

FREE WORKSHOP SERIES



Sonja Riket



Bonnie Bainbridge Cohen

SF Community Music Center and faculty member Sonja Riket present a series of FREE educational workshops on the relationship of movement to music making/singing for creative expression and injury prevention/rehabilitation with guest faculty Bonnie Bainbridge Cohen, founder of the groundbreaking, innovative Body-Mind Centering® method of somatic education.

DATES: **Sunday 9/25:** 12 - 3pm **Sunday 10/23:** 12 - 3pm with Sonja Riket
Sunday 11/13: 12 - 3pm with guest faculty Bonnie Bainbridge Cohen

Workshops are recommended as a series to allow for deepened understanding as content will vary and build. Material is sourced from the somatic methods of Body- Mind Centering® and Feldenkrais® www.bodymindcentering.com www.feldenkrais.com.

LOCATION: **San Francisco Community Music Center, Concert Hall:**
544 Capp Street SF, CA 94110 415.647.6015 www.sfcmc.org

Please register with Sonja Riket at: 415.661.1852
or email at: sriket@earthlink.net
Please visit www.IntimateEmbraceTango.com/somatic.html

We will explore movement:

- As a tool for injury prevention/rehabilitation
- As a modality for expressive possibilities
- How to use the body effectively to produce high quality musical performances
- How human developmental movement patterns are foundational elements of musical organization
- To improve breathing, tone, coordination, strength and technical proficiency

Participants are asked to bring their instruments and a piece of music to play or ideas for composition at the end of each workshop.

turn page for more information

FOR ALL MUSICIANS, SINGERS, MUSIC FACULTY, COACHES, AND MUSIC THERAPISTS.
A UNIQUE OPPORTUNITY TO LEARN TOOLS TO FREE YOURSELF FROM TENSION, PAIN
AND INJURY & FIND INNOVATIVE SOURCES FOR EXPRESSION, COMPOSITION AND IMPROVISATION.