



Self Discovery
through
The Journey Inward[®]
Feldenkrais[®]
Personal Training
taught by
Diana Razumny

Modern living and personal history separate us from connecting to our authentic self. *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 this process using the innovative and unique movement sequences of the *Feldenkrais Method*[®].

The Benefits

- Perform daily activities with greater ease, comfort and self-care.
- Increase sensory awareness, flexibility, effortless posture and breath.
- Manage life transitions through new insights and inspiration.
- Approach modern life with an expanded perspective.
- Discover creative ideas for use in your life and profession.

These processes and benefits will be accessible to all, from beginners to the experienced.

Information & Registration:

877/533-6933

razumnys@mac.com

**Cost: \$360 • 2 weeks before date
\$440 within 2 weeks of date**

**Application on Website
www.movement-educators.com**

Space limited to 20 participants

About Your Guide

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. Diana's playfulness and love of movement give a special quality to her teaching. She has been teaching and leading *Feldenkrais* Professional Training Programs for over 10 years. Now she has created *The Journey Inward* Program to allow people to study the *Feldenkrais Method* in depth for their personal and professional development.

• 4-Day Introductions •

Boulder, Colorado

November 14-17, 2013

Santa Fe, New Mexico

Feb 27-Mar 2, 2014

Thursday - Saturday, 10 am - 5 pm
Sunday 10 am - 2 pm

Valladolid, Yucatan, MX

mid-January 2014