BodyMind Dancing™ Schedule
Spring/Summer 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 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

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

*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, & Sherry Greenspan

Join us for fun & health, or as a step toward BodyMind Dancing™ Teacher Certification
Visit www.DynamicEmbodiment.org for more info
Contact us at bodyminddancingoffice@gmail.com or 212.864.5188
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(Cont.)

FRIDAY 4-5pm
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 $50/4 classes*

SATURDAY SPECIALS:
$20/Class or $50/4 Classes

Vincent Yong
April 16th, 23rd, & 30th from 12-1pm
SKYPE Class: email bodyminddancingoffice@gmail.com to get call-in information

Sherry Greenspan
May 22nd from 11-12pm
Pono Learning Center: 2002 5th Ave, New York, NY 10035
(2, 4, A Trains to 125th Street Stop)

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