

Sonja Riket, is a Registered Somatic Movement Therapist®, a Certified Feldenkrais® and Body-Mind Centering® Teacher and faculty member at the SF Community Music Center. Her passion for dance and music began at age four and blossomed into a professional dance career spanning 30 years and four continents. For two decades she has been practicing and teaching somatic methods for dancers, musicians and general public of all ages. Sonja is the founder/director of the SF Somatic Wellness Program for low-income women and children at SF's Women's Building. She teaches somatically inspired Argentine Tango dance, and is the founder of the Tango Revolution Orchestra, which performs every Sunday at SF's Caffè Trieste Downtown. Sonja is a humble student of the Bandoneon instrument. www.IntimateEmbraceTango.com

Bonnie Bainbridge Cohen, is the developer of Body-Mind Centering® and the founder of the School for Body-Mind Centering®. For more than 37 years she has been an innovator and leader in developing this embodied and integrated approach to movement, touch and repatterning, experiential anatomy, developmental principles, perceptions and psychophysical processes. She is the author of Sensing, Feeling and Action and currently has 3 DVD's: Body-Mind Centering and Dance, Nervous System and Yoga and Four Special Children. www.bodymindcentering.com

TESTIMONIALS

"I have used Body Mind Centering® in my piano playing and teaching for the past 30 years. Body awareness is a crucial element in my art; it is the tool through which I can realize my musical intentions. Without it, I would be prone to injury; with it, I have access to a treasure-trove of artistic possibilities. I like to work with the body systems as a stimulus for generating new interpretations, and I have especially enjoyed Bonnie Bainbridge Cohen's work connecting the scapula to the fingers. Amazingly, that work correlates beautifully with Chopin's ideas about piano playing. Being grounded in my body allows me to be expressive in my soul."

- Monica Jakuc Leverett
Elsie Irwin Sweeney Professor Emerita of Music
Smith College, Northampton, MA

"Working with Sonja Riket, has been a tremendously rewarding experience. Her teaching, which gracefully blends the Somatic Method of Body-Mind Centering® with elements of the Feldendkrais Method, has begun to integrate within me a level of dynamic body balance and awareness which I had never known existed, and which I am convinced can greatly benefit any music student, teacher, or professional performer. I am finding myself playing with more fluidity, ease, and comfort than ever before, and can finally begin to look beyond my history of music related injuries towards an optimistic future previously difficult to imagine. But far more than injury prevention, Sonja's "cultivating creative expression" course at SF's Community Music Center opens up creative and physical resources which can positively affect nearly every aspect of one's life. The overall experience has been nothing short of a complete personal paradigm shift."

- Peter Lee, Bachelor of Music, Classical Guitar
San Francisco Conservatory of Music

"Very few experience in my sixty plus years have been as rewarding and productive as the Body-Mind Centering® therapy, information, explorations and exercises I have received from Sonja Riket. This for me has been a very powerful healing experience, restoring mobility to my playing (53 years of moving notes on a saxophone) and generally improving my quality of life as I deal with age related issues and past injuries. No risk, exceptional personal gain, the best and most productive health related sessions of my life."

- Bill Fiege, Senior Faculty SF Community Music Center
Teaching & Performing in San Francisco Since 1968

Body-Mind Centering® is a registered service mark of Bonnie Bainbridge Cohen used with permission.
Feldenkrais® is a registered service mark of the Feldenkrais® Guild of No. America.