

# ***Center for Kinesthetic Education - CKE*** **THERAPIES & EDUCATION FOR CHILDREN**

These lectures will be held in the offices of CKE (suite #503)

**39 West 14<sup>th</sup> Street** between 5<sup>th</sup> Ave and 6<sup>th</sup> Ave

Phone (212) 414-2921 ext.#1 RSVP at least one day before

Cost: \$15 at the door

## **EYE RELAXATION AND ALIGNMENT**

Martha Eddy, CKE Director

**Tuesday September 13 6 – 7:15PM**

Insight Eye Relaxation and Alignment is regularly offered on Tuesdays 6:30 – 8PM throughout the fall  
Deep relaxation for the eyes and body help to realign and focus. Head, neck and shoulder tension are released.

**TUMMY TIME** Lauree Wise, OTR, Infant Developmental Movement Educator

**Thursday September 15th 7 – 8:15 PM**

Tummy Time classes are regularly offered on weekday mornings

Learn about the importance of having infants spend time on their tummies and how to spend this time safely and enjoyably with your child.

## **HELPING PARENTS through THE ALEXANDER TECHNIQUE**

Rebecca Tuffey and Ruth Diamond, Certified Alexander Teachers

**Tuesday September 20<sup>th</sup> 7 – 9PM**

This evening we will discuss the physicality of parenting. The Alexander technique is a method that teaches you how to do everything in your life with more awareness and ease. You can learn to take care of yourself while you are taking care of your family. You can prevent unnecessary strain, tension and pain. You can make ordinary tasks more pleasurable. In tonight's program, everyone will receive some hands-on contact from a teacher. There will be time to explore activities from your daily routine. Open to the newest caregivers and the most experienced.

## **E.A.S.Y. Baby Massage Program**

Janessa Rick, PT

**Tuesday October 11 7 – 9PM**

The Early Advantage to Support Your Baby's Development Program. Learn techniques to stimulate or calm your baby, providing a satisfying physical connection and bond. Includes our approach to ease colic, constipation and discomfort from colds and respiratory conditions. Please bring a baby doll to practice on.

## **FUTURE LECTURES CKE with JAYME RICH INTEGRATIVE PEDIATRICS**

**Homeopathy for Our Children Thursday Oct 27 7 – 9PM**

Sally Ekaireb, DSH

new perspectives on the holistic approaches with special needs children.

**Homeopathic Detox**

Mary Coyle

**The Sensory Smart Child**

Lindsey Biehl