

Whole-Health Consciousness

Sessions may include:

- ◆ Somatic Movement Therapy
- ◆ Movement Repatterning
- ◆ One-on-one Pilates
- ◆ Pilates/Yoga Mat Classes
- ◆ Developmental support (infant through adulthood)
- ◆ Performance Coaching



Designed by Alana Rancourt, Holly Russo & Sherry Greenspan

Sherry's practice addresses

- ◆ Chronic pain – Migraine, Sciatica, shoulder/back
- ◆ Developmental issues
- ◆ Muscular imbalances/injuries
- ◆ Post surgical recovery support
- ◆ Post-cancer recovery
- ◆ Chronic syndromes- fatigue
Fibromyalgia

"...a guide/partner with a palette of possible exploratory tools, resources & options. She created a supportive environment ... I now connect more fully, find more ease and have grown stronger." – Laura Dilpon, Editor/Writer

Sherry Greenspan
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*Feel your best with
Somatic Movement Therapy*



SHERRY GREENSPAN



**Discover Whole-Health
Consciousness:
Somatic Movement
Education/Therapy,
Yoga & Pilates**



"Meet your body and by your body meet yourself" -Unknown

Sherry Greenspan is a certified Pilates instructor and Somatic Movement Therapist. Her practice integrates principles from Pilates and Yoga along with Dr. Martha Eddy's Somatic Movement Therapy training that focuses on Laban/Bartenieff studies integrated with Body-Mind Centering research.

For more information please contact
Sherry Greenspan at
(718) 812-1225



Imagine waking up with energy and vitality, moving fluidly throughout the day with ease, projecting confidence. Just how much could you accomplish if you felt you're very best?

Personalized Movement Therapy Sessions.

Extensive skill and talent in creating an environment of support and creativity can reveal new resources for ease, flow, integration and strength through movement, breath and skilled hands on guidance. Sherry's practice embodies the experience and unique abilities for listening, assisting and creating opportunities for new found support to strengthen the inherent, unique motivation that drives each of us, as individuals, to participate in our environment – to attain a more qualitative experience therein.

Somatic Movement Therapy draws upon the work of Body-Mind Centering®, Laban Movement Analysis, Bartenieff Fundamentals, Neurological Development Patterns and the Alexander Technique. The approach uses hands-on repatterning with movement and verbal instruction to guide improved self-awareness and foster optimal physical, emotional, and cognitive performance.

Integration. Using fundamentals from Laban/ Bartenieff (movement analysis), Body-Mind Centering (neurological development), dance, Pilates and Yoga, in addition to developmental principles and neuromuscular re-patterning, Sherry merges strengthening, lengthening and alignment principles for unique experiences in recognizing new awareness and connection that result in a graceful integration of the body, mind and spirit.

“I learned with Sherry what a book could not teach... about strengthening my body and improving posture.... how to use and particularly listen to my instrument. Sherry's compassionate, deeply intuitive senses and her respectful manner complimented her versatile skill set to create a profound experience.” – Elissa Katten, Dancer

The Pilates Component. Sherry is certified in Pilates (mat and equipment through the PhysicalMind Institute-NYC) and incorporates her education and expertise to identify neutral placement in regards to the spine, pelvis, and shoulder girdle. Through experiencing this supportive integration we can enhance our performance using balanced strength, optimal length and balance. The neutral alignment of the spine and pelvis preserves the principal curves of the spine to reduce uneven pressure on the discs of the spine. The results are lowering risk of disc compression or herniation as well as balancing the intrinsic relationships and support of bone, muscle, organ, fluid and other tissue that connect our throughout our entire body. Exercises move through all possible movements of the spine while some challenge your ability to stabilize the neutral spine and pelvis. Recognizing someone with beautiful posture is observing the maintenance of the neutral curves of the spine.

Sherry's own on-going practice and study of Yoga, Barteneiff, BodyMind Centering (Developmental work with infants through adulthood), Feldenkrais and other somatic systems continually inform her work with clients.



Sherry Greenspan is a Movement Educator, Pilates Practitioner, Yoga, and dance instructor as well as a dancer/choreographer/vocalist. She has studied extensively and worked with many well-known Pilates practitioners including Jean-Claude West, Lesley Powell, Doris Pasteleur-Hall, Sue Monti, Anna Schmidt and Irene Dowd. Sherry received her Somatic Movement Therapy training through Dr. Martha Eddy's Somatic Movement Therapy Training (SMT™). She continues her research to acquire the most up to date information regarding neuromuscular reprogramming, movement research/analysis, BodyMind Centering, Pilates and yoga.



Locations

The Center for Kinesthetic Education

14th St. (5th/6th)

Movements Afoot

30th St. (6th/7th)

The New York Athletic Club

59th Street (6th/7th)

Discover whole-health consciousness. Move together with friends and family in a group session, or experience absolute undivided attention and specified focus in an individual session. Sessions engage for one hour unless otherwise noted.

Gift Certificates are available.



For more information, please contact
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“After a session with Sherry I feel full of ease...as I do following a fabulous massage” - Andrea Beckerman, Lawyer