

BodyMind Dancing™ Schedule Winter/Spring 2016

BodyMind Dancing™ (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.

MONDAYS 1-2PM

Dr. Martha Eddy & Vincent Yong

Balance Arts Center: 3rd Floor, 34 W 28th St., New York, NY 10001

(N, R Trains to the 28th Street Stop)

Runs through March 28th

Cost: \$20/Class or \$50/3 classes*

MONDAYS 6-7:15PM

Dr. Martha Eddy & BMD Faculty**

Movement Research at Eden's Expressway: 537 Broadway, New York, NY, 10012

(N, R, Trains to the Prince Street, 6 Train to Spring Street stop)

Runs FEB 8TH- JUN 20TH

Cost: \$10/Class

TUESDAYS 7-8PM

APRIL 19TH, MAY 17TH, JUNE 21ST, JULY 19TH

Dr. Martha Eddy & BMD Faculty**

Pono Learning Center: 2002 5th Ave, New York, NY 10035

(2, 4, A Trains to 125th Street Stop)

Cost: \$20/Class or \$50/4 classes*

THURSDAYS 9-10AM

Dana Davison

Brooklyn Arts Exchange (BAX): 421 5th Avenue, Brooklyn, NY 11215

(F & G Trains to the 7th Avenue Stop, F/R to the 4th Avenue/9th Street Stop)

Cost: \$15/class, or by donation

*SPECIALS: Experience your first BodyMind Dancing™ class for \$10, whenever you bring a friend, you both can take class for \$10!

**Faculty Include: Dana Davidson, Vincent Yong, Michelle Cohen, Eli Marcos, Jae Young Jung

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

www.DynamicEmbodiment.org for more info

Or contact us at bodyminddancingoffice@gmail.com or 212.864.5188

A blurred background image showing several people in a dance studio. In the foreground, a person in a maroon shirt is seen from the back, with their arms raised. To their left, another person in a striped shirt is partially visible. In the background, other people are standing and moving. Large windows on the right side of the room let in bright light, creating a soft, airy atmosphere.

THURSDAYS 2-3:15

BEGINNING APRIL 21ST

Dr. Martha Eddy & BMD Faculty**

92 Street Y: 1395 Lexington Ave, New York, NY 10128

(4,5,6 to 86th Street)

(Runs April 21st to May 26th, no class on April 28th)

Cost: \$17/class, or \$70 for all 5 classes

FRIDAY 4-5pm

BEGINNING APRIL 8TH

Dr. Martha Eddy & BMD Faculty**

Balance Arts Center: 3rd Floor, 34 W 28th St., New York, NY 10001

(N, R Trains to the 28th Street Stop)

Cost: \$20/Class or \$50/3 classes*

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