

The Journey Inward Introduction - Level 1

Boulder, Colorado

November 14-17, 2013

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 Boulder this time of year varies from below freezing at night to highs in the 60s during the days.

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 Nov. 14 at 10 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 (10 am-5 pm). Sunday will be 10 am-2 pm.

Lunch

We take 1.5 hours for lunch so there is time to go out if you like. Many people choose to bring their own lunch. There is a kitchen with only a microwave for heating food and refrigerator. We provide good drinking water and teas.

Lodging

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

Location

The Avalon Ballroom is at 6185 Arapahoe, Boulder, CO. You can 'google it' for a map. If you prefer getting directions from us, please call or email. If you have trouble finding it Thursday morning, please call Efrem at 505-577-4652.