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# Feldenkrais® Awareness Retreat for Nia Instructors & Students March 7 - 9, 2014

**Rejuvenate**...as you enjoy the quiet exploration and subtle awakening of new awareness, "the skill of noticing" from the inside out through the *Work of Moshe Feldenkrais*. This retreat is designed especially for Nia teachers and practitioners and offers a new "owner's manual for the human body." Join other Nia Sensation Scientists on this preverbal journey into the potential of the White Belt Awareness Principle...improved technique, effortless breath, precision, power, spontaneity as you serve your personal intention and sustainable health this Spring 2014.

**\$300** EARLY REGISTRATION | **\$375** AFTER FEBRUARY 7  
*tax not included*

**Diana Razumny** is an internationally certified Feldenkrais® Practitioner and Trainer. For more than 20 years she has guided thousands of individuals in Awareness Through Movement® classes in the United States, Europe, South America, and Asia.



[www.studioniasantafe.com](http://www.studioniasantafe.com) | 505.989.1299

## RETREAT SCHEDULE

Friday 1:30 - 6:30

Saturday 11:30 - 5:30

Sunday 11:30 - 4

Monday **FREE** Nia class  
to integrate your new skills