

You are cordially invited along with your friends & colleagues to a FREE Introduction to Dynamic Embodiment™

developed by Dr. Martha Eddy, CMA, RSMT

When: Friday July 16 5:30 - 7pm

Where: Moving On Center at 49 West 27th Street Mezzanine B

What: Find out what Dynamic Embodiment™ is*, how it works to relieve pain, increase vitality, and bring more awareness to the exciting aspects of being alive. Being embodied or "in your body" is a road to consciousness. DE principles are at the heart of Dr. Eddy's dance exercise program for recovery from cancer and chronic disease that has been featured on CNN and NY1. It will be on CBS news soon.

Dynamic Embodiment™ Sessions: Discover your own 'dynamism.' Your ability to access different parts of your own body and personality can be a great asset in communication, fitness, recreation, work, and the performing arts.

DE-SMTT™ Training: Dr. Eddy will discuss how her work has been seminal in establishing the field of somatic movement education & therapy. For those interested she will share how each of the upcoming workshops July 17 - July 26th can open personal and professional doors. The DE training can launch you in to a whole new career, or two. Stay on and learn about the DE-SMTT™ Certification Program

for becoming a somatic movement educator or a somatic movement therapists. Time will be allotted for discussing the various affiliations she has established with universities and degree programs.

Enter a community of explorers who are actively engaged in caring for people and our planet.

Fee: "Free" but kindly reserve a space by July 15 by phone or email. You can add more people at any time. Otherwise there is a \$10 contribution at the door.

RSVP: By email : info@wellnessCKE.net

Our number is 212.414.2921

<p>If you would like to sign on for a workshop between July 17 - 26 there are a few openings</p>
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WORKSHOPS beginning this week:

Experience sophisticated knowledge about Body Language, Motor Development, Experiential Anatomy, Body Counseling, Dynamics of Touch and Movement™, and Fundamentals of Movement. You'll have fun while exercising your body and mind. These courses also serve as introductions to BodyMind Centering® and Bartenieff Fundamentals of Movement - the Laban Movement Analysis -based the work of Irmgard Bartenieff, PT. BMC® is the Registered Trademark of Bonnie Bainbridge Cohen, OT