

# 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](http://www.bodymindcentering.com) [www.feldenkrais.com](http://www.feldenkrais.com).

**LOCATION:** **San Francisco Community Music Center, Concert Hall:**  
544 Capp Street SF, CA 94110 415.647.6015 [www.sfcmc.org](http://www.sfcmc.org)

**Please register with Sonja Riket at: 415.661.1852**  
**or email at: [sriket@earthlink.net](mailto:sriket@earthlink.net)**  
**Please visit [www.IntimateEmbraceTango.com/somatic.html](http://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.