

October 14 - November 18, 2014

## BodyMind Dancing: Fall Classes in Chelsea

Company: Center for Kinesthetic Education  
Venue: Balance Art Center  
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  
34 W. 28th St.  
New York, NY, 10001  
<http://www.wellnesscke.net/cr.htm>

Schedule  
October 14, 2014: 10:00am  
October 21, 2014: 10:00am  
October 28, 2014: 10:00am  
November 4, 2014: 10:00am  
November 11, 2014: 10:00am  
November 18, 2014: 10:00am

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