

The Journey Inward – Diving Deep into Developmental Patterns

Santa Fe, New Mexico Sept. 24-27, 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 getting down to near freezing at night to highs in the 60s and even 70s during the days. It can rain and be cool but usually it will 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 Sept. 24 at 11 am and go until 5 pm. Plan on coming 15 minutes early the first day to allow time for getting oriented. Friday and Saturday have the same schedule (11 am-5 pm). Sunday will be 9 pm-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 B&B. 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.

WHERE WE ALL STARTED!
Returning to & Regaining from ...



Elaborately crafted through evolution is a beautiful set of developmental movement patterns that we discover and explore in our first year of being on the planet, in gravity. The unfolding and integration of these movements leads us to all the movements we use in our daily lives as well as our high performance endeavors. Learning about learning, our habits and the plasticity of our brain is everyday fare for one who studies themselves through the *Feldenkrais Method*[®]. Join us in this workshop to both take you back to your roots of movement as well as move you forward with ease, comfort and intelligence. Consider, the human nervous system has been evolving much longer than you. Come learn from that wisdom.

DEVELOPMENTAL MOVEMENT PATTERNS

with
The *Feldenkrais Method*[®]
&
Diana Razumny

Santa Fe, New Mexico

Sept. 24-27, 2015

\$360 – register by 8/24/15

\$440 – after 8/24/15

www.feldenkraisjourney.com