



2011/2012 CLASSES & WORKSHOPS

Classes & workshops are held in New York City at
2121 Broadway at 74th Street, Suite 404

GROUP CLASSES: 7 weekly ATM classes per series \$125; single ATM class \$25

Class duration is 45 to 60 minutes. Wear comfortable, loose-fitting clothing so you can move freely.

Series	Day	Class Time	Teacher
2011	Mondays	12:30 and 7:00 pm	Barbara Forbes
Fall I: 9/12 - 10/30	Tuesdays	12:30 and 7:00 pm	Bob Etherington
Fall II: 10/31 - 12/18	Wednesdays	12:30 pm	Sharon Oliensis
2012	Wednesdays	7:00 pm	Marilyn Bakun
Winter I: 1/2 - 2/19	Thursdays	12:30 pm	Scott Fraser
Winter II: 2/20 - 4/8	Thursdays	7:00 pm	Rachel Lidov
Spring: 4/9 - 5/27	Fridays	12:30 pm	Kathy Yates
Summer: 5/28 - 7/15	Saturdays	11:00 am	Rachel Lidov
	Sundays	11:00 am	Cynthia Crumlish

WORKSHOPS: Workshops are on Sundays from 1 to 4:30 pm. Early registration **by preceding Tuesday** \$55; otherwise \$75

Wear comfortable, loose-fitting clothing so you can move freely.

9/18	Hill Running	Julia Pak*
10/16	Relieving Neck Pain	Rebecca Gardiner*
10/23	Embodied Living: Standing Your Ground, Spreading Your Wings	Barbara Forbes
10/30	Finding Your Balance: Feldenkrais Explorations on a Roller	Marilyn Bakun
11/13	Effortless Walking	Kathy Yates
12/4	Making the Impossible Possible	Sharon Oliensis
12/11	Strategies for Dealing with TMJ	Bob Etherington
1/8	Dynamic Arms	Rachel Lidov
1/15	Breathing Easier	Kathy Yates
2/12	Embodied Living: Awakening the Heart	Barbara Forbes
2/26	Overcoming Back Pain	Rebecca Gardiner*
3/4	Where Eyes Lead	Rachel Lidov
3/11	Finding Freedom and Flexibility: Feldenkrais Explorations on a Roller	Marilyn Bakun
3/18	Easing Joint Pain	Bob Etherington
3/25	Keys to Healthy Running	Oliver Henzler*
4/22	Embodied Living: Dance Like Water	Barbara Forbes
5/6	The Eyes and Tongue as Leaders of the Body	Sharon Oliensis
5/13	The Barefoot Runner	Oliver Henzler*

* Guest Teacher

REGISTRATION & PAYMENT:

Email flc_registration@me.com to register for classes and workshops. Be sure to include your **name, address, phone number** and the **class and/or workshop** you wish to attend in the body of your email. The teacher(s) will get back to you with confirmation of your registration and instructions on how to make your payment.