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## Martha Eddy's Work with Children

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### *Pediatric Movement*

- Strengthen the connection between you and your baby or child
- Enhance your child's learning through movement
- Bolster your child's body image and self esteem
- Perceptual help for children with special needs
- Gentle movement activities for children recovering from injury

Individual sessions and small group classes (3-5 kids)

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### *Developmental Movement Assessments*

Martha Eddy assessments are used to create intervention programs for children that include sensorimotor activity in the classroom and also in educational advocacy such as appropriate school placement. Eddy is a developmental movement therapist, specializing in neuro-developmental assessment and interventions, a mother, educator, and holistic health advocate. She served on the faculty of Columbia University Teachers College for over 10 years teaching the application of perceptual-motor theories to educators and therapists. She was the Coordinator of the Riverside Church Wellness Center. She worked with Dr. Richard Kavner (developmental optometrist) developing activities to enrich the connection between posture, movement and vision.

Small group classes and private sessions:

### **Martha Eddy, Director**

Center for Kinesthetic Education CKE  
39 West 14th Street, suite 503, New York, NY 10011  
Tel: 212-414-2921  
[www.wellnessCKE.net](http://www.wellnessCKE.net)

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*“I like playing baseball again. My eyes are working together with my body. Surgery and physical therapy was important, and then playing all types of movement and body awareness games with Martha gave me confidence and better spatial awareness.”*

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## Martha Eddy's Exercise Programs

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### *Martha Eddy's Movement Therapy*

- Returns individuals to exercise and an active lifestyle
  - Enhances coordination, flexibility, and cardiovascular capacity
  - Bolsters self-esteem and improves body image
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### *Movement Therapy and Health Programming*

- Aerobic Dance for Children – weight loss & self esteem
- Moving On Aerobics for Women with Breast Cancer
- Gentle Aerobics for People with any type of Cancer or Chronic Disease
- Getting in Step for children or adults (including elders) with motor control and balance issues
- Developmental Play Groups for Children and Families
- Stress Reduction and Relaxation
- Eye Relaxation and Exercise

Eddy is an exercise physiologist with a Ed.D. in Movement Science and Education. Her custom tailored exercise and dance programs are being taught in NYC at the JCC, Gilda's Club, the 92nd St Y, St Luke's Roosevelt Hospital, and at the Riverside Church Wellness Center. Her faculty are often graduates of Moving On Center, a school and somatic research center that she co-founded in the San Francisco Bay Area. Eddy also consults on dance in schools. Together with Lesley Powell she directs the Somatic Fitness training at Movements Afoot in NYC.

[www.movementsafoot.com/somatic.htm](http://www.movementsafoot.com/somatic.htm)

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*“I can dance, even if my leg and hand is not totally free to move. I used to be embarrassed, now I am happy to be performing.”*

# Martha Eddy

Wellness, Movement,  
Education



### **Movement Therapy in**

- ♦ *K-12 Education*
  - ♦ *Exercise and Dance Programs*
  - ♦ *Neuro-motor Developmental Assessment*
  - ♦ *Private Practice*
  - ♦ *Professional Training*
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*“Having Martha pay attention to even the smallest parts of my body is inspiring — this care motivates me to give importance to each place inside of me.”*

## What is Somatic Movement Therapy?

Somatic Movement Therapy is a creative approach to engaging with a person through touch, movement and verbal direction to facilitate bodily ease, centered in awareness and self-acceptance. It includes practicing efficient physical action and clear, verbal and non-verbal communication with others. Through somatic movement explorations each person learns to be sensitive to his or her own body signals and the body language of others. Through this process one learns what personal strengths can be relied upon and discovers new body-mind (somatic) resources. By being aware more of the time one can notice subtle shifts throughout the day and adapt one's posture, movement and overall behavior to make healthier choices. A somatic movement therapist teaches this sensitivity and models this method of "being present."

Martha Eddy is trained in the somatic movement systems of Laban Movement Analysis, Bartenieff Fundamentals of Movement and Body-Mind Centering. She taught on the faculty of these certification programs for over ten years each.

## Professional Training in Somatic Movement Therapy

Martha Eddy created her SOMAction Movement Therapy Training (SMTT™) in 1991 blending movement observation and intervention tools from physical therapist I. Bartenieff and occupational therapist Bonnie Bainbridge Cohen. Eddy has developed effective hands-on and movement strategies for responding to the individual needs of a person. Her approach to Somatic Movement Therapy involves working with clients to improve physical function and holistic expression in movement and life through paying attention to body wisdom and learning to communicate compassionately. The key goals of Eddy's SMTT are embedded in the "cycle of intervention" – observe, support and provide options—a therapeutic model she formulated and teaches internationally. The training includes how to use Eddy's systems of Dynamic Movement, Dynamic Health,<sup>sm</sup> Dynamic Embodiment,<sup>sm</sup> and

Dynamics of Touch™ as well as somatic approaches to conflict resolution. Further training can include training to teach BodyMind Dancing, Moving On Aerobics, and to work with movement and conflict resolution in schools. Through these applications, discussions also extend to societal issues that restrict peace, and fostering creative, somatic solutions for healthy engagement in our communities.

[www.movingoncenter.org](http://www.movingoncenter.org) SMTT    [www.ismeta.org](http://www.ismeta.org)

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*"I finally found her—someone who can help my daughter by being a gym tutor, a dance tutor, and a communications tutor all at the same time!"*

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*"My son's seizures have gotten less intense through Martha's sessions. There is more to learn and he is open to it."*

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## Martha Eddy In Schools

### *Movement Therapy and Social Emotional Learning*

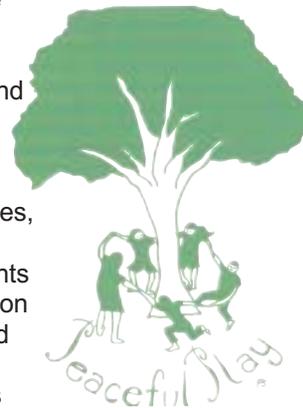
- Communicate Clearly and Effectively
- Understand Body Language
- Resolve Conflicts and Reduce Violence

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### *Peaceful Play Programming<sup>SM</sup>* *creative recess enhancement*

- Reviewing Appropriate Outdoor and Indoor Recess Activities—Cooperative Games and Creative Options
- Recess Team Leadership Facilitated Meetings Amongst Aides, Teachers, Specialists, Administrators & Parents
- Classrooms Sessions on Conflict Resolution and Peaceful Play
- Recess Peacekeepers
- Reviewing and Updating Procedures and Behavioral Management Strategies

[www.wellnessCKE.net](http://www.wellnessCKE.net)



### *Conflict Resolution through Movement and Dance*

Training for Dance and Movement Educators in how to integrate Conflict Resolution, Violence Prevention and Community Building using Movement and/or Dance skills in school and recreational environments. A credit bearing course at the Dance Education Laboratory, the 92nd St Y, in affiliation with SUNY Empire State College.

Dr. Eddy takes her unique blend of skills into schools as the founder of "Peaceful Play Programming<sup>SM</sup>" serving schools to make recess safe and enjoyable, and through Project Renewal's wellness programs, active in Region 9. Her research described best practices in physical and somatic approaches to violence prevention and led to her Embody Peace<sup>SM</sup> curriculum. She has been teaching graduate level courses to educators for over 20 years (NYU, San Francisco State University, Columbia University). She is sought out as a programmatic evaluator of dance programs and for socio-emotional development, violence prevention and youth development programs that engage children through the arts. She was an advisor to the NYC Department of Education in developing the K – 12 "Blueprint" for Dance.

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*"Peaceful Play Programming helps to make recess modifications on a school-wide level. Teachers, support staff, parents, and children all become involved."*

–Susan Rappaport, Principal, Manhattan School for Children.