

**From:** [REDACTED] >

**To:** [REDACTED]

**Subject:** Re: Alexander Intro class starting Jan 31

**Date:** Mon, 31 Jan 2011 13:12:26 +0000

---

Thank you! Sounds good..

Just back in NY myself.. let me know about the photo when you know..

I can have Janusz or someone drop it off for you..

Hope all is well!

On Jan 26, 2011, at 3:10 AM, [REDACTED] wrote:

Dear [REDACTED]

I hope all's well. I remembered you wanting to know about these classes. I'll be back in New York next week so we can move that picture or I can give you the address of where to move it when convenient.

Thanks,

Best, Shelley

Sent from my BlackBerry® wireless device

---

**From:** Hope Martin Studio Classes <[REDACTED]>

**Date:** Tue, 25 Jan 2011 19:07:14 -0500

**To:** [REDACTED]

**ReplyTo:** [REDACTED]

**Subject:** Alexander Intro class starting Jan 31

**Dear Friends,**

Please see below for info about an intro Alexander class starting Jan 31 and other winter class offerings:

If you have questions, or are interested in private lessons, please contact me at: (212) 243-3867 or write to [classes\[at\]hopemartinstudio.com](mailto:classes[at]hopemartinstudio.com).

Please share this email with your friends. Thanks for helping to get the word out!

**Best Wishes,**

Hope Martin

---

**First Class**

*Intro to the Alexander Technique*

at Hope Martin Studio

This class teaches you how to improve posture, release tension, and experience greater ease in all your activities. Years of unconscious habits like slumping, craning the neck, and holding ourselves tight result in stress, pain, fatigue, shortness of breath, and other health issues. By recognizing our habits and learning to let go of them we regain the capacity to move naturally, easily, and painlessly in everyday activities.

This is a small interactive beginners class open to everyone.

### **3 Mondays**

1/31, 1/7 & 1/14

7:00– 9:00 p.m.

\$105 three-class course

*bring a buddy and pay only \$90 each*

**Location:** Hope Martin Studio @ 39 W. 14th Street, Suite 508 (between 5th & 6th Aves)

**To Register:** call (212) 243-3867 or email [classes\[at\]hopemartinstudio.com](mailto:classes[at]hopemartinstudio.com)

---

## **Introduction to Meditation and the Alexander Technique**

with Hope Martin

at the New York Open Center

**(3 week class follows)**

Tuesday, 2/8

\$5

8:00 -9:15 p.m.

**Location:** New York Open Center, 22 East 30th Street, NYC 10016

**To Register:** Call (212) 219-2527 ext. 2

[www.opencenter.org](http://www.opencenter.org)

Refer to class code # 11WBM01T

Introduction is not required to register for group class

---

## **Meditation and the Alexander Technique**

*an introductory group class*

with Hope Martin

at the New York Open Center

The Alexander Technique and meditation practice are both about letting go, bringing awareness to habitual patterns and relaxing our heavy-handed, goal-oriented approach to life. Applied to meditation, the Alexander Technique is a simple yet powerful tool for cultivating mindfulness of our bodies during our practice sessions. As a contemplative discipline, the technique brings us back to the experience of our bodies in all the varied activities of our lives.

This class will offer practical guidance on how to apply the Alexander Technique to both sitting and walking meditation (meditation instruction will be provided). We will also apply the principles to everyday movements such as lying down and bending, as well as sitting at our computers. This class will provide instruction on basic body mechanics, experiential anatomy and alignment, to help release unnecessary tension in our meditation sessions and our lives.

### **3 Tuesdays**

2/15, 2/22 & 3/8 (no class march 1)

8:00 – 10:00 p.m.

NYOC Members \$90 / Nonmembers \$100

**Location:** New York Open Center, 22 East 30th Street, NYC 10016

**To Register:** Call (212) 219-2527 ext. 2

[www.opencenter.org](http://www.opencenter.org)

Refer to class 11WBM01T  
approved for CEUs

---

***Continue*** your learning in group classes at Hope Martin Studio:

### **Next Up: Keep On Keepin' On**

*Continued Alexander Learning*  
with Hope Martin

This class is a great follow-up to Hope's *First Class* or the New York Open Center's *Intro to Alexander* class, or is an economical alternative to Private Lessons. And, if it's been a while since you've studied Alexander, you're warmly invited to attend these classes. They will remind you of the principles and help to reactivate your thinking.

Continue your Alexander practice in an intimate setting. Learn to integrate the technique into more aspects of your daily activities. Further explore the relationship between your mind, body, and bearing. Enjoy easeful "weightless" movement.

The first of a series of monthly gatherings for those who have some Alexander experience!

### **Monday, February 21**

7:00 – 9:00 p.m.

\$45 per class

**Location:** Hope Martin Studio @ 39 W 14th Street, Suite 508 (between 5th & 6th Aves)

**To Register:** call (212)243-3867 or email [classes\[at\]hopemartinstudio.com](mailto:classes[at]hopemartinstudio.com)

---

## **Downright/Upright:**

*A Posture Clinic for Meditators*

with Hope Martin

at The Shambhala Meditation Center of New York

Are you uncomfortable or in pain when you meditate? Is it hard to sit for long periods of time? This class will provide practical guidance on how to be upright, supported and relaxed in your practice sessions, and in your life. Being upright is not just an arbitrary shape, it's a perfect expression of the practice itself. Included will be instruction on basic body mechanics, experiential anatomy and alignment to help release unnecessary tension in your meditation sessions. Everything you learn in this workshop can be applied to the activities of your life, including sitting at your computer. Come discover the direct relationship between how you are in your body and the quality of your practice!

### **Sundays**

Feb 20th & Apr 17th

2:30 – 5:30 p.m.

\$35 per class pre-registered, \$45 at the door \*

\*Please note: these are individual classes, not an ongoing series. Repeat participation is welcome, not required.

**Location:** The Shambhala Meditation Center of New York, 118 West 22nd Street, 6th floor  
(between 6th and 7th Aves)

**To Register:** call (212) 675-6544

[www.ny.shambhala.org](http://www.ny.shambhala.org)

---

*This week is a unique opportunity to befriend habitual patterns and explore the principles of alignment and letting go in the context of intensive meditation practice.*

*The Atlanta Shambhala Center sponsored this weekthun, led by Hope Martin, last February. Read what one participant had to say about it [here](#), posted on the Shambhala Times, February 2010:*

## **The Shape of Awake**

*a weekthun*

with Hope Martin

at the Shambhala Meditation Center of Atlanta

Being upright is not just an arbitrary shape, it's a perfect expression of meditation practice itself. In this week of intensive practice we will learn principles from the Alexander Technique to help foster a more upright, supported, and relaxed way of being in our meditation sessions and in our lives. The week will provide ample time to develop awareness of habits that result in tension, pain, fixed posture and mind-set, and to learn skills to shift to a more open, expansive, and balanced way of being.

Accessing non- verbal "felt senses" through the practice of Focusing, will be introduced to help participants make a more loving relationship to habitual stuck places and to experience the wisdom and forward life movement they hold.

In addition to intensive meditation practice, the program will include experiential exercises, instruction on basic body mechanics and alignment, as well as gentle hands-on work from the instructor to help release unnecessary tension.

*"To take this posture itself is the purpose of our practice.  
When you have this posture, you have the right state of mind,  
so there is no need to try to attain some special state."  
Suzuki Roshi*

### **February 24 - March 3**

Thursday - Thursday, 8:00 a.m.-6:00 p.m.

(the first Thursday is a travel day - a feast will follow the practice on the last Thursday)

\$320 Shared housing available at Green Dragon for additional \$120

Open to new and experienced practitioners

The Weekthun counts toward one week of Dathun and fulfills a portion of the group practice requirements for attending Sutrayana Seminary on the Shambhala Buddhist path, as well as Shambhala Guide Training requirements.

**To Register:** Call (404) 370-9650

[www.atlantashambhalacenter.org](http://www.atlantashambhalacenter.org)

---

**Hope Martin** has been studying the Alexander Technique since 1980, and teaching it since 1987. She maintains a lively practice, teaching private and group classes. Hope has taught at Sarah Lawrence College and internationally. She is a Senior Faculty member, training teachers at the American Center for the Alexander Technique. She also teaches at the NY Open Center and other venues, and has her own studio in New York City [www.hopemartinstudio.com](http://www.hopemartinstudio.com). Hope is a meditation instructor and teacher in the Shambhala Buddhist tradition. She recently completed a two year training in Focusing. Her particular passion is in assisting her students discover how easeful, upright posture is an expression of their human dignity, confidence, and innate wakefulness.

---

**Hope Martin Studio**

**212. 243. 3867**

[classes\[at\]hopemartinstudio.com](mailto:classes[at]hopemartinstudio.com)

[www.hopemartinstudio.com](http://www.hopemartinstudio.com)