



The Center for Kinesthetic Education
wellnesscke.net

151 W. 30th St. Suite #200, NY, NY 10001
212.414.2921

2007 Somatic Education* Classes at CKE and Movements Afoot

The Evolution of Fitness* with Dr. Martha Eddy

Find core stability through developmental movement
Saturdays 3PM-6PM - January 13, February 10th, March 10th, April 21st
Or July 23 - 26 9am - 12noon

Find core stability through developmental movement using the somatic systems of the Body Mind Center work and Bartenieff Fundamentals.

Learn how our early childhood movement has meaning for our fitness as adults.

Enjoy the easy uprightness of a young child by applying important tips from our evolutionary history.

Class I CORE CONNECTIONS

Through an overview of motor development, learn from the natural action of babies about spinal alignment and postural tone.

Class II GETTING GROUNDED

Connecting to relaxation and power use yield and push patterns.

Class III COORDINATING STRENGTH

Learning to travel through space with reach and pull patterns.

Class IV INTEGRATION

Quick and balanced responses

Costs: 1 course \$300; 2 courses \$550; 3 courses \$800

Each initial 2-3 hour class is open for \$83

***ACE certified and Phase One for certification Somatic Movement Therapy Training/Somatic Fitness.**

Register by calling 212.904.1399

Learn more by visiting www.WellnessCKE.net

Contact us by emailing at info@wellnesscke.net or call 212-414-2921 #1

Upcoming Classes

Functional Anatomy and Physiology* with Dr. Martha Eddy

January 28th 9AM-6PM, January 29th 9:30AM-1:30PM
July 23-26 2PM-5PM

Fundamental Fitness with Clio Pavlantos and Lesley Powell

Using the Bartenieff Fundamentals
March - Wednesdays 6PM-8PM
July 21-22 9AM-5PM