn to apply refined movement awareness to "bodywork," exercise protocols, human communication, and healthy dance.

BodyMind Dancing
Thursday, April 22nd
2 to 3:30pm
\$20

BodyMind Dancing is an easygoing and pleasurable dance experience full of anatomical gems that strengthen body connections and support creativity. We use music from around the world, classic and new dance phrases, and improvisation to explore the internal world and revealing it externally. Come to dance or to learn the art of teaching dance with a somatic twist.

Applying Dynamic Embodiment: Understanding Body-Mind Centering®

Friday, April 23rd
1:30 to 4:30pm
\$100

Come and join us as we explore our bodies 'inside and out,' applying embodied physiology to fitness and body-mind health practices!

Dynamics of Touch©
Sunday April 25th
9:30am-12pm
\$90

Learn to differentiate different body tissue and the type of touch need to make caring, effective contact.

*Take both **Dynamics of Touch** and **Applying Dynamic Embodiment** for only **\$175***

Please call **212-414-2921** or email info@wellnesscke.net to reserve a space for all workshops. Pay early and secure you space by logging into PayPal and making a payment to smtt@wellnesscke.net. Payments made on the day of the workshop must be paid by cash or check.

These courses are a taste of our **July Somatic Intensive!** Please view our [July 2010 Workshop link!](#) Get **\$50.00 OFF** if you register for at least one April workshop and a full July Intensive course!

CKE reserves the right to cancel a workshop. BMC® is the registered trademark of Bonnie Bainbridge Cohen. Payments made through credit/debit cards must be paid in advance through our paypal account. Payments made at the time of the workshop can only be cash or check.

The Center for Kinesthetic Education
Martha Eddy - Director
49 West 27th Street; Mezzanine B (2nd Floor)
New York, NY 10001
(212) 414-2921
www.wellnessCKE.net