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# STUDIES WITH MARTHA EDDY, CMA, Ed.D. NYC

Winter – Spring 2006

## CLASSES AND PROFESSIONAL TRAINING

**NEW LOCATION:** Center for Kinesthetic Education 151 West 30<sup>th</sup> St, 2<sup>nd</sup> Floor

[www.WellnessCKE.net](http://www.WellnessCKE.net) and [www.movementsafoot.com](http://www.movementsafoot.com)

REGISTER: 212-414-2921 [info@wellnesscke.net](mailto:info@wellnesscke.net)

**Ask about our Infant Development Open House Coming 10:30 – 1:30 FEB 6**

**Toddler Development Group: Meets Monthly Mondays Noon – 1:15pm**

**InSIGHT Eye Relaxation Tuesday Evenings from 6 – 7:15pm beginning Tuesday Jan 17,  
Last class at 39 West 14<sup>th</sup> ST**



**OR Mondays from February 13 to March 13 at 151 W. 30th 2<sup>nd</sup> Floor - \$15**

### **DEVELOPMENT MOVEMENT (SOMAction and Somatic Fitness requirement)**

The primary goal of this class is to embody the experience of childhood through movement, and awaken to our perceptions. Participants learn to move and express with ease by revisiting the infants and toddler\_s building blocks of movement - rolling, crawling, sitting, standing and walking. Includes the role of the perceptions and movement in adult coordination. Based on Body-Mind Centering® work of Bonnie Bainbridge Cohen, OTR.

**Tuesdays from 4 – 6pm** Jan 24, 31, Feb 7, 14, 28, March 7

Also available With Amy Matthews and Doris Pasteleur Hall June 2-4 Friday 6-9pm/Saturday 9-5 pm/Sunday 10-4pm

### **EXPERIENTIAL ANATOMY AND PHYSIOLOGY (SOMAction and Somatic Fitness requirement)**

**Thursdays 10-12am** Jan 26, Feb 2, 9, 16, March 2, 9

Also available With Amy Matthews March 17-19 Friday 6-9pm/Saturday 9-5 pm/Sunday 10-4pm

### **INTRODUCTION TO BARTENIEFF FUNDAMENTALS (BF) (SMTT \* SOMA Fitness requirement)**

**Thursdays 10-12am** March 16, 23, 30, April 6, April 27, May 4 (no class Easter and Passover weeks)

Also available \*Feb 24 - 26 Friday 6-9pm/Saturday 10-5pm/Sunday 10-5pm

### **INTRODUCTION TO LABAN MOVEMENT ANALYSIS (LMA) (SMTT \* SOMA Fitness requirement)**

**Tuesdays 4 – 6pm** March 14, 21, 28, April 4, April 11, May 2

Also available With Laura Ward, CMA \*March 3 5, Friday 6-9pm/Saturday 10-6pm/Sunday 10-6p

**Costs:** 1 course=\$330, 2 courses=\$600, 4 courses=\$1150. Costs for mid-week classes include one private 30-minute tutorial with Martha Eddy as well.

**LOCATION: CKE at Movements Afoot - 151 West 30th Street on 2<sup>nd</sup> Fl.**

**212-904-1399 - [www.movementsafoot.com](http://www.movementsafoot.com)**

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**COMING THIS SPRING: Conflict Resolution & Violence Prevention  
Through Movement and Dance**

**Sunday March 26;** Four Tuesdays and Thursdays in April/May, 2006 @ 7-9:30pm

**LOCATION: 92NDST.Y HARKNESS CENTER DANCE EDUCATION LAB  
92<sup>nd</sup> Street at Lexington Avenue • 212-415-5552**

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**Also at CKE: SEMI-PRIVATE CLASSES forming for children and adults**

***Infant and Toddler Development Groups***

***Back in Action*** – Relaxing Movement for Relieving Back Pain & Knowledge for becoming Pain Free

***Yoga and Alexander; Healing Yoga; Yoga and Pilates; Capoeira; and Chi Kung***

***Hands-on Workshops*** – Introducing **Body Mind Centering/Bartenieff Fundamentals Touch Practices**

***Body Mind Dancing© Teacher Training;***

***Dynamics of Touch©***

***Dynamic Movement Dynamic Health©***

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Courses may be credited toward certification with  
SOMAction© Movement Therapy Training (SMTT) or SOMATC FITNESS  
[www.movingoncenter.org/SMTT/htm](http://www.movingoncenter.org/SMTT/htm)

Inquire about Academic Credit – SUNY EMPIRE STATE COLLEGE  
& Santa Barbara Graduate Institute

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**ON-GOING AROUND NEW YORK:**

**MOVING ON AEROBICS© - a holistic dance exercise program for getting back in  
shape after treatment from cancer. Designed for *Breast Cancer survivors* by Dr. Eddy.**

212 229 8391: telephone hotline for MOA classes in NYC

[www.movingonaerobics.org](http://www.movingonaerobics.org)

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**Martha Eddy, CMA, Ed.D.** is Director of the Center for Kinesthetic Education (CKE) at 39 West 14<sup>th</sup> St. She is a Registered Somatic Movement Therapist specializing in neuro-developmental assessment, an Exercise Physiologist, and Dance Educator having served on the faculty of Columbia University, Teachers College – Program in Dance and Dance Education, the Laban Institute of Movement Studies (LIMS), and the School for Body-Mind Centering, for over 10 years each. She has a private practice at CKE working with infants, children and adults – helping them to strengthen abilities and vitality through movement, touch and dialogue. She designed Moving On Aerobics for women with breast cancer and she founded and directs SOMAction Movement Therapy Training (SMTT): <http://www.movingoncenter.org/SMTT.htm>

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