

Waking Up To Self[©] April 18th – 23rd, 2012

A Portfolio of Resources for Expanding Awareness

Get connected to your deeper self and clarify communication with others. Through systematic work together in this safe community you will experience your own power to Express, Ground, Center in Your Integrity and Communicate using Martha Eddy's unique work of Dynamic Embodiment. Dynamic Embodiment integrates the somatic systems of Laban Movement Analysis, Bartenieff Fundamentals of Movement, and the Experiential Anatomy of Body-Mind Centering to facilitate embodiment. Embodiment skills are then be applied in educational and therapeutic settings to enhance cognitive and socio-emotional learning, as well as enliven arts and communication.

Workshop Descriptions

Wednesday: April 18th 6-8pm:

Introduction to Biodynamic Craniosacral Therapy -- Tera Judell

Thursday & Friday April 19th & 20th 9am-5:30 pm:

Introduction to Biodynamic Craniosacral Therapy -- Tera Judell (con't)

This is a rare opportunity to take an introductory hands-on training for a specialized form of Craniosacral Therapy. This form looks at the whole human perspective from the physical to the spiritual and from the embryo stage through to adulthood. It supports Martha Eddy's Dynamic Embodiment process of looking at the developmental as a foundation from which the range of adult expression grows.

Saturday April 21st

10 -11am: *BodyMind DancingTM : Connections – Mind & Body – Martha Eddy*

11am-12pm: *BodyMind DancingTM Teaching Tips – Martha Eddy*

Developed by Dr. Martha Eddy in 1986, BodyMind DancingTM is easygoing and pleasurable dance training full of anatomical gems that strengthen body connections and support creativity. We use music from around the world, FOLLOW-ALONG -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. Explore principles of efficiency and human development through joyful movement, and have fun! No prior dance experience necessary.

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1– 4pm: *Movement and Embodied Cognition – Learn how words mutually carry and influence the energy of our moving experience -- Talia Shafir*

This class examines how our bodies shape language and visa versa. We'll use movement, sound, writing and theater to explore the origins of individual expression and social contracts. For trainees and practitioners of DE-SMTT™, it is an opportunity to examine the psycho-physical connection within the bounds of somatic movement therapy. For those practicing other healing arts, it provides experiential insight into the bottom-up process of cognition, backed by some of the latest research in neuroscience, attachment and the social bonds of community.

4:30-5:45pm: *Focus and Relaxation of the Visual System with Children – Martha Eddy*

A vision-enhancing class that teaches you easy-to-learn relaxation techniques that can help you see and feel better! Based on Dr. Eddy's work as a body awareness specialist with developmental optometrist Dr. Richard Kavner, these exercises integrate whole body relaxation with activities for stimulating and balancing the eyes. In this class we also address developmental issues as they apply to the senses, awareness and attention, including an introductory overview of perceptual-motor development drawing on perspectives from the work of occupational therapist Bonnie Bainbridge Cohen, physiotherapist Irmgard Bartenieff, and child psychologist Dr. Judith Kestenbergl. Specific educational and therapeutic activities are explored for application with children in the classroom, at home, or in therapy sessions.

6-7pm: FREE Open House/Party for EyeOpeners DVD

EYE OPENERS are a series of simple fun, educational exercises based on THE POWER OF VISION and the WAY OUR EYES NATURALLY WORK to focus and direct attention. Science shows that as OUR EYES MOVE...THE BODY FOLLOWS. This program is a type of visual training. By relaxing, exercising, and using our eyes in physiologically sound ways, children are able to better focus on tasks, track a topic, switch gears effectively from blackboard to near focus work, and be aware of others in the room, while also filtering out any distractions.

Sunday, April 22nd

10am-1pm: *Through the Looking Glass – Observing the body in motion and context – Talia Shafir*

This is a collaborative, largely experiential workshop offering an overview of the basic elements of movement analysis covered in DE-SMTT: BodyMind Centering®, Bartenieff Fundamentals and Laban Movement Analysis highlighting several of their unique roles in the observation and resourcing phases of somatic movement therapy. Emphasis is put on developing and improving

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observational skills and identifying options. We will focus on the importance of becoming familiar with the organization of early developmental movement in particular, as the foundation upon which to build and rebuild the socially integrated whole.

2:15 – 5 pm: Dynamic Embodiment: Focus on the Brain & Learning

-- Martha Eddy

The Dynamic Embodiment process involves an interplay of paying attention to bodily cues using the interoceptors (proprioceptors and kinesthetic sensory input) and the extero-receptors (vision, hearing, taste, smell and touch). We use movement, sound and touch to heighten sensory awareness. When proprioception is not easily accessed the tactile sense may be stimulated through touch or vibration in order to activate sensation. Somatic education - learning from the "living body" is a key tool.

5:30 – 6:15pm: Body-Mind Dancing™ : Activation and Recuperation through Dance – Martha Eddy

Move to music, play, strengthen and tone your body, and let go of your mind for an hour of integration focusing on Waking Up to Self®'s developmental concepts. Relax and have fun!

6:30 – 8:00 pm: Weekend Synthesis: Questions & Answers with Martha Eddy

Monday, April 23rd - with Martha Eddy

9:30-10:30am: Infant Toddler Developmental Check-in

Learn from babies and their parents as Dr Eddy shares important tips for childrearing and motor development.

10:30-11:30am: Developmental Movement Professional Lab

Examine the primary theories of perceptual-motor development: neuromaturational, dynamical systems, somatic education. Introduce approaches of Bonnie Bainbridge Cohen, OT and Irmgard Bartenieff. Discuss Dr. Kestenber, Ms. Scott, and Dr. Thelan's theories and practices. Embody theoretical knowledge of infant development and practice it. Relate knowledge and theory of motor development to areas of professional interest (e.g. dance, early childhood education, fitness, health, performance or psychology).

11:45-12:45pm: BodyMind Dancing™: From Wagging to Waltzing

Review and Embody all aspects of Waking Up to Self® through joyful moving in space. Find how craniosacral rhythm can calm the nervous system, and how playful early movement – rolling,

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resting, sitting and crawling, in addition to whole new ranges of expressive movement -- can inform your recuperation.

2:30 - 4pm: BodyMind Dancing™ Pedagogy

Learn to communicate clearly as a teacher and to help students communicate with their bodies.

4- 5:30 pm: Closure – Therapeutic and Teaching Applications

Faculty Biographies



Martha Eddy, RSMT, CMA, Ed.D., founder and director of the Center for Kinesthetic Education (CKE), brings to the fields of health, wellness and education, her strong belief in the power of movement and body awareness to enhance lives. With a doctorate from Teachers College, Columbia University she has become a sought-after expert in using body awareness and movement in therapeutic work schools and hospitals. This has led to her work in responding to trauma with Inner Resilience/Tides Center working with NYC school educators around Ground Zero just after the events of 9/11. She has also created a program for Cancer Survivors that has been featured on CNN, NY1 and CBS. Martha's practice draws on her thirty-five years of training and teaching in neuro-developmental movement therapy with occupational therapist, Bonnie Bainbridge Cohen, and physical therapist, Irmgard Bartenieff. Her practical application of this work provides a foundation for her own Dynamic Embodiment Somatic Movement Therapy Training, in partnership with SUNY-Empire State College graduate programs. She taught at Columbia University for ten years, consults with the NYC Department of Education, and is on the board of the National Dance Education Organization.

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Tera Judell, PhDc, MSW, BCST is a recognized alternative health practitioner with more than 25 years of experience. She is passionately involved in and committed to the evolving field of energy medicine. Currently, Tera is in private practice in New York City and Santa Fe, New Mexico. Her practice includes talk therapy, bodywork and play therapy. She is a certified Prenatal and Perinatal Birth Therapist; a Registered Biodynamic Craniosacral Therapist with both the Craniosacral Therapy Association of North America and the Craniosacral Therapy Association of the United Kingdom; a Registered Polarity Practitioner with the American Polarity Therapy Association; a certified Phoenix Rising Yoga Therapist; a certified yoga teacher and a doula.



Talia Shafir, PhD(c) Somatic Psychology, RSMT/ME,C.C.Ht., a recent addition to the CKE faculty, has a masters degree in Applied Linguistics from Columbia University Teachers College and is a PhD candidate in Somatic & Spiritual Psychology under the advisement of Dr. Martha Eddy. Talia, a graduate of Dr. Eddy's Dynamic Embodiment TM program, practices Somatic Psychology (psychophysical and somatic-based regression therapy) and Somatic Movement Therapy in the greater New York and SF Bay Areas. Her training includes Developmental Somatic Psychotherapy (Dr. Ruella Frank), Sensorimotor Psychotherapy for Trauma & PTSD (Dr. Pat Ogden), Psycho-physical Therapy & Resourcing (Bill Bowen), Hakomi (Ron Kurtz), Deep Memory Process® (Dr. Roger Woolger), clinical hypnotherapy and sound healing (Jonathan Goldman, Chloe Goodchild, Karina Schelde). Talia is currently researching ways in which early childhood attachment patterns effect adult relationship.

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