

# MOVEMENT EDUCATORS



## Upcoming Events

### The Journey Inward Feldenkrais Personal Training

Nov 10-13, 2016  
Santa Fe, NM  
Feldenkrais, It's the New Core  
Diana Razumny, Teacher  
For practitioners & the public

### The Journey Inward Feldenkrais Personal Training

Jan 16-20, 2017  
Feldenraais Retreat  
Valladolid, Yucatan, Mexico  
Diana Razumny, Teacher  
For practitioners & the public\*  
\*earlybird price ends Dec 16th

### The Journey Inward Feldenkrais Personal Training

March 2-5, 2017  
Santa Fe, NM  
Topic to be announced  
Diana Razumny, Teacher  
For practitioners & the public

### Santa Fe 6 Feldenkrais Teacher Training Program

Segment 1, Year 1  
Apr 3-14, 2017  
Santa Fe, NM  
Diana Razumny Trainer &  
Educational Director



Open for Enrollment  
Free training review for practitioners  
Pre-training track for enrollees starting NOW!

**Phones: 505-577-4652**  
**505-577-4653**

Discounts apply to orders submitted by November 28, 2016.

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

## FELDENKRAIS®

# Training Materials Thanksgiving Sale through Nov 28, 2016

## 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 - 12 segments)



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



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



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 of 16)



Rocky Mt 2 training (Boulder)  
MP3 CDs, 1 DVD/day  
& synopsis  
(completed - 12 segments)



Santa Fe 5 training  
MP3 CDs, 1 DVD/day  
& synopsis  
(completed - 12 seg)

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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