

# MOVEMENT EDUCATORS



## **FREE FELDENKRAIS® IN BOULDER** **Celebrating International Feldenkrais Week** **An *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.



**Date:** Thursday May 9  
**Time:** 10:30 - 11:30 AM  
**Place:** Avalon Ballroom,  
6185 Arapahoe Rd., Boulder

Help us celebrate Moshe Feldenkrais' birthday by attending this ***Awareness Through Movement*** lesson.

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

**Bring a mat & towel or blanket**

**Registration at 10:15 AM so come early**  
**Call Efrem for more info: 505-577-4652 or**  
**Email: razumnys@mac.com**

**Meet Movement Educators: [www.movement-educators.com](http://www.movement-educators.com)**

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