

The Journey Inward®

Feldenkrais® Personal Training

3-Day Immersion



The Feldenkrais Method®

taught by

Diana Razumny

Internationally Certified Feldenkrais® Trainer

April 12-14, 2014

11 am - 4 pm

Santa Fe, New Mexico

Why join us?

Modern living and personal histories separate us from connecting to our authentic selves. *The Journey Inward*® is a process that guides us in developing a deeper connection to our thinking, sensing, feeling and moving. Participants will be guided in the process using the innovative and unique movement sequences of the *Feldenkrais Method*.

Optional 4th Day - April 15th

The first 3 days provide verbally guided lessons to the group. The 4th day will be dedicated to individuals receiving observable 1 to 1 lessons giving insight into the hands-on modality of the *Feldenkrais Method*. If interested inquire for details: diana.razumny@mac.com

\$360 • Register on line:

www.feldenkraisjourney.com

Venue: Santa Fe Soul • limited to 12 participants