



# Infant Developmental Movement Classes

for children from birth to walking  
(and their caregivers)

with **Emily Peck**

This new 8-week series is an opportunity to look more closely at the new things your baby is doing and to learn more about what to look for in the months to come.

**Every Thursday**

**10:30–11:45am**

**January 28**

**February 4, 11, 25**

**March 4, 11, 18, 25**

**Society for Martial Arts Instruction**

4 West 18<sup>th</sup> Street, top floor  
(between 5<sup>th</sup> and 6<sup>th</sup> Aves. in Manhattan)

Only **\$25** drop-in rate

**First class is half price!**

\$100 for a five-class card

\$140 for the full 8-week session

Through touch, movement and play, classes help to facilitate healthy neurological development. This foundation supports lifelong physical, emotional and cognitive growth.

Parents gain practical tools for supporting their baby's development during everyday play and handling. Emily addresses common questions and concerns like:

- How to support baby's **nursing, digestion & sleep**
- Ways to help baby enjoy **tummy time**, and why it's important
- How to help baby to achieve **rolling & crawling** through play
- How and when **walking** begins
- Ways to support **parent-baby bonding**



Using a gentle, non-invasive approach, based in the principles and holistic somatic methods of Body-Mind Centering®, Emily engages and follows each child's curiosity and interest in one-on-one facilitation.

**Emily Peck** IDME, SME received her training and certification in somatics through the School for Body-Mind Centering in Massachusetts and Paris, France. She acted as Assistant to the Director of Amajoy Developmental Movement Center from 2005–2007. Emily is a certified **Somatic Movement** and **Infant Developmental Movement Educator**, an instructor of experiential anatomy and dance, and a performing artist. She offers individual sessions for infants, children and families, and living room playshops for parents' and play groups in the NYC area. **Visit [facebook.com/babybody](https://www.facebook.com/babybody) or contact [emilyfallingup@gmail.com](mailto:emilyfallingup@gmail.com) to learn more.**