

The Journey Inward®

Feldenkrais® Personal Training

Valladolid, MX
Jan 13-16, 2014

Boulder, CO
Feb 20-23, 2014

Santa Fe, NM
Feb 27-Mar 2, 2014

Santa Fe, NM
Mar 7-9, 2014

Get WARM and HEALTHY in January Education and Vacation in the Yucatan Sign up and make travel arrangements now

We are excited to invite you to Valladolid in the Yucatan to indulge yourself in a *Feldenkrais®* Intensive as well as enjoy a consciousness shift via the local laid-back culture. These four days allows for an immersion in the method for a deep connection with yourself. Come early, stay late, enjoy the ruins, beach or resting in a hammock. Click for more information about this *Journey Inward destination*. Enjoy the sites, get healthy and learn Feldenkrais. Also, find Boulder and Santa Fe listings for future workshops.

Diana Rayumay



Please visit www.feldenkraisjourney.com