

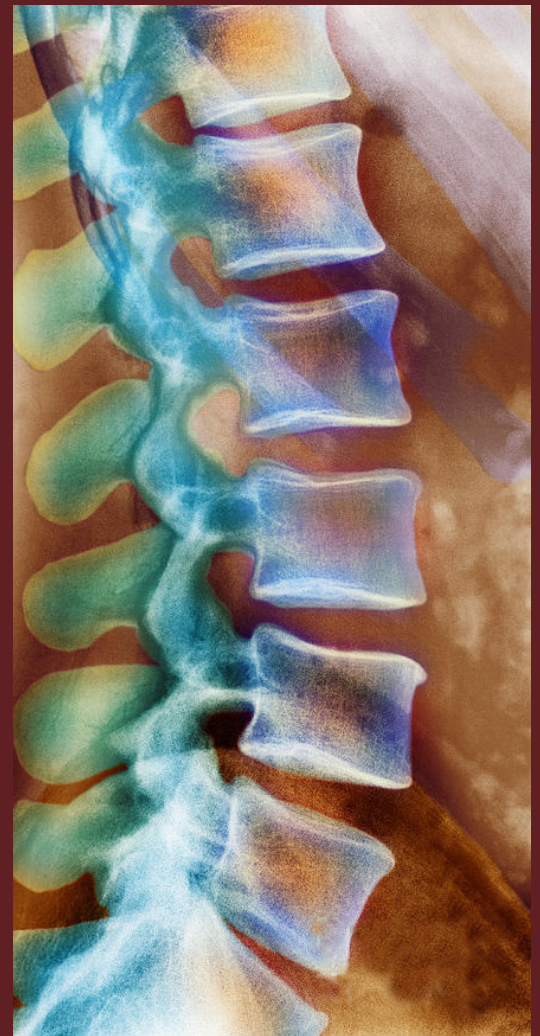
GETTING TO KNOW YOUR SPINE 101

**Santa Fe, New Mexico, October 16-19 Thursday – Sunday
Thursday-Saturday 11a.m.-5p.m., Sunday 1p.m.-4p.m.**

REGISTRATION: \$325 before Sept. 16th/ \$395 after Sept. 16th

Sensing and moving your spine with clarity makes it possible to move your hips and shoulders and legs and arms with ease, efficiency and elegance. Modern living has removed us from being able to sense the intelligence, intricacies and beauty of our vertebral column. Without knowing this core skeletal structure intimately and what movements are possible and not, we run the risk of inflicting injuries on ourselves as well as creating chronic pain.

The *Feldenkrais*® Method offers small, slow, gentle explorations to begin the journey of developing awareness and knowing how to use yourself better. You will not only learn to alleviate pain and avoid injuries, you regain the pleasure of moving. Join us in a gentle 4-day moving retreat for a personal journey of getting to know your spine.



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.

<http://www.feldenkraisjourney.com>

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