

January 9 - February 27, 2015

New Winter 2015 BodyMind Dancing TM SCHEDULE

Company: BodyMind Dancing TM

Venue: Balance Arts Center

Location: New York, NY

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New Year Winter 2015 BodyMind DancingTM Schedule

BodyMind DancingTM (BMD) 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 and vocalize, play with dance phrases and 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.

Pricing: \$50 /3 classes or \$20/class SPECIALS: Experience your first BodyMind Dancing class for \$10, and \$10 each whenever you bring a new student.

With Martha Eddy in Manhattan:

Balance Arts Center (BAC) 34 W 28th St.

Fri classes 4-5pm beginning January 9th – Feb 27th

taught by Martha Eddy and Michelle Cohen-Cote

Dana Davison will join us at BAC in the spring.

RSVP- 212-864 5188 or drmarthaeddy@gmail.com

http://www.movingoncenter.org/DynamicSMTT/Files/BMD_claases_Early_Winter_2015.pdf

Join our mailing list to learn about special classes with Laura Gates on Hanna Somatics followed or preceded by BodyMind Dancing – it's a winning combo!

Join us for fun & health, or as a step toward BodyMind Dancing Teacher Certification

Jan 18 (for Laban/BF or BMC dance educators), Jan 24, and/or Feb 28-March 1

www.DynamicEmbodiment.org - Certification - for more info

BodyMind Dancing TM
34 West 28th Street
New York, NY, 10001

<https://www.eventbrite.com/e/somatic-dance-pedagogy-workshop-bodymind-dancing-and-moving-for-life-teacher-training-tickets-13661300317>

Schedule
December 26, 2014: 8:00pm
January 9, 2015: 4:00pm

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