

September 25 - December 11, 2014

## BodyMind Dancing: Fall Classes in Harlem

Company: Center for Kinesthetic Education  
Venue: Pono School  
Location: New York, NY

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### About BodyMind Dancing

BodyMind Dancing was developed by Dr. Martha Eddy for easygoing and pleasurable exercise to music. This movement class is full of anatomical gems that strengthen body connections and support creativity. We use music from around the world, vocalize, play with dance phrases, improvise to explore the inner body and enjoy company. Come to dance, relax, invigorate, heal or play. BMD was the first dance class to incorporate yoga, dance and somatic education (body awareness) back in 1986 and now it's taught around the world. Join us for fun, health, or as a step toward BodyMind Dancing Teacher Certification.

For more info on BMD Teacher Certification, visit: [www.DynamicEmbodiment.org](http://www.DynamicEmbodiment.org) or email us at: [smttf@wellnesscke.net](mailto:smttf@wellnesscke.net).

### Class Pricing

Regular: \$20 per class; \$50 for 3 classes

Specials: \$10 for new students; \$10/each when you bring a new student

Center for Kinesthetic Education  
2002 5th Ave (at 124th St.)  
New York, NY, 10035  
<http://www.wellnesscke.net/cr.htm>

Schedule  
September 25, 2014: 5:30pm  
October 9, 2014: 5:30pm  
October 23, 2014: 5:30pm  
November 6, 2014: 5:30pm  
November 13, 2014: 5:30pm  
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