

MOVEMENT EDUCATORS



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Holiday Sale for:

- Training materials
- Public Workshops

The Journey Inward

Please go to:

www.FeldenkraisJourney.com

Contact Us

Upcoming Events

The Journey Inward Feldenkrais Personal Training

Jan 19-23, 2015

Feldenkrais Retreat

Valladolid, Yucatan, Mexico

Diana Razumny, Teacher

For practitioners & the public*

*earlybird price ends Dec 20th

The Journey Inward Feldenkrais Personal Training

March 26-29, 2015

Santa Fe, NM

The Pelvic Floor & Much much More

Diana Razumny, Teacher

For practitioners & the public

Santa Fe 5 Feldenkrais Professional Training Program

Segment 10, Year 4

Mar 30 - Apr 10, 2015

Santa Fe, NM

Diana Razumny, Trainer

Phones: 505-577-4652

505-577-4653

Discounts apply to orders submitted by December 29, 2014.

Note: The training materials are only for sale to Feldenkrais practitioners and Feldenkrais training students. Your status will be verified.

Our website is not coded for these discounts so to receive them you need to **order directly** through Efram by phone or by [email](mailto:efrem@feldenkrais.com).

FELDENKRAIS® Training Materials Solstice Sale through Dec 29, 2014

Transcripts with MP3 CDs & DVDs View Training Materials

* 10% off all orders

* 30% off orders \$500 or more (free shipping)

* 50% off orders of full training (free shipping)

Materials are from the following trainings: North Carolina, Santa Fe 3, Rocky Mountain 1 (Denver), Santa Fe 4, Rocky Mountain 2 (Boulder), Santa Fe 5

For the last 15 years we have organized and conducted programs in Santa Fe, NM, Santa Barbara CA, Carrboro NC, Denver CO and Boulder CO. Most of the segments have been recorded. We started off producing a full transcription. In our North Carolina training we recorded MP3 CDs and in our Santa Fe 3 training we added DVDs of FI explorations.



North Carolina training
transcript with MP3 CDs
(completed with
S1-12 available)



Santa Fe 3 training
4 DVDs per segment
of FI Explorations
(Transcriptions with MP3 CDs
are also available)
(completed with S1-8 available)



Rocky Mt 1 training
transcripts with MP3 CDs & DVDs
(completed with S1-16 available)



In our Rocky Mt 1 training in Denver we still had transcriptions for the whole training but in the middle switched from DVDs of just FI Explorations to full DVD recording with 1 DVD for each day.



Santa Fe 4 training
MP3 CDs, 1 DVD/day
& synopsis
(materials available for
Segments 1-9)



Rocky Mt 2 training (Boulder)
MP3 CDs, 1 DVD/day
& synopsis
(completed with S1-16 available)



Santa Fe 5 training
MP3 CDs, 1 DVD/day
& synopsis
(completed Year 1-3
S1-9 of 12)

In our Santa Fe 4, Rocky Mountain 2 (Boulder), and Santa Fe 5 trainings we have stopped the transcriptions but started to make full DVD recordings of the training. You receive for each segment a DVD for each day, a MP3 CD for each week and a synopsis to coordinate all the materials for your easy studying.

There is a synopsis for each segment of each training on our website downloadable as a pdf file for you to look at the material taught.

"Feldenkrais For Life" Workshops for the Public - 1/2 Price

#	Title		media	taught by	reg price	sale price
FFL#1	Shoulder & Back Rehab...The Feldenkrais Way	Weekend WS	1 MP3 CD	Candy Conino	\$50	\$25
FFL#2	Elegant Flexibility; Spiral Action in Dance & Life	Weekend WS	1 MP3 CD	Prisca Winslow	\$50	\$25
FFL#3	Power & Grace: Living From Your Center	Weekend WS	1 MP3 CD	Kathy James	\$50	\$25
FFL#4	Walking and Running the Easy Way	Weekend WS	1 MP3 CD	Sharon Moyano	\$50	\$25
FFL#5	Unlocking the Magic of Body Language	Weekend WS	1 MP3 CD	Lavinia Plonka	\$50	\$25
FFL#6	Whole Body Sports	Weekend WS	1 MP3 CD	Gil Kelly	\$50	\$25
FFL#7	Creating Awareness - Realizing Its Value	Weekend WS	1 MP3 CD	Diana Razumny	\$50	\$25
FFL#8	Core Strength by Accessing Core of Being	Weekend WS	1 MP3 CD	Diana Razumny	\$50	\$25
FFL#9	Effective Use of Self... The Feldenkrais Way	Weekend WS	1 MP3 CD	Diana Razumny	\$50	\$25
FFL#10	Power of the Pelvis	Weekend WS	1 MP3 CD	Diana Razumny	\$50	\$25
FFL#11	Take the Weight Off Your Shoulders	Weekend WS	1 MP3 CD	Diana Razumny	\$50	\$25
FFL#12/13	Hands & Feet	2 1-day WSs	1 MP3 CD	Diana Razumny	\$50	\$25
FFL#14	Listen to Your Body...Undulation theme	1-day WS	4 DVDs	Diana Razumny	\$75	\$37.50

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