

**Santa Fe
New Mexico
Mar 26-29, 2015**
\$360 before Feb 27
\$440 after

Bring Your PELVIS into View with 4 Days of *Feldenkrais*[®]

Move with POWER, GRACE, & EASE as you get to know the intimate relationship of your pelvis to the whole of yourself. Your pelvis occupies a central location in your skeletal system and it is central to all your movements. Dr. Feldenkrais' early studies of Jujitsu in Israel and his teaching of Judo in Paris gave him a deep understanding of the importance proper use of the pelvis has on efficient movement. Combining his martial arts experience with being a physicist & mechanical engineer contributed greatly to him developing a fascinating method. Give yourself the experience of knowing how to use yourself better using The *Feldenkrais Method*[®] *Awareness Through Movement*[®] lessons.

Diana Razumny is an internationally certified *Feldenkrais* Practitioner and Trainer. For 25 years she has guided thousands of individuals in *Awareness Through Movement* Classes in the U. S., Europe, South America and Asia.



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The Journey Inward – Bring Your Pelvis into View

Santa Fe, New Mexico, March 26-29, 2015

We have a few things to share to make your journey more comfortable.

Clothing

It's important to wear clothing that supports movement, so no skirts or levis. Wearing or bringing layers will help you regulate your own temperature. Weather in Santa Fe this time of year varies from below freezing at night to highs in the 60s during the days. It can still snow or be beautiful and dry.

What to bring

We have Feldenkrais mats and towels. If you would like extra padding bring a Yoga mat and/or a blanket. Even though we have towels onsite, you may want your own for your face for hygienic reasons. Bring something for writing.

Dates & Time reminders

We will start on Thursday March 26 at 11 am and go until 5 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Thursday, Friday and Saturday have the same schedule (11 am-5 pm). Sunday will be 9 am – 1 pm.

Lunch

We take 1 hour for lunch so it's possible to go out if you like. Many people choose to bring their own lunch. There is a kitchen with a microwave, stove, oven and refrigerator, though not well supplied with pots, pans or dishes. We provide good drinking water, teas and light snacks.

Lodging

If you are coming from out of the area and need housing, we recommend Craig's List or Air BnB. Otherwise, Santa Fe is a small town and any hotel you find will not be far from the workshop location.

Location

Santa Fe Woman's Club is at 1616 Old Pecos Trail, Santa Fe, NM 87505. You can 'google it' for a map. If you prefer getting directions from us, please call or email. If Thursday morning you are having trouble finding it, please call 505-577-4653.