



FREE FELDENKRAIS® IN BOULDER **Awareness Through Movement® lesson**

Taught by Diana Razumny
Educational Director of the Boulder Feldenkrais Training Program

Come and enjoy, bring friends and distribute/forward this flyer to those who may be interested.
No prior experience in the *Feldenkrais Method*® is needed. No pre-registration is necessary.



Dates: Tuesday, February 11, 2014

Time: 10 - 10:45 AM

**Place: Avalon Ballroom,
6185 Arapahoe Rd., Boulder**

Experience for the first time or 100th time
this *Awareness Through Movement*® lesson.

**Wear comfortable clothing for moving and
bring layers for temperature control.**

Bring a mat & towel or blanket

**Registration at 9:45 AM so come early
Call Efrem for more info: 505-577-4652 or
Email: razumnys@mac.com**

Meet Movement Educators:
www.movement-educators.com
www.feldenkraisjourney.com



THE JOURNEY INWARD® **FELDENKRAIS PERSONAL TRAINING**

Boulder, CO • Feb 20-23
Early Registration ends on
Valentine's Day • Feb 14th
info & registration at
www.feldenkraisjourney.com