



# Center for Kinesthetic Education

## Fall 2009 Newsletter

### CKE ADULT CLASSES— Healthy Movement and Dance for the Eyes and the Rest of the Body!

#### **Body-Mind Dancing ©— Thursdays at 7pm, Starting September 17**

Developed by Dr. Martha Eddy in 1986, 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, revealing it externally. Come to dance or to learn the art of teaching dance with a somatic twist in classes led by *Martha Eddy*, *Sherry Greenspan*, or *Maryse Jacobs*.

#### **Eye Yoga—Mondays at 7pm September 21, October 19, November 23**

Come and experience “Yoga for the Eyes” a vision enhancing class, led by Martha Eddy, that teaches easy-to-learn relaxation techniques that can help you see and feel better! *DID YOU KNOW:* Visual strain can be connected to tension in the neck and poor alignment. Allow your head to float up and back and let your eyes receive images in a relaxed way.

#### **Dynamics of Touch—Every Other Tuesday at 10:30am, Starting September 24**

Enhance your knowledge of LMA, BF, and/or BMC in this advanced class which incorporates Martha Eddy’s Dynamic Embodiment-SMTT principles and practices. Better understand the appropriate use of skilled touch and in developing exercise protocols in various health and educational settings. Class requires prior LMA and BMC experience.

Registration will be available through [www.movementsafoot.com](http://www.movementsafoot.com). Please call for more information.

### GENTLE DANCE EXERCISE CLASSES FOR BETTER HEALTH

**Moving On Aerobics:** Originally designed for people with cancer, MOA will increase physical fitness, muscle tone, and flexibility while alleviating the discomforts of cancer and similar illnesses. Classes are held regularly at Gilda’s Club and the JCC in Manhattan. A new class at 320 Studios starts on September 23rd. Wendy Joseph’s Wellness Dance class will happen periodically at The Center for Kinesthetic Education/Moving On Center. Find full class calendar [www.MovingOnAerobics.org](http://www.MovingOnAerobics.org) MOA is a community outreach program of the Moving On Center.

### CKE CHILDREN’S PROGRAMS

#### **Infant/Toddler Developmental Check-In— Mondays at 10:30am September 21, October 19, November 16**

Learn if your child is developing “on target” and participate in activities to promote growth and development. Spend caring time with other parents who engage in their children’s total physical, emotional, and cognitive wellness.

#### **Brain Games and Social-Play Groups—Every Tuesday at 4pm starting September 29th**

Have fun playing games and using brains! CKE engages small groups of children, with similar ages, in movement games and neuro-developmental activity to practice social, creative, and developmental skills. This after-school academic support that promotes focus, attention, energy, sport coordination, and reasoning skills for all learners. We use movement coordination to stimulate the brain and new neural connections! School, PT, OT and Vision Therapy homework can be geared toward each child’s personal goals or IEP. Classes are led by Developmental Movement Therapists.

**Semi-Private Play and Dance for Kids on the Spectrum—By Appointment** (groups for NLD, CP and other goals also possible) Semi-private classes bring together two or three children to move safely and enjoyably while getting to know each other better by practicing how to effectively respond to both non-verbal and/or verbal signals.

**CKE Dances! and Teacher Supervision Groups—CKE Dances!** educates youth through dance. This new program, contracted with Arts Ed of the NYC Department of Education, is a means for developing students’ artistic expression, creativity, and self esteem through movement. Promote fitness, reduce stress, increase aesthetic awareness, and teach academic content through our unique programs. If you are connected to a school that does not yet provide *CKE Dances!* please contact us for more info. **Thursday Afternoon Supervision Groups** invites teachers who use movement in their lesson plans to learn adaptations for children with special needs and to incorporate socio-emotional skill building, conflict resolution, and brain-based learning strategies into lessons. Check our calendar for upcoming Supervision Groups at [www.wellnesscke.net/cr.htm](http://www.wellnesscke.net/cr.htm).



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### CKE 2009 HIGHLIGHTS AND UPDATES

**BODY-MIND FITNESS DAY: September 25th, 10am-5pm:** A day of **FREE CLASSES** with some of NYC's finest Body-Mind Fitness leaders such as Tom Myers, Martha Eddy, Lesley Powell, Doris Pasteleur Hall, Colleen Wahl at **320 Studios** located at **320 West 37<sup>th</sup> St, 14<sup>th</sup> Floor**. You must pre-register online at [www.movementsafoot.com](http://www.movementsafoot.com) in order to take classes for free. There is a \$25 registration fee at the door if you have not pre-registered online.

**MOA Fundraising Cocktail Party: October 13th, 5:15-7pm:** This event will raise money for our dance-exercise classes which are specially tailored for the survivors of cancer and similar illnesses. Save the date for a night of fine finger food, special guest speakers, and a tour of Charles and Valerie Diker's fabulous art collection.

**Workshops with Martha Eddy in Europe:** Perceptual Motor Development and special needs work (Hamburg, Germany 10/23-10/25); Laban Movement Phrasing (Berlin, Germany 10/27 & 10/28); Body-Mind Dancing:(IADMS.org The Hague 10/29-10/31 & Amsterdam 11/1 & 11/2) Check our calendar at [www.wellnesscke.net/cr.htm](http://www.wellnesscke.net/cr.htm).

**DYNAMIC EMBODIMENT-SOMATIC MOVEMENT THERAPY TRAINING:** Introductory classes in DE-SMTT will be available at CKE/MOC and Stony Brook University. For more information about DE-SMTT please request our catalog and brochure. Please inquire further about gaining graduate credit toward your particular degree. Advanced students are welcome to apply for class of 2010.

**Bioneer's Movement Choir in Ithaca, NY: October 16-19:** Bioneer's Sustainability Conference brings the arts into engineering and social change movements. Two DE SMTT students, Amber Espar and Colleen Wahl, will be facilitating a movement choir designed to build connections within the sustainability community and generate collective action and momentum on our communal cause.

**Bring *The Ins and Outs of Water* to your local park or community garden!** Water Studies is an educational, participatory event for all ages. Take part in creative projects and open dialogue about water conservation, water use, and water appreciation. *The Ins and Outs of Water* is a project of the Moving On Center/Center for Kinesthetic Education in affiliation with LIMS Global Water Dances.

### TESTIMONIALS

This year a student intern interviewed some of the parents of some of our school-aged clients. One parent stated: "I continue to work with CKE because they incorporate injury prevention techniques and holistic rehabilitation therapies in their work with children and adults. As a parent, if you suspect something is too much effort and/or causing frustration for your child, you may need to find alternative ways to support your child in a caring and holistic way, regardless of doctor's opinions. I avoid surgeries and medications. I wouldn't let other's perceptions dictate the decisions I make for my child. Special Ed and occupational therapy are often 'dumbed down' approaches and do not fully support a child's development. Through working with CKE, my children have learned that optimal health (including thinking and feeling) is parallel to the body working properly. *August 2009*

### WAYS TO GET INVOLVED

- Take classes or study to teach classes
- VOLUNTEER: exercise with cancer survivors, contribute to our tutoring programs; or help out around the office
- Spread the word about CKE: Talk to your friends, visit our website and pass along this newsletter!

### CKE MISSION

Founded by Dr. Martha Eddy, CMA, RSMT in 2005, CKE's mission is to use movement as a means to increase mental, cognitive, psychological, and physical health. The center offers small, personalized group classes to address integrative development and fitness for people wanting to learn more about their bodies. CKE's services are especially beneficial to adults with cancer, stroke, chronic pain, or back problems and children with diverse challenges related to the autism spectrum, learning disabilities and a wide variety of developmental delays. Movement experts enroll in our professional courses to increase their effectiveness. CKE provides school and hospital consulting as well group and private sessions.