

**Santa Fe  
New Mexico  
Mar 26-29, 2015**  
\$360 before Feb 27  
\$440 after

## **Bring Your PELVIS into View with 4 Days of *Feldenkrais*<sup>®</sup>**

Move with POWER, GRACE, & EASE as you get to know the intimate relationship of your pelvis to the whole of yourself. Your pelvis occupies a central location in your skeletal system and it is central to all your movements. Dr. Feldenkrais' early studies of Jujitsu in Israel and his teaching of Judo in Paris gave him a deep understanding of the importance proper use of the pelvis has on efficient movement. Combining his martial arts experience with being a physicist & mechanical engineer contributed greatly to him developing a fascinating method. Give yourself the experience of knowing how to use yourself better using The *Feldenkrais Method*<sup>®</sup> *Awareness Through Movement*<sup>®</sup> lessons.

**Diana Razumny** is an internationally certified *Feldenkrais* Practitioner and Trainer. For 25 years she has guided thousands of individuals in *Awareness Through Movement* Classes in the U. S., Europe, South America and Asia.



**Information: 505/577-4652; razumnys@mac.com • Registration: [www.FeldenkraisJourney.com](http://www.FeldenkraisJourney.com)**

The following are registered service marks, collective marks or certification marks of the Feldenkrais Guild of North America: Feldenkrais<sup>®</sup>, Feldenkrais Method<sup>®</sup> and Awareness Through Movement<sup>®</sup>.